

THIS IS YOUR WELCOME GUIDE

UEA WELCOME WEEK 2025

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 (page 2)
- ☐ 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

I'm thrilled you're joining us and can't wait to welcome you into our community.

We're here to help you settle in, have fun and feel at home. Some events are run by your course or School of study to ease you into academic life. Others focus on support, wellbeing and making new friends—whether it's a customised campus tour with a student ambassador, cuddling some furry visitors, picking up a new crafting hobby or testing your trivia skills, there's something for everyone.

Need help or have questions? Drop by the Student Information Zone any time during Welcome Week and beyond.

To make things easier, we've created this booklet as your go-to guide. Inside, you'll find tips for settling in, getting involved and navigating campus, plus who to talk to if you need support. It's handy now—and beyond this week—so it's worth holding on to.

I look forward to meeting you soon. Until then, enjoy Welcome Week!



JOHN R SCHLESS
Director of Student and Academic Services, UEA

WELCOME HUB

📍 Congregation Hall **What3Words:/// spider.cheeks.scare**

Highlights for the week ahead

For a full, up-to-date schedule, visit the Welcome page bit.ly/UEAWelcomeWeek25

Monday 15

Owl Encounter
(11am - 2pm)

Welcome Talk and Student Panel
(12pm - 1pm)

Make Your Halls Your Home Craft Session
(6pm - 10pm)

Nocturnal Nature Walk
(7.30pm - 8.30pm)



Tuesday 16

Student Essentials Fair
(11am - 2pm)

Societies Fair
(11am - 4pm)

Mario Kart Tournament
(2.30pm - 4.30pm)

Firepit, Guitars and Stargazing
(7pm - 9pm)



Wednesday 17

Clubs Fair
(11am - 4pm)

Nature Walk
(11.30am - 12.15pm)

Zine Workshop
(12pm - 2pm)

Bert's Amazing Creatures
(12pm - 2pm)

Games Night
(6pm - 10pm)



Thursday 18

The Street Market
(10am - 3pm)

Volunteering Fair
(12pm - 2pm)

Sit and Sketch
(12pm - 2pm)

Roller Disco
(5pm - 9pm)

Trivia Quiz Night
(7pm - 10pm)



Friday 19

Outdoor Yoga
(9.30am - 10.30am)

Colour Run
(11am - 2pm)



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 15 Sept - Weds 17 Sept ⌚ 10am to 3pm

SPORT TASTER SESSIONS

Whether you're a serious athlete or you want to try something new, uea+sport clubs offer something for everyone.

📍 Welcome Hub
📅 Mon 15 Sept - Thurs 18 Sept
⌚ 9.30am - 10.30am



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 Student Information Zone (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 to 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
- Visit the SIZ website: **siz.uea.ac.uk**

📍 **What3Words:///** café.haven.desks

📷 **@uea.siz**

Visit the Student Information Zone online for quick and easy answers to your questions. The SIZ has quiet spaces where you can talk in private if you need to - just let the adviser at the desk know.

Student top-tip

AMELIA

MARKETING AND MANAGEMENT

'I found the SIZ really helpful whenever I needed advice or didn't know where to go. They offer support with things like timetables, commuting and student services, and always made sure I got the right help, which made uni life much less stressful.'

The SIZ offers a wide range of **free** services:

- SIM cards
- Pronoun badges, language badges and neurodiversity & sensory difference badges
- 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:

- Footballs, rugby balls and frisbees
- Yoga mats and exercise equipment
- Projectors so you can have a movie night
- Umbrellas, headphones and bike lights for when you need them
- Board games, dice and RPG kits for a quiet night in



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'? Be sure to check out tiles for e:Vision and Blackboard - these are your main gateways for course materials and information regarding your studies.

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.



FIND WHAT YOU NEED

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

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.

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
- **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 and Wellbeing Advisers in Student Services** – a safe space for you to talk about any difficult circumstances. Advisers can signpost, refer, advise or simply discuss your concerns. Submit a self-referral form or email **studentsupport@uea.ac.uk**

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.

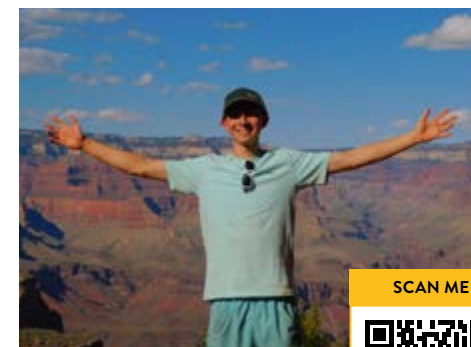
Islamic prayer spaces are available in the Lecture Theatre Building 24 hours a day with Friday Prayers occurring in Congregation Hall. Further information can be found on the Faith Centre webpages.

