

THIS IS YOUR WELCOME GUIDE

UEA WELCOME WEEK 2024

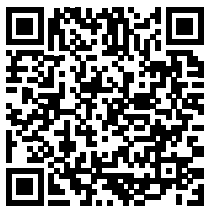
CHECKLIST

GET SET-UP

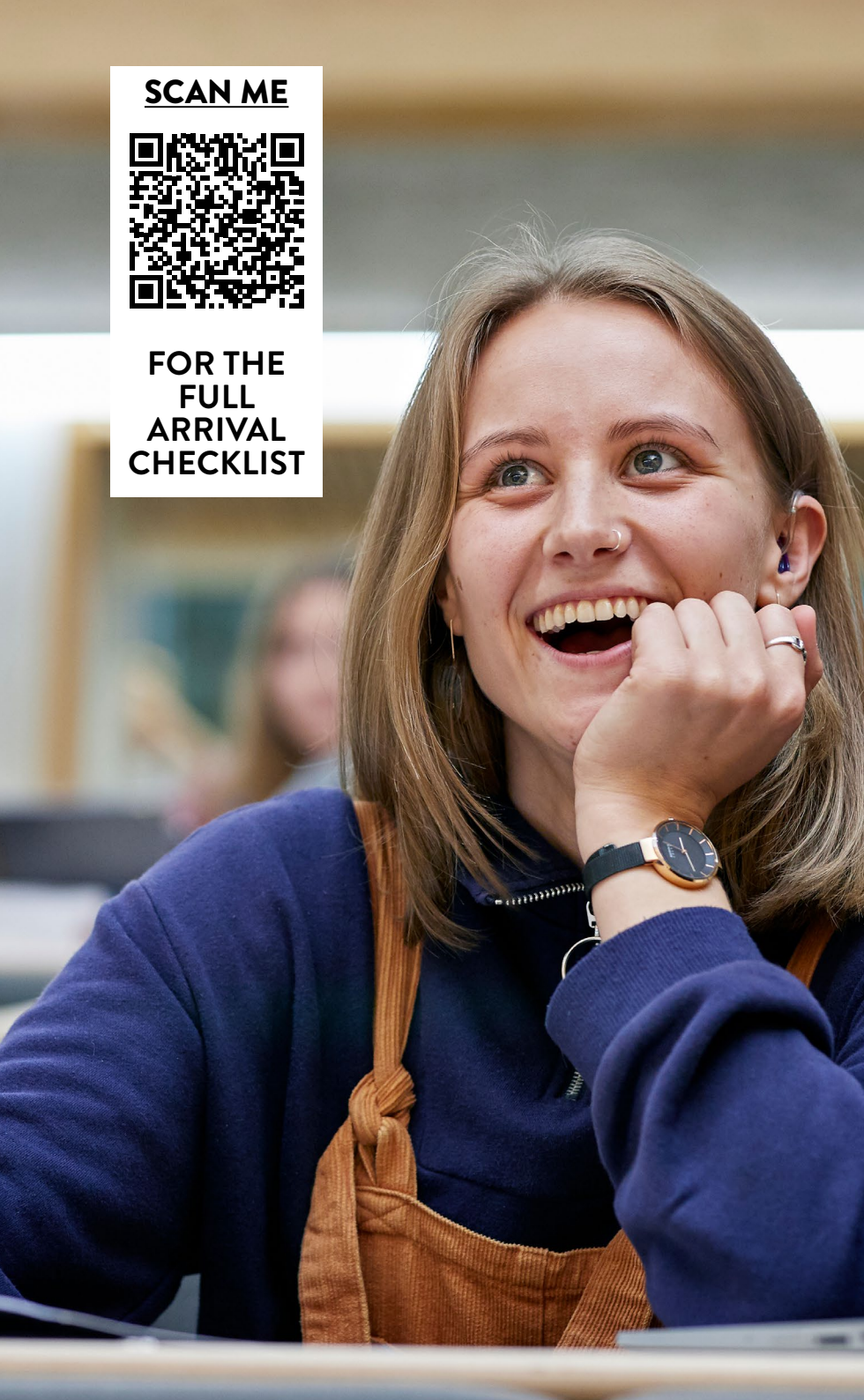
- ☐ Complete your registration via e:Vision
- ☐ Set up your password and multifactor authentication
- ☐ Set up your UEA email on Outlook
- ☐ Connect to eduroam wifi using your UEA credentials (page 7)
- ☐ Log on to MyUEA, e:Vision and Blackboard (pages 6-7)
- ☐ If you're living off campus, collect your campus card from The Warren
- ☐ Register with a doctor and dentist
- ☐ Register with your local council for council tax exemption
- ☐ Take a campus tour (pages 2-3)
- ☐ Check Blackboard and your School's MyUEA pages for induction events
- ☐ Take part in Welcome Week!



SCAN ME



FOR THE
FULL
ARRIVAL
CHECKLIST



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WELCOME TO UEA!

We're thrilled that you've come to study with us, and can't wait to welcome you into our community.

Welcome Week is to help make your transition to university as easy and fun.

