

YOUR FRESHERS EXPERIENCE
STARTS HERE

YORK ST JOHN
STUDENTS' UNION



WELCOME WEEK GUIDE 2021



D
S
S
S
X

Contents

- 04 Welcome to YSJSU
- 06 Meet Your Presidents
- 08 Welcome Week
- 10 Arrivals Weekend
- 12 Plan Safe, Drink Safe, Home Safe
- 14 Monday & Tuesday
- 16 YSJSU Social, Bar and The Lounge

- 18 Wednesday & Thursday
- 20 Activities at YSJSU
- 22 Friday, Saturday & Sunday
- 24 Advice & Support
- 26 Keep in Touch



Our Core Values:

Inclusive

Provide activities and spaces that make students feel that they belong.

Transformative

Ensure that the Students' Union provides opportunities and experiences that positively change lives.

Challenging

Constantly critique and question what we and our partners do to ensure that we are always striving to act in the best interests of students.

Empowering

Equip students with the skills, opportunities, and experiences to enable their success.

Fun

Make student life at York St John University enjoyable and rewarding.

“
“
You're automatically a member of the union when you arrive to YSJ

Welcome to YSJSU

Hello and huge welcome to York St John Students' Union! We're the hub of student life here at YSJ and we do all we can to ensure that you have the best time possible whilst you're at university.

Did you know that you're automatically a member of the union when you arrive to YSJ if you opt in at registration? (make sure you do!) So, keep reading to find out more about us, Freshers week and the opportunities you can get involved in during your time here!

What is the Students' Union and what do we do?

Well, we are a charity and everything we do is centred around a 'student first' approach. Our mission is to 'empower students at York St John to challenge and change the world around us.'

Our vision is that 'by 2024, YSJSU will play a major part in the life and transformation of students by being the central hub of social activity, representation and opportunity.'

We'll achieve this by aligning everything we do with our core values.

Run by Students...

The Students' Union is led by three Presidents (or Sabbatical Officers) who are elected by students in our annual Elections. Their job is to make sure that the student body is represented on all areas of student life, including academic support, wellbeing, extra-curricular activities and other opportunities.



Meet Your Presidents



JAMIE ANDREWS
President of The Students' Union

I'm Jamie and I'm your President of the Students' Union. As part of my role, I'm elected to represent the student body and ensure that you feel you're having the best time you possibly can at York St John.

As the President of the Students' Union, I am the student lead on all things extra curricular; covering sports clubs, societies and general activities. I also look after some of the governance for the Students' Union, chairing the Board of Trustees and being the only student representative on the University's Board of Governors.



CHRIS SMITH
President of Wellbeing & Diversity

I'm Chris and I'm your President of Wellbeing and Diversity. As part of my role, I ensure that all students are represented, and that York St John is an inclusive and safe environment for everyone. I work alongside the two other Presidents at the Student's Union to better improve your university experience, both on an educational and extracurricular basis.

I work closely alongside the Liberation Officers to ensure that everyone is equally represented and all your voices are heard. Throughout the year, I'll be running campaigns which highlight issues important to communities at York St John. I sit on various committees and boards at the University as well as being a Charity Trustee for the Student's Union.



AIMÉE YEOMAN
President of Education

I'm Aimée and I am the President of Education at York St John Students' Union. In my role, I work closely with students to ensure that they are receiving the best educational experience possible whilst studying at YSJ, making sure that they are represented, valued and accepted within our academic community.

I strongly believe in equitable education—every student should be able to achieve their full academic potential in attaining a degree whilst studying at YSJ. I'm an advocate for social justice within education and I aim to create a welcoming and inclusive learning environment for all YSJ students.



04

Welcome Week

It's Freshers Week 2021!

This is your essential guide to everything Freshers related. Keep reading to find out all the info you need to access every event, activity, freebie, party and everything else you need to make this a week you'll never forget!

Find out everything the SU has to offer all year round, from sports & societies, weekly events, advice & support and not to mention our brand-new food and drink menu!

This week is all about settling into university life, getting to know your new circle and having fun! We'll be there every step of the way.

Arrivals Weekend

This weekend is all about settling in and meeting your new flatmates!

When you arrive at your halls of residence you will meet some of our welcome helpers. They will help you to unload your car and carry your things to your new home. They'll also happily answer any questions that you may have!

So, you have met your flatmates, you have unpacked, and you cannot wait to get over to the SU BUT before you wave goodbye to whoever has dropped you off, make sure to take a trip to the supermarket to make sure you are fully stocked up for the first couple of weeks.