📍 **What3Words:///**
secure.miss.burn

TAKE FIVE

Take Five is a free, friendly gaming meetup where you can hit pause and reset. It's all about great games, wholesome times and healthy minds. The Take 5 inventory is stacked with consoles, boardgames, s-tier snacks and even a dedicated Dungeon Master or two, so whether you're into Rainbow Road drifts, masterminding the perfect VP engine or looking for your next epic quest, we've got you covered – game on!

📷 @takefiveuea



SCAN ME



FOR INFO ON
STUDY ABROAD

STUDY ABROAD

If you're on a degree with a year or semester abroad – or are interested in one – check out the Study Abroad pages on MyUEA for more information.

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.

Are you visiting UEA as a study abroad student? From advice about academic support to visas for further travel, pop into the SIZ to speak with an adviser or check out the 'Visiting Study Abroad Students - All You Need to Know' page on MyUEA.

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 when they join UEA!

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

📍 **What3Words:/// lovely.trucks.happen**

STUDENT GROUPS

These are a great way to meet people with similar interests, and are fully student-led! With 56 sports clubs to choose from, whether you have previous experience 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. With a list that includes arts and performance, charities and campaigns, culture, games and hobbies, media, medicine, politics and religion – there are also 150+ societies to choose from!



ENTERTAINMENT

uea(su) are proud to run two of the largest entertainment venues in Norwich. Campus is home to legendary uea(su)-run music venue The LCR, which has hosted some of the biggest names in the music industry such as The Last Dinner Party, Loyle Carner, Little Simz, Royal Blood and more.

You can also head down to the city centre to The Waterfront which has hosted The 1975, Arctic Monkeys, Ed Sheeran and many more across the years. Both venues also host the biggest weekly club nights for students, as well as public club events featuring big-name DJs like Shy FX and Chase and Status.

To find out more information about the Union's events and entertainment, and check out artists visiting uea(su) venues in the next year like CMAT and The Lottery Winners, check out the Events page on ueasu.org

Check out the Societies and Clubs Fairs during Welcome 2025 to meet the groups in person and to find out how to get involved!

📍 Sportspark

📅 Societies Fair: Tues 16 Sept

📅 Clubs Fair: Weds 17 Sept

🕒 11am-4pm (quiet time 3.30pm to 4pm)

ADVICE(SU)

A free, independent, confidential service for all UEA students to help navigate UEA processes like academic appeals and disciplinary meetings, as well as house hunting and dealing with tricky circumstances. Students can access useful information online, or arrange appointments with an adviser – for more information, visit ueasu.org/advice

SOPHIE LITERATURE AND HISTORY

'I joined the Tap Dance Club and made lifelong friends. It

gave me the opportunity to travel across the country for university dance competitions, which are some of my favourite uni memories!

I also joined the History, Heritage and Archaeology Society which allowed me to take part in heritage volunteering work... joining a society can bring lots of opportunities to enhance your degree.'