Some activities will be led by your course or School of study to support joining our academic community. Other opportunities will introduce non-academic support and social activities to make the most of your time at UEA. Try out sports taster sessions, have a customised campus tour, do some crafting – there is truly a wide variety on offer this week!

Throughout Welcome and beyond you can visit the Student Information Zone with any queries or support needs.

We know that there is a lot of information to take in, so we've created this booklet as a guide – from tips on settling in and getting involved in student life, to finding the key areas on campus and knowing who to talk to if you need support – all the information here is useful beyond this week, so it's worth keeping hold of.

We look forward to meeting you soon, but for now we hope you have an amazing Welcome and that you enjoy making UEA and Norwich your new home.



ANNE POULSON
Chief Operating Officer, UEA

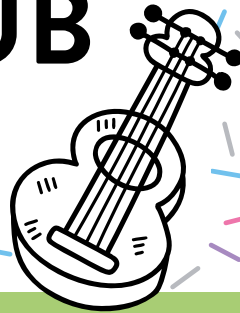


PROF EMMA SUTTON-PAVLI
Pro-Vice-Chancellor for Student
Experience and Education, UEA

WELCOME HUB

Congregation Hall

📍 What3Words:/// spider.cheeks.scare



Welcome Week has a packed programme of activities, information and taster sessions to help you feel confident and settled in

Highlights for the week ahead

For a full, up-to-date schedule, visit the Welcome page bit.ly/UEAWelcomeWeek24

Monday 16

Sports Club Taster
(9.30am – 10.30am)

Welcome Talk
(12pm – 12.30pm)

Student Panel
(12.30pm – 1.30pm)

Make Your Halls Your Home Craft Session
(7pm – 10pm)



Tuesday 17

Sports Club Taster
(9.30am – 10.30am)

Ask Us Anything
(11am – 12pm)

Societies Fair
(11am – 4pm)

The Great British Bake Off Viewing
(7pm – 10pm)

Firepit, Guitars and Stargazing
(7pm – 10pm)

Wednesday 18

Sports Club Taster
(9.30am – 10.30am)

Club Fair
(11am – 4pm)

Bert's Amazing Creatures
(12pm – 2pm)

Indoor Mini Golf
(12pm – 6pm)

Games Night
(7pm – 10pm)



Thursday 19

Sportspark Exercise Class Taster
(9.30am – 10.30am)

Volunteering Fair
(12pm – 3.30pm)

The Street Market
(10am – 4pm)

Sit and Sketch with Live Music
(11am – 2pm)

Roller Disco
(5pm – 9pm)

Quiz Night
(7pm – 10pm)

Friday 20

Outdoor Yoga
(9.30am – 10.30am)

Colour Run
(12noon – 2pm)

Tote Bag Painting
(11.30am – 4pm)

Sainsbury Centre Workshop
(3pm – 5pm)

DAILY CAMPUS TOURS

Not sure where your lectures will be? Want to get to grips with campus? Stop by the Campus Tours tent where current students will take you on a tour of exactly what you want to see. Tours are personalised to your interests and needs, ensuring everyone feels comfortable and confident ahead of the start of term. Drop in at a time that suits you!

📍 The Square 📅 Mon 16 Sept – Thurs 19 Sept ⌚ 10am to 3pm

RELAXATION STATION

Want some time out from all the excitement of Welcome Week? Stop by the relaxation space in Congregation Hall 01.20, where a different, free, relaxing activity happens each day 12pm – 2pm, including massages, yoga and a variety of animals to pet thanks to Bert's Amazing Creatures.



SCAN ME TO SEE THE FULL SCHEDULE





STUDENT INFORMATION ZONE

Struggling to know your ZICER from your EFRY? Feeling homesick? Got questions about your course and modules? Don't worry! The SIZ has your back.

The SIZ is your one stop shop to find answers to all the questions you might have as a new student. SIZ advisers are available Monday – Friday, 9am – 5pm, to offer information, advice and guidance on everything and anything to do with being a student.

- Live chat: siz.uea.ac.uk
- Email: student.information.zone@uea.ac.uk
- Phone: **01603 597580**
- Just pop in – the SIZ is next to Ziggy's coffee shop
- What3Words:/// [caf .haven.desks](https://www.what3words.com/)

Visit the Student Information Zone online for quick and easy answers to your questions. If needed, the SIZ has spaces where you can talk to an adviser in private.

Visit the SIZ website: siz.uea.ac.uk

The SIZ offers a wide range of free services:

- SIM cards
- Period products
- Condoms
- STI testing kits
- Ethernet cables (if you're having problems with WiFi)
- Sunflower lanyards for those with invisible disabilities

The SIZ also hosts the Borrow Bank, where you can borrow a range of items including:

- Board games for a quiet night in
- Maps and kites for a day at the beach
- Footballs, rugby balls and rounders kits
- Projectors so you can have a movie night

Student top-tip

MUDATHEER
SCHOOL OF PSYCHOLOGY

'The SIZ is a fantastic support hub for UEA students! The friendly staff can help with everything from assessment submissions to finding out how to access wellbeing support. Plus, you can even borrow board games to enjoy with friends!'



MyUEA

Head to UEA's online portal – **MyUEA** – for everything you need to know about life at UEA. Your personalised dashboard has all the latest University news and info, links to your timetable and emails, and Library services to explore.

