

# Fantastic student life

At Sussex the one thing you can be sure of is that you need never be bored. There's always so much going on – as well as opportunities within your school (refer to the subject entries on pages 28-121), you can choose to join one of the many activities that are focused around the University of Sussex Students' Union and Sussexsport.

## University of Sussex Students' Union

### Key facts

- over 140 societies, 25 sports clubs and hundreds of volunteering opportunities
- student representation throughout the University including representatives for your year and your school
- entertainment and events on and off campus

The Students' Union is the focus of many student activities at Sussex and, apart from organising entertainment and social events, it runs shops and bars on campus. It also provides advice on housing, student loans and any other issues you may face, whether academic or otherwise.

The annually elected Students' Union officers ensure that there is student representation throughout the University community so that your opinions are heard. Membership of the Union is free and all students are members.

### Events

The Students' Union runs several major events throughout the academic year with a host of social and academic activities. It also runs welcome events for newcomers during Freshers' Week, which include introductory sessions to clubs and societies, as well as live music and much, much more.



UNIVERSITY OF SUSSEX  
**STUDENTS' UNION**

### Clubs and societies

Living on campus, it won't take you long to realise the great variety of activities on offer. The Students' Union provides a range of entertainment on and off campus – comedy, gigs, quizzes, live music nights and student-led DJ nights.

The Students' Union supports over 140 societies, 25 sports clubs and hundreds of volunteering opportunities, so you're bound to find something that takes your fancy. Whether you're into ultimate frisbee, film-making or break-dancing, this is your chance to try something different and meet a whole new group of people.

Joining a society is a great way of getting to know people. Many societies have a thriving social programme in addition to their main activities. You will have plenty of opportunities to find out more during Freshers' Week, held at the start of the autumn term.

### Stay in touch

To explore all the opportunities on offer, visit [www.sussexstudent.com](http://www.sussexstudent.com)



### Cameron's perspective

'The Students' Union at Sussex is here to accompany and enhance your academic life. Whether it's having a great time at our events, meeting other like-minded people in one of over 140 societies, or seeing your name in print in our newspaper, we're always offering you something that goes much further than your degree.'

'Run by students for students, the Students' Union offers a whole range of services and opportunities. Our Advice and Representation Centre is there if you need to talk about any problems, academic or otherwise, and the elected representatives can take your views to the University and further afield.'

'We're one of the biggest and most diverse student unions in the country, and we're proud to be part of making Sussex such a special place to study.'

Cameron Tait  
University of Sussex  
Students' Union  
President



## Your well-being: sport, health and fitness

### Key facts

- extensive sports facilities
- sports bursaries offered to talented students
- well-rounded sports programme
- largest dance and movement programme in the South East
- wide range of Students' Union sports clubs and teams

The University's Sussexsport works closely with the Students' Union to provide a well-rounded sports programme. Sussexsport also offers one of the largest dance and movement programmes in the South East, with over 30 classes/courses a week in activities such as yoga, sports conditioning, boxercise, circuit training, salsa, swing, ballet and capoeira. In addition, coaching in racquet sports is offered and Sussexsport runs intramural competitions, including football.

Sports bursaries are offered to talented students who have reached national representative standard. Students with sports bursaries receive access to a comprehensive support package. Dedicated bursaries are now offered in women's basketball.

For further details on the sports bursaries programme, contact:

Luke Terrill,  
Sports Development Officer  
T +44 (0)1273 877687  
E l.o.terrill@sussex.ac.uk

Sports facilities on campus include:

- two large, multipurpose sports halls
- two newly refurbished, state-of-the-art fitness rooms, and a dedicated strength and conditioning room
- a dance studio

- six squash courts
- four grass soccer pitches, a rugby pitch, a grass and artificial cricket pitch, and tennis courts
- a floodlit sand-dressed artificial turf pitch (hockey and football)
- a therapy room offering a sports-injury clinic, sports massage, relaxation massage, reiki, reflexology, and hot stone massage.

Subsidised rates are offered for all students.

You may want to join one or more of the specialist clubs organised through the Students' Union. Sports teams are among the largest and some of the most active student groups on campus, and there is a combination of 40 different teams and sports clubs. Several of our teams have achieved success in recent years in British Universities and Colleges Sport (BUCS) competitions.

For a comprehensive list of sports clubs and teams, visit the Union website at [www.sussexstudent.com/sport](http://www.sussexstudent.com/sport)

For further information about sport at Sussex, visit [www.sussex.ac.uk/sport](http://www.sussex.ac.uk/sport) and [www.sussex.ac.uk/sport/healthycampus](http://www.sussex.ac.uk/sport/healthycampus)

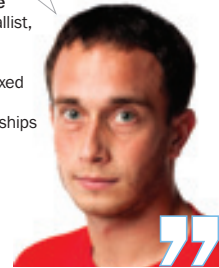
### Nick's perspective

'Sport has always played an important role in my life, and coming to Sussex didn't change that. The University offers a wide range of sporting activities and two fully equipped sports centres right on campus.'