What's on Saturday:

WELCOME DRINKS

Grab your flatmates and head over to the SU from 5pm to kick off your first night of Freshers Week. We'll be offering food, drinks and games for you and your new friends to hang out, chill and get to know each other.

£1 A PINT & KARAOKE

Name a better combo than karaoke paired with £1 pints all night long! For these two very good reasons, Saturday is the biggest night at the SU headquarters. Whether it's a pint of coke or a pint of Stowford, we have you covered! Join us in the bar from 7pm.



What's on Sunday:

WELCOME DRINKS

Starting from 5pm you can head down to the SU for an evening of games, good food and a variety of drinks on offer!

UV PAINT PARTY

Your first club night of the year! Club Salvation and Flares are kicking off Freshers week with their famous UV Paint party!



05

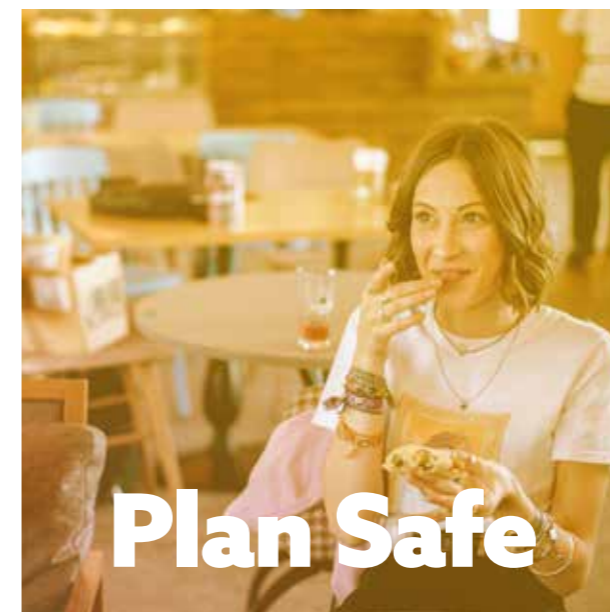
Plan Safe, Drink Safe, Home Safe

Some parts of university social culture, especially during Fresher's Week, can involve some students drinking alcohol. For some students, it is also their first taste of 'freedom' being away from home.

We have nothing against students who choose to drink alcohol at YSJSU, but we want to make sure you remain safe if doing so.

Plan Safe, Drink Safe, Home Safe is our safety campaign aimed at making sure you have the best time possible whilst staying drink aware.

06



Plan Safe

Pack your things! Have you got your ID, keys, money, safety alarm, condom & charged phone with you?

EAT! Remember to have a good meal before you drink to line your stomach and don't forget to snack between drinks to help slow the absorption of alcohol.

Store useful numbers in your phone in case of an emergency.

Take care of your mates!

Know your limits! A standard drink has about 10g of alcohol which is the amount your body can process in 1 hour.

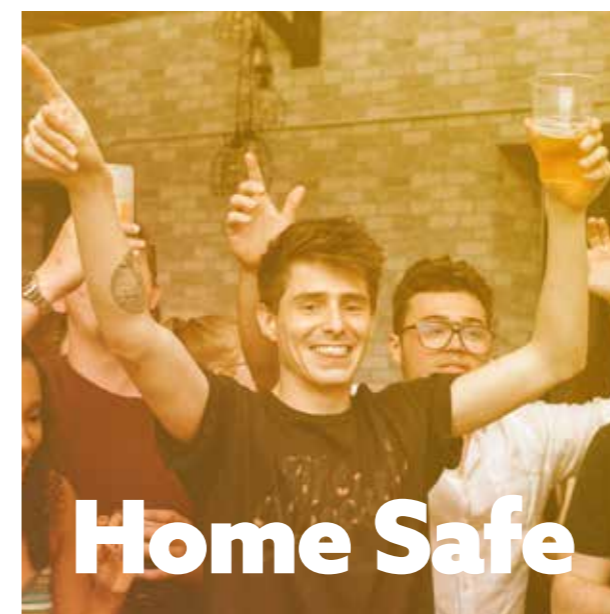
Know when to say 'no'! It can be easy to be persuaded to have "just one more" but if you know you've had enough, say so.

Always remember, every 3rd drink should be water!

Ask for Angela - if you ever feel threatened or uncomfortable, ask any member of staff in a bar for Angela and they'll offer help at once.



Drink Safe



Home Safe

Streamline taxis are a call away on **01904 656565**. If you tell them, you're alone they'll put you at the top of the list. They offer a 10% student discount when you show your student card too!

Travel together! Head to and from the venue with friends. Make sure you keep in touch and give them a call if you can't find them.