MAKE IT YOUR OWN

You can customise your MyUEA landing page to show information that is relevant to you. On MyUEA, click on 'Customise your dashboard' at the bottom of the page to choose 'cards' that you'll find useful. Why not start with 'New Students', 'My Email' and 'My Wellbeing'?

FIND WHAT YOU NEED

Need some info quickly? Use the search function in the right-hand menu to help you navigate.

SCAN ME



TO SET
UP YOUR
DEVICE

e:Vision and **Blackboard** are your main gateways for course materials and information regarding your studies.

SCAN ME



HELP ME WITH...

Not sure where to start? Open the right-hand menu and take a look at the 'Help me with...' dropdown. These pages are your handy guide to life at UEA. Try 'Help me with... being a new student' as your starting point for the most up-to-date Welcome Week events and plenty of hints and tips.

GET CONNECTED TO EDUROAM WIFI

Students with an activated IT account can sign in and connect to eduroam; the secure, world-wide roaming access service across campus.



SETTLING IN AND MAKING FRIENDS

Starting university can be an exciting experience, but it's normal to feel a bit overwhelmed.

At UEA, there are many support services to help manage this transition and make the most of your time at university.

- **Student Information Zone** – your first place to come to for support. The SIZ will direct you to the right resource
- **Student Services** – submit a self-referral form via email studentsupport@uea.ac.uk
- **uea(su) Advice Centre** – located in the Students' Union office, call **01603 593463** or email advicecentre@uea.ac.uk to make an appointment
- **Student Life Advisers in Student Services** – a safe space for you to talk about any difficult circumstances. Advisers can signpost, refer, advise, or simply discuss your concern

LGBTQ+ SUPPORT

UEA is an inclusive university and is proud to be a Stonewall Diversity Champion. UEA understands that LGBTQ+ students may face additional challenges: read about support available on page 16-17.

'At UEA Pride, we aim to provide a large range of welfare support and social opportunities to UEA's LGBTQ+ students. We strive for a friendly and relaxed atmosphere where students can meet new people. UEA Pride is free to join, and open and welcoming to everyone – so bring along your friends no matter how they identify!'

 [@ueapride](https://www.instagram.com/ueapride)

FAITH CENTRE

The Faith Centre offers a spiritual space and a community where students and staff are welcome to attend activities which accommodate different religious groups.

Located in The Square, the Faith Centre's facilities include two quiet rooms for prayer, a large worship room for religious services, a common room and a kitchen.

 **What3Words:///**
[secure.miss.burn](https://www.what3words.com/secure.miss.burn)

TAKE FIVE

Take Five is a free wellbeing initiative that promotes inclusivity, community-building and support. Find new friends and support networks at sessions with a variety of gaming experiences! Sessions take place in the Student Information Zone (SIZ), and refreshments are provided.

 [@takefiveuea](https://www.instagram.com/takefiveuea)

THE WARREN

The Warren is a flexible space to study, meet and relax, welcoming students to socialise and work flexibly in the heart of campus. Meet up with a friend, tuck into your lunch, read a book or start a new project; whatever you need from The Warren, it's all yours.

 **What3Words:///**
[pulse.chip.twins](https://www.what3words.com/pulse.chip.twins)



UEA(SU)

The Students' Union – uea(su) – is run by students, for students and offers community, representation, support and entertainment. All UEA students are automatically members of the Students' Union providing a wide range of resources including events, clubs and societies, volunteering opportunities, bookable rooms and more.

Be sure to pop by Union House or have a look online for more info: ueasu.org

📍 What3Words:/// lovely.trucks.happen

STUDENT GROUPS

Being involved in a student group is a great way to meet people with similar interests. Student groups are student-led so you can take ownership of your activity, develop valuable leadership skills and ensure the group is relevant to your interests.

SPORTS CLUBS

With 58 sports clubs to choose from, whether you have previous experience of playing a sport and want to develop your skills further or you're a complete novice wanting to try something new, joining a sports club is a great way to keep active, make friends and enhance your university experience.

JADE

SCHOOL OF HISTORY AND ART HISTORY

'I joined Livewire as I loved the idea of having my own radio show. I have made so many friends through it and love going to the socials. I have also been on committee, so I have had the opportunity to assist with the running of the society.'



SOCIETIES

With a list that includes, arts and performance, charities and campaigns, culture, games and hobbies, media, medicine, peer support, personal development, politics and religion – there are over 150 societies to choose from. If you feel that there is an interest or need that is not represented, you can start your own, new society.

JOIN A UEA(SU) SOCIETY OR CLUB

Fancy seeing all the societies and sports clubs that uea(su) has to offer? Visit Sportspark for the uea(su) Societies and Clubs Fairs. Meet student leaders and teams, see demonstrations and sign up for free taster sessions to find the best fit for you.