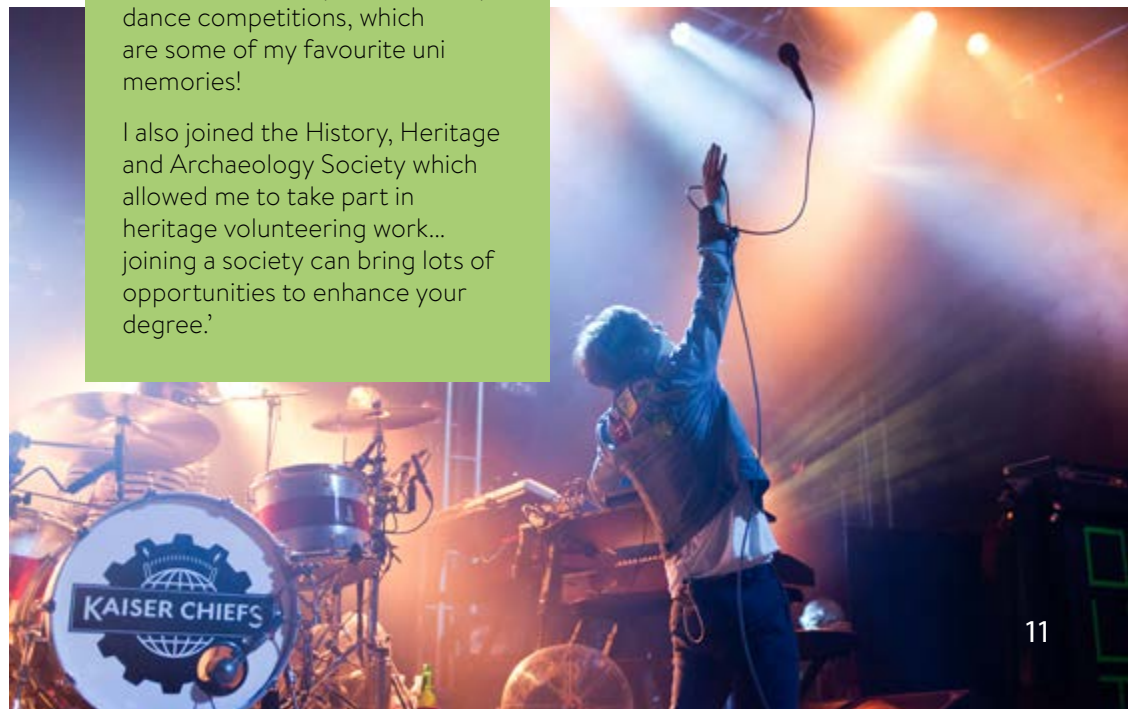
STUDENT OF COLOUR AMBASSADORS

Student of Colour Ambassadors (SOCA) is a joint scheme between uea(su) and UEA, aimed at closing the degree-awarding gap and making UEA a place of community and belonging for Global Majority students. Currently running in nine different Schools, contact a SOCA for invites to events and get them to advocate for you on all levels of UEA infrastructure.

BUDDY(SU)

buddy(su) is a peer-support scheme that helps students make the most of their time at UEA and to settle into university life. The scheme matches new students with trained student volunteers by School of study, or interests and hobbies. Sign up today to be matched with a buddy(su)

ueasu.org/buddysu



STUDENT SUPPORT

Student Journey and Support Services (SJS) is here to support all students. University can be challenging at times, whether it's exam stress, homesickness or unexpected events, the range of services from SJS can help you through your time at UEA.

Professional advisers will guide and support you through in-person or online appointments; email; in-person drop-in sessions; workshops and online support materials. You can find out how to access the service by visiting the SIZ or searching on MyUEA.

Below are the range of services SJS provides:

- Your mental health and wellbeing including therapeutic support
- Disabilities and adjustments
- Specific Learning Differences
- Financial support and planning
- Student visas
- Life on and off campus, integrating into the student community and managing conflict
- Settling into and living in halls of residence
- Any events that may affect your ability to study
- Longterm or temporary health conditions
- Reporting incidents of crime, harassment or discrimination
- Wellbeing workshops and group sessions
- Instant access to self-help tools and online resources through the Student Services Hub on Blackboard: bit.ly/stshubuea