Don't drink and drown. The rivers in York have very strong undercurrents and over years several students have been lost to them. Avoid walking along the rivers after you've been drinking.

Monday

POSTER SALE

Make sure you head over to the SU from 10am where we'll be hosting our annual poster sale! Brighten up your new room and give it a personal touch with plenty of styles and sizes to choose from.

CHILL & CHAT

Whether you're on your own or with your new mates, head over to The Lounge at 12pm for a relaxed coffee and chat anything from university to football to Real Housewives!

BINGO

Make sure you don't miss out on the best Bingo action in York, taking place exclusively at the Students' Union!

Join us from 7pm.

OFFICIAL KUDA MONDAY

It's time to launch your official club nights with your official Monday night at Kuda! Get to the bar for pre drinks before heading into town!



Tuesday

PLANT SALE

Are your fairy lights getting lonely without a house plant! We're hooking you up with a range of beautiful and unusual plants to make your new house a home. Come down to the SU from 10am to grab yours!

POSTER SALE

Don't worry if you missed out yesterday, our poster sale is back again at 10am for the final time so don't miss out!

SUSTAINABILITY SPACE

Have a passion for the environment and want to learn how to get involved with YSJ's Sustainability programme? Then join Chris at 12pm in The Lounge to chat all things green... and hedgehogs.

LONDON STUDENTS ONLINE MEET-UP

Our London Officer is hosting an online meet-up at 2pm for students at our London campus to get to know the officers, meet new people and ask anything about the SU!

POSTGRADUATE & MATURE STUDENT MEET-UP

We're hosting a meet-up for our postgrad & mature students in our lounge at 3pm. It's an opportunity to join us for a chat, ask questions and meet like-minded students!

BIG PUB QUIZ

The launch of our Big Pub Quiz! Every Tuesday we pack out the SU with plenty of prizes up for grabs. From free meals, drink vouchers & cash prizes you don't want to miss out on this one! Don't worry if you're not in the building, we'll be hosting a virtual alternative too. Starts from 7pm.

BLOCK PARTY

Get ready to sing and dance your heart out as we bring you Popworld vs. Flares! Enjoy drinks deals and different DJs all night long!

07



YSJSU Social Card

Have you grabbed your YSJSU Social card yet? Our Social card gives you a 10% discount on all-things SU for the whole academic year. Including drinks at the bar, food, coffee and merch! Not to mention free entry to £1 a pint all year and queue jump to every Official YSJ club night. With a Social card, if you spend £20 in the SU every week you could save up to £100!

PLUS it's paired with our brand new loyalty scheme, which means for every £10 you spend you'll get £1 worth of reward points back!

We've also partnered up with local businesses in the City to bring you student discounts across a range of food, drinks and things to do in York. What are you waiting for? Head over to [ysjsu.com](https://www.ysjsu.com) to get yours now!

08

The Bar and Lounge

Our building can be found in the heart of the campus. It's only 4 years old and boasts a bar, a lounge and cosy break out spaces for you to really settle in and feel at home.

The Lounge is the perfect space to relax, study & socialise. Whether you want a late-night coffee to power through an essay or have a pint (or two) and get stuck into some board games, The Lounge offers a laidback atmosphere and is open to everyone from 9am till' late.

The main Bar is the home of our infamous weekly events from Tuesdays 'Big Pub Quiz' to 'Unplugged' Open Mic on a Thursday, to none other than £1 a pint Karaoke on

Saturdays! During the day it's the perfect place to grab some grub from our brand new food menu and watch the sports channel with your mates. On a night, it's the perfect venue to let your hair down and forget about the deadlines you have due the next day!

“

*Perfect space
to relax, study
& socialise*



09

Wednesday

FRESHERS FAIR

We promise you, you will have NEVER experienced anything quite like this!

A full day event, running from 10am till 4pm, it's your one stop shop for everything you need for life at university! Follow the route from the Sports Hall to the Quad to meet local businesses, bars, clubs, gyms, restaurants, charities, university support departments, all of our sports clubs & societies and of course all of us at the Students' Union.

They'll all be ready to say hi, let you know what they can offer, and most importantly... give you plenty of freebies! We've seen slice upon slice of Domino's pizza, cinema tickets & plenty of free taster sessions. Make sure you don't miss out!

SH*T SHIRT PARTY

Yes, you read it correctly. Get your worst shirt on and grab a picture in our photobooth for the Freshers memory box. It's not for nothing... of course there're prizes to be won for the sh*ttest shirts!