📍 Sportspark

📅 Societies Fair: 17 September

📅 Clubs Fair: 18 September

🕒 11am-12pm (quiet hour) and 12pm-4pm

More information: ueasu.org



ENTERTAINMENT

uea(su) are proud to run two of the largest entertainment venues in Norwich. Featuring some of the biggest names in the music industry such as The Last Dinner Party, Royal Blood and Tom Grennan, uea(su) campus venues and bars cover a wide range of exciting live music and club nights. In fact, the weekly Saturday club night 'A-List' is the largest student club night in the city! To find out more information about the Union's events and entertainment, check out the events page on ueasu.org

KIRSTY

NORWICH MEDICAL SCHOOL

'I joined a society related to my Medicine course in my first year and I've been a member ever since. It's been a great way to meet other people and join in the social events, as well as being able to get involved with revision events and careers talks.'



BUDDY(SU)

buddy(su) is a peer-support scheme that helps students make the most of their time at UEA. It's a great way to get to grips with university life and find your way around campus and Norwich. The scheme matches new students with trained student volunteers by School of study, or interests and hobbies. buddy(su) volunteers can show you around campus, advise you on the many activities and opportunities on offer and generally help you to settle into university life so you feel confident, happy and supported.

Sign up today to be matched with a buddy(su) ueasu.org/advice/buddy





STUDY ABROAD

If you're on a degree with a year or semester abroad – or are interested in one – get in touch with the Study Abroad team.

Studying abroad is a chance to live in another country and see your subject from a different angle, within the security of an established exchange programme. UEA has partnerships with over 200 universities around the world, so there's sure to be a destination that suits you.

A team of dedicated Study Abroad advisers can help you choose a destination, apply and prepare to travel. They're also available for any questions and concerns you have before and while you're away.

Are you visiting UEA as a Study Abroad student? From advice about academic support to visas for further travel, meet with a Study Abroad adviser in the SIZ.

UEA LIBRARY

UEA Library is an inclusive and welcoming place for you to study, research and learn. Open 24 hours a day, 7 days a week, 365 days a year.

STUDY SPACES

The Library has a range of study spaces, from individual rooms to group study and computer suites. With both silent floors and collaborative study areas, it won't be long before you find the perfect spot.

HELP AND SUPPORT

The Helpdesk team are on hand to help with any questions or issues you may have.

- Helpdesk, Floor 0:
Monday – Friday, 9am – 6pm
- Virtual support:
Monday – Friday, 8am – 6pm,
Saturday – Sunday, 11am – 6pm
- Email lib.helpdesk@uea.ac.uk
- Live chat via the Library webpages

Need help with referencing or finding resources? Discover more on Subject Guides (see QR code below) or speak to your Academic Librarian.

DIGITAL RESOURCES

The Library extends beyond just the physical. Journals, articles, e-books and databases can all be found online through UEA Library.

SCAN ME



FOR
LEAN
LIBRARY

SCAN ME



FOR
SUBJECT
GUIDES

SCAN ME



FOR
LIBRARY
MyUEA
PAGE

HOW TO BORROW A BOOK

Step 1: Search the Library catalogue to find the book you need. Check if it's available and note down the floor and call number.

Step 2: Head to the floor you need and find your call number on the floorplan in the stairwell. Find the shelves with the corresponding call number to get to your book.

Step 3: Follow the instructions on the self-issue machines on Floor 0 – you'll need your campus card to take out your book.

Step 4: Enjoy! Book loans renew automatically, so you don't have to worry about returning it until someone requests it (in which case you will receive an email).

Step 5: Looking for e-books? Download LEAN Library browser to get instant access to thousands of resources.