YOU MATTER

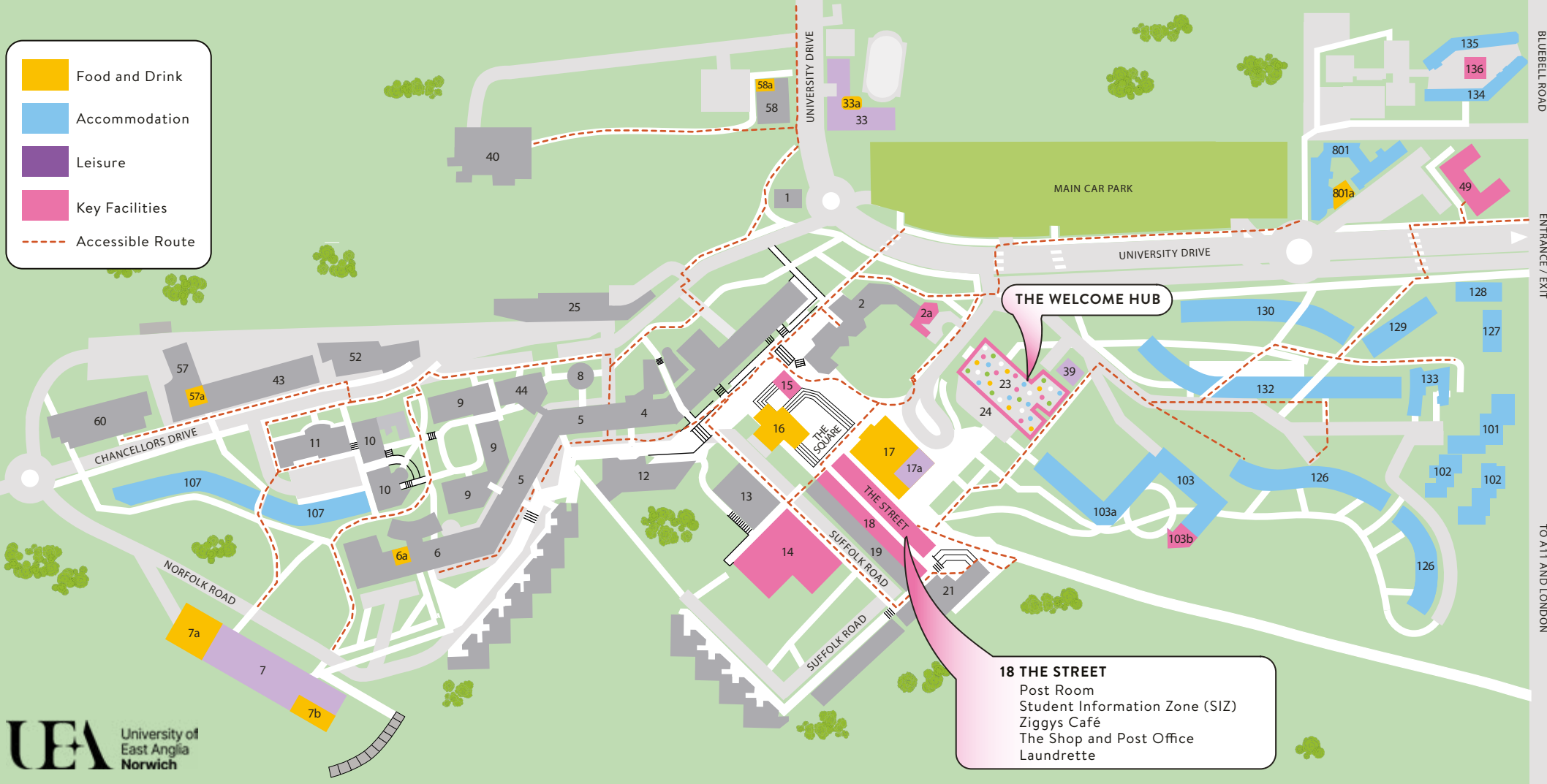
Looking after your mental health is just as important as looking after your physical health. It's completely normal to feel stressed or worried during times of change, so knowing a few ways to help manage this can be useful. Here are some top tips during Welcome Week:

- Reach out if you need support
- 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 many experience similar thoughts and feelings
- Do what you are comfortable with at your own pace

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 **999**, UEA Security (**01603 592222**), contact your out of hours GP or go to A&E.





- | | | | |
|---------------------------------------|--|--|------------------------------|
| 1 Transport Lodge | 13 Lecture Theatre Block | 43 Medical Building | 107 Constable Terrace |
| 2 Arts and Humanities Building | 14 Library | 44 ZICER | 126 Colman House |
| 2a Security Control | 15 The Faith Centre | 49 Medical Centre, Dentist, Pharmacy and Laundrette | 127 Browne House |
| 4 Chemistry | 16 Campus Kitchen: Zest, Blend, Vista | 52 Thomas Paine Study Centre | 128 Kett House |
| 5 Sciences | 17 Union House: Unio Café, bar(su), Dorothy's Bar and BOX Pizza | 57 Julian Study Centre | 129 Victory House |
| 6 Biology | 17a The LCR | 57a Café 57 | 130 Paston House |
| 6a Atrium Café | 19 The Wherry Building | 58 The Enterprise Centre | 132 Britten House |
| 7 Sainsbury Centre | 21 Media and Music Building | 58a Grain Café | 133 Crome Court |
| 7a Modern Life Café | 23 Congregation Hall (Welcome Hub) | 60 New Science Building | 134 Barton House |
| 7b The Terrace Café | 24 Drama Studio | 101 Orwell Close | 135 Hickling House |
| 8 Hubert Lamb Building | 33 Sportspark | 102 Wolfson Close | 136 Laundrette |
| 9 Lawrence Stenhouse Building | 33a Sportscafé | 103 Nelson Court | 801 INTO |
| 10 Queen's Building | 39 Dr Bike Repair Centre | 103a Broadview Hotel | 801a INTO café |
| 11 Elizabeth Fry Building | 40 Earlham Hall | 103b Accommodation Office | |
| 12 Meadow Building (ITCS) | | | |

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, 9am – 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 on the next page) or email the Helpdesk team.