'I play Ultimate Frisbee for the Mohawks, the University team, and it's been a fantastic way to meet people.'

'The coaching and support I received from the Mohawks enabled me to apply to, and become a member of, the GB Under 23 Mixed team, which won the World Championships in Florence this year. Without the support of the University, the Students' Union and the sports bursary I received, none of this would have been possible.'

**Nick White**  
Gold medalist,  
Under 23  
Ultimate  
Frisbee Mixed  
World  
Championships  
2010



## Your welfare

### Key facts

- network of advisory services, including the Student Life Centre (with a Health and Well-Being Coordinator), the Students' Union Advice and Representation Centre, and counselling and learning support services
- Student Support Unit for students with disabilities, mental health difficulties and specific learning difficulties
- health centre, dentist and pharmacy on campus
- nursery and pre-school facilities
- facilities for worship

Should you need a little extra support while you're at Sussex, we have a network of services including the Student Life Centre (SLC) to help with any personal, financial or academic difficulties. The SLC advisors work closely with the other University counselling and learning support services, so if you need further help, they can point you in the appropriate direction.

If you have any concerns, whether academic or otherwise, the SLC is the central point for information and advice. The Student Life team is the first port of call in dealing with:

- personal concerns
- student funding
- help with understanding University policies and procedures
- advice on personal circumstances that might affect your assessment
- student complaints and discipline.

The Centre is open Monday to Friday, 9am-5pm, but information can be obtained and queries made 24 hours a day. Visit [www.sussex.ac.uk/studentlifecentre](http://www.sussex.ac.uk/studentlifecentre)

The Student Support Unit (SSU) offers advice and assistance both when you apply and while you are studying at Sussex. The SSU can help set up support for students with disabilities, mental health difficulties and additional learning needs. It can provide notetakers, support workers, mental health mentors and dyslexia tutors, and offers assessments for specific learning difficulties. The SSU can also advise on funding for additional support.

The Students' Union Advice and Representation Centre provides confidential advice on a range of issues such as loans, accommodation, benefits or other day-to-day matters. For more information, visit [www.sussexstudent.com/advice](http://www.sussexstudent.com/advice)



As well as a dentist and pharmacy on campus, we have a health centre that provides NHS care and is available to all students within the practice area, including students from overseas on full-time programmes of six months or more. Visit [www.unimed.co.uk](http://www.unimed.co.uk)

There is also an NHS health centre in central Brighton, offering early morning, evening and weekend doctors' appointments and a walk-in service. Open from 8am to 8pm, seven days a week, it offers patients convenience and flexibility. Visit [www.brightonstationhealthcentre.co.uk](http://www.brightonstationhealthcentre.co.uk)

The staff at the Psychological and Counselling Services Unit provide a confidential service to all Sussex students, including individual and group counselling, as well as cognitive behavioural therapy and stress management. Eating disorder and substance misuse programmes are also included in the range of interventions offered. For more information, visit [www.sussex.ac.uk/sas/pcs](http://www.sussex.ac.uk/sas/pcs)

The University runs a nursery and pre-school on campus. You should apply at an early stage to [nursery@sussex.ac.uk](mailto:nursery@sussex.ac.uk) or [preschool@sussex.ac.uk](mailto:preschool@sussex.ac.uk)

The Meeting House is the on-campus chaplaincy, with services spanning a range of denominations. The Jewish community shares its use. There is also a Muslim Student Centre and mosque on campus. Visit [www.sussex.ac.uk/equalities/religion](http://www.sussex.ac.uk/equalities/religion)

The Sussex Regional Access Centre offers needs assessments and training on assistive technology to students with Disabled Students' Allowances. Visit [www.sussex.ac.uk/srac](http://www.sussex.ac.uk/srac)

The publication *Disabled Students' Allowances – Bridging the Gap* is available for download at [www.direct.gov.uk/en/DisabledPeople/EducationAndTraining/HigherEducation/DG\\_10034898](http://www.direct.gov.uk/en/DisabledPeople/EducationAndTraining/HigherEducation/DG_10034898)

For general enquiries, or to request a copy of the University's Disability Statement, contact:

The Student Support Unit, Pevensey 1, University of Sussex, Falmer, Brighton BN1 9QH, UK  
**T** +44 (0)1273 877466,  
**E** [studentsupport@sussex.ac.uk](mailto:studentsupport@sussex.ac.uk)

### Katy's perspective

'The Student Life Centre is here to provide you with information and guidance about University procedures and what to do if you run into problems. We also offer advice if you have personal concerns or just want a chat about how things are going.'

'My role involves welcoming students to the Centre and making sure they get directed to the right source of help. I enjoy the buzz here and the variety of queries that people have. We had a busy Freshers' week seeing hundreds of students, doing all we could to help them settle in.'

'The Student Funding Team are also based in the Centre and can offer general money advice, as well as specialist advice in relation to hardship funds, scholarships and bursaries, and non-UK student-finance schemes (eg American loans). There's also a Health and Well-Being Co-ordinator here who works to promote healthy lifestyles.'

Katy Vific  
 Student Support Co-ordinator