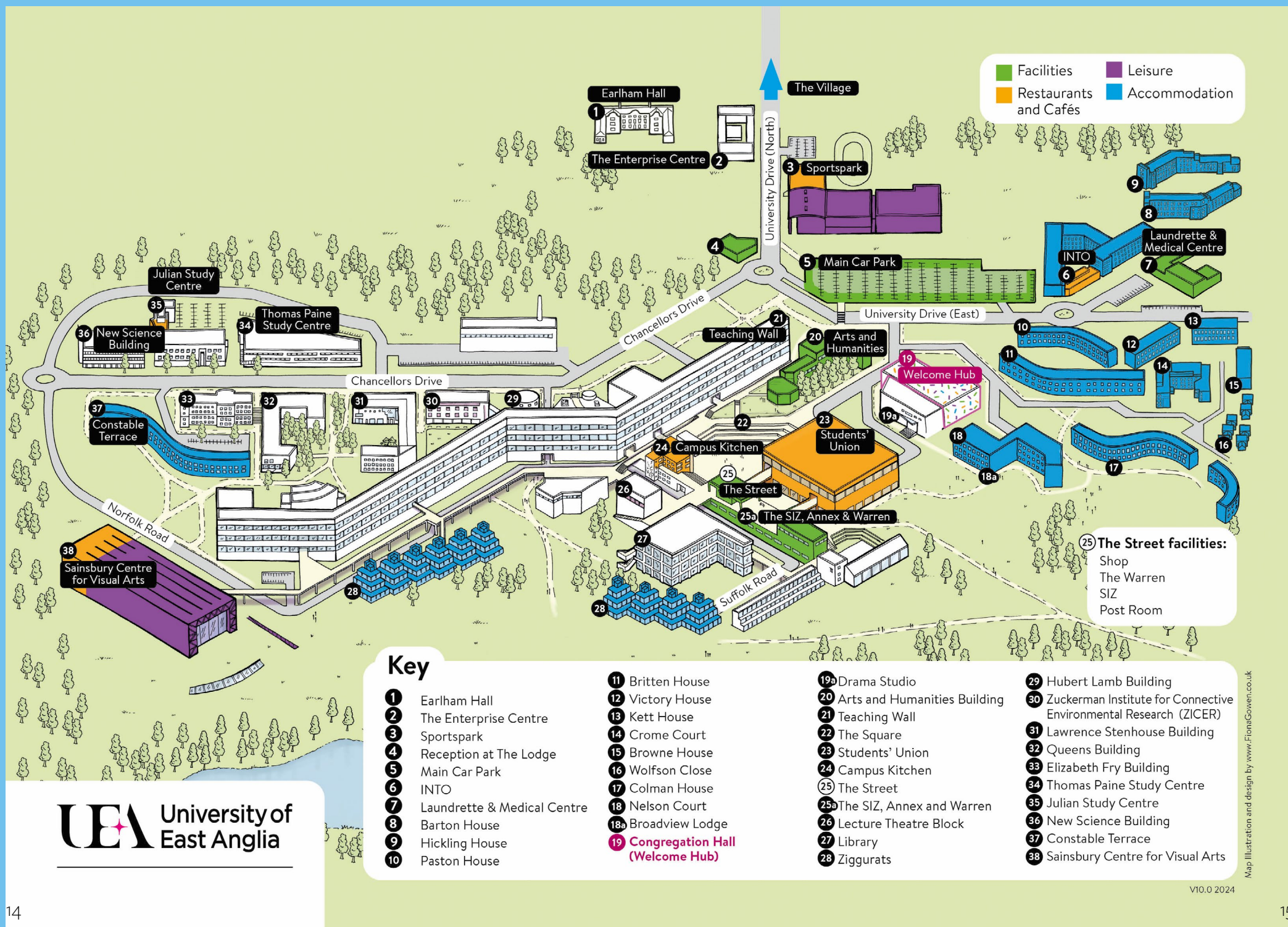
What3Words:/// badge.arrive.goat

@uealibrary



my.uea.ac.uk/library

Search the library catalogue:
uea-uk.libguides.com/home



YOU MATTER

Looking after your mental health is just as important as looking after your physical health.

It's completely normal to feel stressed or worried during times of change, so knowing a few ways to help manage this can be useful.

- Talk to someone you trust
- Focus on what you can control
- Remind yourself you are not alone – there are so many students starting their journey too and may experience many similar thoughts and feelings

ACCESSING SUPPORT AT UEA

Whether you have a diagnosis or not, the Student Services Wellbeing Team have experienced wellbeing and mental health professionals who can give you advice, support and guidance. There is support for students with disabilities, long-term health problems, temporary disabilities and mental health challenges:

- Making reasonable adjustments to ensure your course is accessible
- 1:1 appointments with specialist advisers
- Therapeutic support using the one-at-a-time therapy model which is confidential and can be accessed by completing an online referral form: bit.ly/UEASS-online-referral

- Wellbeing-focused workshops and groups: bit.ly/UEASS-workshops
- All UEA students have support from Togetherall, a digital mental health peer support platform that offers 24/7 support and resources, with trained clinicians online at all times. You can register using your UEA email address but appear anonymous on the platform.

bit.ly/UEA-togetherall

NEED HELP IMMEDIATELY?

If you need to speak to someone urgently about your mental health or you are concerned about someone, do not delay in seeking help. In an emergency, call **111** (option 2), UEA Security (**01603 592222**), contact your out of hours GP or go to A&E.

STUDENT SUPPORT

Student Services provide advice and guidance for all students to help equip you with skills and knowledge to navigate student life, as well as providing support relating to wellbeing, mental health, disabilities, life in student residences and specialist learning enhancement opportunities.

my.uea.ac.uk/divisions/student-services

FINANCE AND BUDGETING TIPS

Managing your money is an important skill to have at university, and the UEA Student Life Finance Advisers can help.

Email studentlife.finance@uea.ac.uk to get in touch or visit the Student Life pages on MyUEA for resources and information on financial support. Visit the dedicated page on budgeting which includes tips and resources to help make your money go further.

LEARNING ENHANCEMENT

The Learning Enhancement Team can help you become more confident in your studies through:

- 1:1 and small group tutorials
- Regular drop-in events, including a weekly Study Cafe and Maths Helpdesks
- Self-access to online resources
- Support and specialist tuition for students with Specific Learning Difficulties (SpLDs)
- English Language Support Programme
- Peer Assisted Learning

Find out more at

bit.ly/UEAlearning-enhancement
or email ask.let@uea.ac.uk

SAFETY AND CONSENT

The UEA Security team are on campus 24/7 to help keep UEA a safe and welcoming environment. Here are their top tips:

- Download the SafeZone app and allow for permissions (see page 28)
- It might seem obvious, but keep doors locked and don't let anyone into residences that you don't know
- If you have a bike, always use a D-lock, store it in a secured rack and get it stamped/registered via bikeregister.com
- Look out for each other – always know where your friends are on a night out
- If you see anything that doesn't look right, give Security a call – and don't feel worried about getting in touch

UEA SECURITY

save these numbers in your phone

General: **01603 592352**

Emergencies: **01603 592222**

Email: security@uea.ac.uk

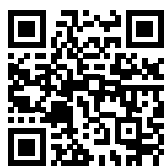
If you need immediate assistance, call UEA Security on the numbers above or the police via **999**

SCAN ME



CONSENT MATTERS
TRAINING

SCAN ME



REPORT AND
SUPPORT

CONSENT MATTERS

Consent means freely agreeing to do something or giving permission for something to happen. When it comes to sexual consent, the same principles apply. You must be able to consent to any sexual act, and you can change your mind at any time.