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 the LEAN Library browser extension to get instant access to thousands of resources.



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
- Specialist tuition for students with Specific Learning Differences (SpLDs)
- English Language Support Programme
- Find out more about Peer Assisted Learning at bit.ly/UEAlearning-enhancement or email ask.let@uea.ac.uk

DIGITAL RESOURCES

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

 **What3Words:///**
badge.arrive.goat

  [@uealibrary](https://twitter.com/uealibrary)

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

SCAN ME



FOR
LEAN
LIBRARY

SCAN ME



FOR
SUBJECT
GUIDES

SCAN ME



FOR
UEA
LIBRARY
ONLINE

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:

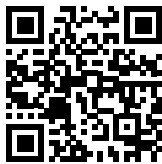
- Download the SafeZone app and allow for permissions (see page 28)
- It might seem obvious, but keep doors locked and don't let anyone into residences that you don't know
- If you have a bike, always use a D-lock, store it in a secured rack and get it stamped/registered via bikeregister.com
- Look out 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

TACKLING HARASSMENT AND SEXUAL MISCONDUCT

UEA does not tolerate bullying, discrimination, harassment, hate crimes or sexual misconduct.

The University is committed to ensuring that students understand what harassment and sexual misconduct are; how to recognise the signs; how to report if they experience or witness any unacceptable behaviour; and what support is available to them. A key part of this work is the education and training provided to students throughout their time at UEA, helping to build a respectful and inclusive campus community. Workshops, online modules and campaigns are designed to empower students with the knowledge and confidence to act if they see something concerning. You will find detailed information about training opportunities, support services and how to make a report on the Report + Support webpages.

SCAN ME



REPORT AND SUPPORT

UEA SECURITY

Save these numbers in your phone

General: **01603 592352**

Emergencies: **01603 592222**

Email: security@uea.ac.uk

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

STUDENT TOP TIPS

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

DHARA

ENGLISH
LITERATURE WITH
CREATIVE WRITING



HOW DO YOU TAKE CARE OF YOURSELF?

Stay organised from the start - utilising your timetable can help you prepare for a busy student life. Remember to also schedule time to relax, take care of yourself, and spend time on things you enjoy! ...It's easy to forget when it's not on your calendar.

DO YOU HAVE ANY FINANCE TIPS?

Make a note of your student finance payment dates. Making a budget tracker on Excel and tracking your expenses from the start is invaluable in planning ahead and seeing where your money is going.

LIBBY

CULTURAL
HERITAGE
STUDIES



WHAT'S THE BEST WAY TO MAKE FRIENDS?

Your voice! Talk to people in your classes, hang out with your new flatmates, compliment people in front of you in a queue.

DARREN

CREATIVE WRITING
AND ENGLISH
LITERATURE



HOW DO YOU BUDGET AS A STUDENT?

It's important to look after yourself, as well as your finances! Batch and bulk cooking are great ways to stretch your food budget and ensure you eat regularly, and healthily.

Come along to Make Your Halls Your Home on Monday 15 September, 6pm – 10pm, for free lino-printing, plant pot painting and more (pages 2-3)



RESIDENTIAL LIFE TEAM

Living in UEA accommodation? The Residential Life team are here for you every day, 11am-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 Residential Life teams offer support for many aspects of student life that might impact your experience at UEA including:

- Settling in to living at UEA
- Relationships in your flat
- Managing homesickness and loneliness
- Crime or behaviours such as bullying or harassment
- Concerns regarding the safety of yourself and your housemates
- Managing conflicts and difficulties amongst housemates

This service is available every day outside of term time too, including events over the holidays so you can meet other students staying on campus.

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 on **07795 591386** or at **residentiallife.advisers@uea.ac.uk** or found on MyUEA



MATURE STUDENTS

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

UEA recognises that mature students often have other things to balance alongside their studies.