FRAT PARTY

Your Official Wednesday club night returns at Revolution! Where our Sports teams celebrate their wins or commemorate their losses. It's a weekly YSJ favourite!

Thursday

PETTING ZOO

An annual favourite for our Freshers programme! Join us outside the SU to meet some furry friends. From Alpacas to tortoises, come down from 12pm to get your creature comforts.

COMMUTING STUDENTS MEET UP

Meet like-minded students and start new friendships with our online meet up for commuting students from 2pm.

INTERNATIONAL STUDENTS MEET & GREET

Our International students are invited to a meet and greet with the SU's International Officer & Sports Coordinator to find



out how they can support you during your time here. Join us at 3:30pm in The Lounge.

YSJSU UNPLUGGED

Our first YSJSU Unplugged will see a host of live musicians and the chance for you to get up on stage and show off what you've got! Join the fun and grab a mic for a jam-packed evening of entertainment. In The Lounge from 7pm.

Activities @ YSJSU

Here at YSJSU we have 55 student-led activities that you can get involved in! Through our societies and sports clubs, you can meet like-minded people and fill your social calendar with incredible events from the moment you arrive!

From American Football to Geek Society and everything in-between, our range of activities here at YSJSU aim to empower students to socialise, travel across the country and learn new skills & experiences to take with you after life at University.

And the best thing? At the end of the year, you'll have the chance to get your glad rags on and celebrate the hard work of your club or society at our major, VIP, sell-out events: The Sports & Societies Award Dinners.

Take a look at our full list of activities over on ysjsu.com/activities.

Don't worry if you're struggling to find an activity for you, here at YSJSU we'll give you all the support you need to create a new one!

10

“

From American Football to Geek Society and everything in-between





Friday

MACMILLAN COFFEE MORNING

It's the biggest coffee morning of the year so join us from 10am in the Bar for a coffee & cake. If you feel like channelling your inner Mary Berry, then why not bring your own bakes down to the SU to support Macmillan.

TERRARIUM WORKSHOP

If you love plants and have a creative flair then come down to The Lounge between 1pm - 3pm, roll up your sleeves and build your own terrarium! We'll supply you with all the things you need to build your own mini eco-system to take to your new home.

OUTDOOR CINEMA

Join us for a unique cinema experience on Friday night paired with FREE popcorn before and during the film! Bring your blankets, picnics & camping chairs and we'll see you in the Quad from 7pm.

KOH SAMUI

The final official club night of the year! There's only one place to go on a Friday night and that's KOH Samui! A night that resembles the Thai Island. Start at the SU bar for the pre-party then head to Club Salvation.



Saturday

VINTAGE CLOTHES SALE

Choose from hundreds of vintage clothing items, from retro tees to denim, jackets to jumpers, shirts to shorts. Head over to Temple Hall from 10am-6pm - believe us when we say, it won't disappoint!

£1 A PINT KARAOKE

It's that time of the week again where we pair karaoke with £1 pints all night! Join us in the bar from 7pm.

Sunday

REST & RECHARGE

It's been one heck of a busy week, so on Sunday we'll have some games, a movie marathon and some great food in the bar and coffee lounge to help you recharge for the week ahead.

GET TO KNOW YORK

There are so many places to see and experience in York. Why not grab your mates and familiarise yourself with the City with an afternoon exploring? We'd recommend popping by the Minster, the Shambles, the Museum Gardens and even walking the City Walls.

BATTLE OF THE HALLS

We're wrapping up your Freshers Week with the biggest and best event yet! Over 1000 students, a city-wide bar crawl and a huge wrap up party, your t-shirt is your ticket so make sure you grab yours from the SU nice and early.



Advice and Support

Here at YSJSU we offer free independent advice and support on all academic matters. From academic appeals to exceptional circumstances, we're here all year round to support you through these processes.

We can also help signpost to, and work with internal and external service to help support you with matters relating to welfare. Reach out to us at su.advice@yorks.ac.uk if you need us.



12

Volunteering

Want to make a difference to the local community and learn some new skills? Keep an eye out for our new and exciting volunteering opportunities you can get involved in alongside your degree. We offer a wide range of opportunities all year round to interest as many students as possible, so why not get involved during your time here?!



Keep in Touch

Welcome Week might be over but we're here to support you and give you the best student experience possible all year round! To make sure you don't miss out on any of our events, campaigns or activities, make sure you're following us on social media!



/YSJStudentsUnion



@ysjsu
@ysjsu_Pres
@ysjsu_PWD
@ysjsu_PresEd



@ysjsu
@ysjsu.social
@ysjsu_presidents

13