UEA has put together some Consent Matters training to help students understand consent and why it's important – scan the QR code to take the short course on Blackboard. This course is mandatory for students living on campus, but open to all students.

UEA has zero tolerance towards any form of abuse, assault or harassment. If you experience or witness any unacceptable behaviour, you can report it and request support through the anonymous Report and Support online tool.

Student top-tip

GEORGIA

SCHOOL OF ENVIRONMENTAL SCIENCES

I've always felt super safe in Norwich – the UEA security team are always really responsive and have a great presence on and around campus. The SafeZone app is the best way to get first aid or help as quickly and easily as possible.



STUDENT TOP TIPS

Who better to give you advice on life as a UEA student than current students?

What's your top tip on how to settle into university?

GEORGIA

SCHOOL OF ENVIRONMENTAL SCIENCES

Make the most of the first two weeks! From Welcome Week to society taster sessions, introductory lectures to welcome nights at the LCR, there's so much going on and so many opportunities to meet new people and explore UEA and Norwich.

JADE

SCHOOL OF HISTORY AND ART HISTORY

Making your room feel like home is so important. Take advantage of Welcome Week events to grab yourself some bits like plants and posters.



Come along to Make Your Halls Your Home on Monday 16 September, 7pm – 10pm, for free lino-printing, plant pot painting and more (page 2-3)



What's the best way to make friends at university?

KIRSTY

NORWICH MEDICAL SCHOOL

Put yourself out there! Get to know people on your course, join clubs/societies that you are interested in and, if you are living in student accommodation, get to know your new flatmates.

How do you take care of yourself?

MUDATHEER

SCHOOL OF PSYCHOLOGY

If you're struggling, reach out to the student support team at UEA who can offer a wide range of support. Take time off and reward yourself for reaching university, as it's no easy feat!

How do you budget as a student?

GABRIEL

NORWICH MEDICAL SCHOOL

Try and figure out how much money you spend every month and try your best to stick to that budget. If you've got the time, look for a part-time job for extra cash, or you can apply to become a student ambassador for the university, which has a 0-hour contract!

RESIDENTIAL LIFE TEAM

Living in UEA accommodation? The Residential Life team are here for you every day, 1pm-7am.

Made up of Student Services Residents (SSRs) and Residential Life Advisers, someone is always on hand if you need to have a chat about anything related to life in residences.

The Student Life and Residential Life teams offer support for many aspects of student life that might impact your experience at UEA including:

- Relationships
- Managing homesickness and loneliness
- Crime or behaviours such as bullying or harassment
- International student needs, including visa and immigration queries
- Finance management
- Concerns regarding the safety of yourself and your housemates
- Managing conflicts and difficulties amongst housemates

TOP TIPS FOR A HAPPY HOUSEHOLD:

- Have conversations with your housemates about likes, dislikes and boundaries: most disagreements arise from lack of communication
- Regardless of how well you get on with your housemates, everyone needs their personal space: make sure to respect each other
- Try and make your environment homely: keep an eye out for events on campus such as poster and plant sales

Your Neighbourhood SSR's contact details are in your kitchen, as well as the numbers for your Duty SSR (who can help with more urgent out-of-hours enquiries). The Residential Life Advisers can be contacted at:
residentiallife.advisers@uea.ac.uk
or on **07795 591386**

To contact the Student Life team, email **student.life@uea.ac.uk**



UEA is proud to offer a range of support and opportunities for mature students (defined as being aged 21 before beginning studies).

Mature students often have other things to balance alongside their studies.

UEA offers a dedicated point of contact to support the mature student community with signposting, events and advice. During Welcome Week, come and find your network in Halo (located upstairs in Union House). Outside of the first two weeks of term, you can visit the Student Information Zone (SIZ) for specific help, signposting and advice. Make sure you bookmark the Mature Students page on MyUEA – including links to book a meeting with UEA's Mature Students Officer, sign up for a regular newsletter and get a mature student hoodie!

YOU CAN ALSO ACCESS:

- Peer Support Group for mature students, who offer a friendly network and peer-organised events. Check out ueasu.org to join
- An active Facebook group that provides regular updates about what is happening on campus – please feel free to join if you use social media: facebook.com/groups/ueamature



GEM

MATURE STUDENTS OFFICER

'I'm really privileged to work with such amazing people who strive for more and work hard to achieve their goals. If you need guidance, a friendly ear or need some help, please do not hesitate to reach out. Involving yourself with the services and opportunities on offer can really enhance your experience'

SHAPE YOUR UEA EXPERIENCE

STUDENT VOICE

UEA is committed to providing a great experience for students and wants to ensure the right support is in place to help you succeed. Your input really matters!



WE'RE LISTENING

Got a great idea about how to improve university life, or want to share what's working well or not so well for you? Get in touch through the 'We're Listening' platform on MyUEA, where you can anonymously submit ideas and feedback at any time.

STUDENT PULSE

Help shape your experience at UEA by taking part in the monthly Student Pulse survey. By completing a short survey each month, you can feedback to UEA on a range of topics so changes can be implemented quickly. Plus, every time you take part, you'll be entered into a cash prize draw!

Look out for a unique survey link in your UEA inbox every month

Want to know more? Search 'Student Voice' on MyUEA

How UEA communicates with you

For the latest student news, go to your dashboard. The news carousel features an edited selection of top news stories. Live travel or building access issues are announced via the blue 'news alert' banner above the news carousel.

- You will occasionally receive important messages from the University via the **communications@uea.ac.uk** to your UEA email address
- You will also receive emails from your School and Residential Life team (if you live on campus) to your UEA email address
- Messages from your module organisers and seminar leaders will come via email and/or Blackboard announcements
- The Square student newsletter is emailed every other Tuesday
- The Student Pulse survey is emailed monthly



HELLO FROM CAREERCENTRAL

CareerCentral is your go-to service for finding and securing student jobs, developing skills, exploring options and taking the next steps after you finish your degree. They're here for you from the very start of your degree until three years after you graduate.

Whatever your query, you can chat to a member of the team at the helpdesk on Floor 0 in the Library, Monday – Friday from 10am – 4pm. There's no need to book.

Browse job / internship / volunteering vacancies, explore a range of Careers events, and access online resources (including free LinkedIn Learning courses) on the MyCareerCentral website. If you're looking for further advice, book an appointment with a professional adviser who can help with everything from CVs, applications, interviews and more. Plus, their dedicated Progression Adviser provides tailored guidance for neurodivergent and disabled students.

As a new student, if you're thinking about how to earn some extra money alongside your degree or wondering about volunteering opportunities, the upcoming Careers Fairs are the perfect places to start.

Check out mycareercentral.uea.ac.uk to find out more.

 [@uea_careercentral](https://www.instagram.com/uea_careercentral)





EXPLORING NORWICH

With quiet cobbled streets and beautiful parks, bustling shops and a thriving cultural scene, Norwich is a best kept secret with something for everyone. Whatever your interests, this fine city has something in store for you.

EXPLORE NORWICH ON THE BUS

Buses 25 and 26 leave from University Drive (near the Main Car Park) on campus regularly throughout the day and travel to the city centre (about 20 minutes) and railway station (about 30 minutes). Feeling nervous? Ask a buddy(su) to come with you. Check out the First Bus website for more information: firstbus.co.uk/norfolk-suffolk



JADE

SCHOOL OF HISTORY
AND ART HISTORY

Definitely check out Norwich Market. It has so many great food options for very reasonable prices, as well as clothes, books, and plant stalls.

GETTING OUT AND ABOUT

Whether you are a commuter student or based on campus, it's easy to explore Norwich and beyond. Pick up essentials from the city, take a trip to the coast or head out to London. There are plenty of student-friendly ways to travel.

- Check out the 16-25 Railcard. This can save a third on train travel and is also available to mature students (available via the Railcard website)
- First Bus provide UEA students with discounts on local travel; an annual unlimited travel pass is £295 per year, which is a saving of over £7 a week! (Download the First Bus app for more information)
- Costessey Park and Ride is completely free to use with your UEA student ID and runs regularly throughout the day to get you to and from campus: bit.ly/costessey-park-ride
- There are various taxi companies in the city. Check out uea(su)'s Safer Taxi Scheme: ueasu.org
- Fancy getting your steps in? Norwich city centre is around a 50-minute walk from UEA, taking you through much of the Golden Triangle – an area in which many students find accommodation after their first year.

If you are a commuter, UEA can help you with questions relating to the most cost-effective and environmentally friendly ways of getting to campus as well as how to best manage your time.

Students who have caring responsibilities or disabilities are welcome to submit a permit application to park on campus.

Get in touch via commuters@uea.ac.uk to learn more



KIRSTY

NORWICH MEDICAL SCHOOL
Plantation Gardens such is a hidden gem and really easy to get to from campus via the 26 bus. It's a great place to relax with friends for a picnic on a sunny day, or just to sit and do some revision or reading.



GABRIEL

NORWICH MEDICAL SCHOOL
My favourite place in Norwich is the Norwich Castle! It's got loads of history and its own museum all about Norfolk and its history and ecology. Remember to bring your student ID for free entry!

EXPLORING CAMPUS

UEA+SPORT

uea+sport provides a wide-ranging programme of sporting, recreational and health-promoting activities.

Download the Moves app to earn points for every step you take (page 28) – redeem for a wide range of rewards across campus. Join in with regular dog-walks and day trips around Norfolk, drop-in to daily sport and group exercise sessions, or play a variety of different sports each week in the Ziggurat Challenge.

There are 58 student-run sports clubs that any student can join, ranging from American football to yoga, and a performance sport and scholarship programme to support top athletes and teams.

For more information and how to take part visit ueasport.co.uk, follow [@ueasport](https://www.instagram.com/ueasport) on Instagram or visit the uea+sport office at Sportspark.

SPORTSPARK

Sportspark is an accessible facility offering a diverse range of activities at affordable prices. UEA students are entitled to up to a 40% discount on all Sportspark activities as well as greatly discounted memberships – all you need to do is register with your campus card!

Sportspark boasts a 50m swimming pool, 400m athletics track, a large top of the range fitness centre, a packed group exercise timetable, an Olympic standard gymnasium, outdoor pitches and more. For further details on any facilities, student membership options or paying as you go visit sportspark.co.uk or email sportspark@uea.ac.uk.

 [@ueasportspark](https://www.instagram.com/ueasportspark)

SAINSBURY CENTRE

The Sainsbury Centre is a genre-defying art museum with a world-class collection and a unique perspective on how art can influence lives. The ambition of the museum is to empower visitors to meet living art in a powerful and personal way, offering a whole series of new and imaginative interventions that bring collections to life. As well as showing exciting exhibitions, The Sainsbury Centre now offers three unique and immersive ways to explore art: digital, analogue and experiential.

 [@sainsburycentre](https://www.instagram.com/sainsburycentre)

All UEA students are entitled to a free student membership including:

- Unlimited, free entry to the Sainsbury Centre and all exhibitions
- Priority booking for events as members' discount
- 10% discount on selected items in the Sainsbury Centre shop
- 10% discount in the Terrace Cafe

OPENING TIMES

Tuesday – Friday, 9am – 6pm
Saturday – Sunday, 10am – 5pm

Closed Mondays, including bank holidays



APP GUIDE

Check out these free apps that you'll find helpful as a UEA student.



SAFEZONE

Feel safer on campus, access first aid and request help if you feel unsafe with SafeZone. If you ever feel vulnerable on campus, press the app's help button to send your location to UEA Security, who will meet you and provide assistance. Just register with your UEA email address and allow the app to track your location and motion, use Bluetooth and send push notifications.



BLACKBOARD

Quickly view updates to your courses and content and join Collaborate sessions via your phone or tablet with this streamlined app.



UEA+MOVES

The UEA+Moves app allows you to record how active you are and connect with other individuals who also want to increase their physical activity levels. The app allows you to exchange the points that you build up via steps walked, miles cycled, or miles ran.



SPORTSPARK

Book fitness classes, access activity timetables and get information about offers and events with Sportspark in your pocket.



FIRST BUS

Check bus times, plan your journey and purchase your bus tickets to explore Norwich and the surrounding areas.



CAMPUS KITCHEN

Purchase meals and non-alcoholic drinks on campus via the Campus Kitchen app and earn loyalty rewards.



CIRCUIT PLUS

This app enables you to make payments at the UEA Laundrette and features top tips on using the machines.

FOLLOW US ON SOCIAL MEDIA

Keep up to date with what's going on across UEA and uea(su).



INSTAGRAM

UEA: [@unoifeastanglia](https://www.instagram.com/unoifeastanglia)

uea(su): [@uea_su](https://www.instagram.com/uea_su)



X

UEA: [@unoifeastanglia](https://twitter.com/unoifeastanglia)

uea(su): [@unionUEA](https://twitter.com/unionUEA)



YOUTUBE

UEA: [ueaofficial](https://www.youtube.com/ueaofficial)

uea(su): [bit.ly/UEASU-YT](https://www.youtube.com/bit.ly/UEASU-YT)



TIKTOK

UEA: [@unoifeastanglia](https://www.tiktok.com/@unoifeastanglia)

uea(su): [@uea_su](https://www.tiktok.com/@uea_su)



FACEBOOK

UEA: [facebook.com/ueaofficial/](https://www.facebook.com/ueaofficial/)

uea(su): [facebook.com/ueastudentsunion/](https://www.facebook.com/ueastudentsunion/)



HOW TO SPOT A FAKE EVENT

Sadly, every year unofficial 'Freshers' events pop up across social media. People pretend to be UEA and create fake events to take your money. Unofficial events are not necessarily legal, safe, exclusively for students or even real! You need to know exactly how to spot a fake event if you see one so you can protect your pennies and your personal data, and join the brilliant official events instead!

HOW TO SPOT A FAKE WELCOME EVENT

- **Does it refer to 'Freshers' or 'Freshers Week'?** If so, it's not an official Welcome event. UEA and uea(su) never use the term 'Freshers'

- **Are they trying to panic you into buying tickets? Such as 'almost sold out!'...**
If so, it could be fake

- **Does the event have a specific time and location?** If not, it could be fake

- **Is the event hosted by UEA or uea(su)?**

If not, it isn't an official Welcome event

If you're unsure, don't buy tickets unless the event has been verified by UEA or uea(su) – just get in touch at union.info@uea.ac.uk or events@uea.ac.uk

Does the event feature either the UEA or uea(su) logo?
If it doesn't, it's not an event affiliated with the University.
Official events will always feature University branding.



SCAN ME



**FOR THE
WELCOME
WEEK
SCHEDULE**