The University offers a dedicated point of contact to support the mature student community with signposting, networking events and advice. During Welcome Week, please get involved in anything that piques your interest. There will be specific networking opportunities available for you to meet other mature students. 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 meet so many 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 strives to create an exceptional student experience by ensuring you have everything you need to thrive. To make this possible, the voices and insights of students and apprentices are really valuable!



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, 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. 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 on MyUEA. The news carousel at the top of the page features an edited selection of top news stories.

- You will occasionally receive important messages from the University to your UEA email address from **communications@uea.ac.uk**
- Messages from your module organisers and seminar leaders will come via email and/or Blackboard announcements
- Messages from your School will be sent to your UEA email address
- 'The Square' student newsletter is emailed to you every other Tuesday
- The Student Pulse survey is emailed to you at the beginning of each month



HELLO FROM CAREERCENTRAL

CareerCentral is your student careers service here for you from the start of your degree until three years after you graduate. They help you find and secure student jobs, gain different types of work experience, develop yourself and your skills, explore options and take the next steps after you finish your degree.

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 an adviser who can help with everything from CVs, applications, interviews and more. Plus, you can access tailored guidance from a Progression Adviser if you have a disability, mental health condition/concern, or if you're neurodiverse.

As a new student, if you're thinking about how to earn some extra money alongside your studies or wondering about volunteering opportunities, the upcoming Careers Fairs are the perfect places to start. And come along to the UEA Award Intro event during Welcome Week for an introduction to the Award and how you can easily begin this rewarding programme to start building a portfolio of skills and achievements that employers value. It's simple to get started and the friendly team are always on hand to help you on the way.

Check out **mycareercentral.uea.ac.uk** and follow on Instagram to find out more.

@uea_careercentral

EXPLORING CAMPUS

UEA+SPORT

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

Download the UEA+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 56 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 discounts on most Sportspark activities by simply registering their campus card!

Sportspark boasts a 50m swimming pool, 400m athletics track, a top-of-the-range fitness centre, a packed group exercise timetable, Spring Gymnastics Centre, outdoor pitches and more. For further details on facilities, student memberships, or pay-as-you-go options visit sportspark.co.uk or email sportspark@uea.ac.uk.

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

CAMPUS KITCHEN

Craving coffee? Something quick and tasty? Or maybe a hearty meal after a long day? With 12 cafes and food spots, Campus Kitchen has you covered. Located in the heart of campus, ZEST is a street food dream brought to life – expect fresh, seasonal flavours inspired by

kitchens from all over the globe. In the mood for pizza? Head to BOX in Bar(su) for hand-stretched pizzas that are fresh, flavourful and perfect for sharing. Need a pick-me-up between lectures? Grab a proper cup of coffee and a homemade brownie at Ziggy's on The Street. Be sure to swing by Sportscafé for a warm, comforting meal or a refreshing

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.

Accompanying the permanent art collection featuring works by Pablo Picasso, Francis Bacon and Henry Moore and new acquisitions by Yinka Shonibare and Leilah Babiye, the museum organises exciting exhibitions asking life's big questions, such as *What is Truth?* and *Can the Seas Survive Us?* You can also explore art through immersive digital, analogue and experiential experiences.

All UEA students can pick up a free student membership which gives you:

- Unlimited, free entry to the Sainsbury Centre and all exhibitions
- 10% discount 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

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



smoothie. Using the Campus Kitchen app enables you to collect rewards when you spend. Enjoy offers from 10% cashback on purchases, stamp card rewards and exclusive discounts. Be sure to check out the Campus Kitchen app (page 28) for info and ways to save!



SCAN ME
FOR CAMPUS
KITCHEN
OUTLET INFO



MUDATHEER

PSYCHOLOGY WITH A
PLACEMENT YEAR

Definitely check out Norwich Market. There are lots of different types of food on offer, from Italian to the classic British fish and chips.



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

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 £320 per year, which is a big weekly saving! (Download the First Bus app for more information)
- The 511 Costessey Park and Ride service 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/events/safernightsout

- 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.

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 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 for rewards on campus and gift vouchers.



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

Earn loyalty points, stamp card rewards and discounts when you purchase food and non-alcoholic drinks on campus.



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: @uniofeastanglia

uea(su): @uea_su



YOUTUBE

UEA: ueaofficial

uea(su): ueasu7551



BLUESKY

UEA: @uniofeastanglia.bsky.social



TIKTOK

UEA: @uniofeastanglia

uea(su): @uea_su



FACEBOOK

UEA: facebook.com/ueaofficial/

uea(su): 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

