



THE ESSENTIAL GUIDE TO STUDENT LIFE

FROM TEESSIDE UNIVERSITY STUDENTS' UNION

2018/2019



HOW DO YOU FANCY GUARANTEED ENTRY TO ALL OF
OUR BIGGEST EVENTS FOR JUST £80? GET YOURSELF A...

SAVE A
FORTUNE

LOVE IT CARD

GUARANTEED
ENTRY

CLUB AND THEME
NIGHTS

EPIC ONE OFF
EVENTS

ALL QUIZ NIGHTS

PLUS MUCH
MORE...

TEES-SU.ORG.UK/LOVEITCARD

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WELCOME FROM THE STUDENT OFFICERS

We're delighted to welcome new and returning students to this essential guide to the Students' Union, student life and settling in to Teesside!

We've been elected, by students just like you, to lead the SU in 2018/19. We speak up to the most senior figures at the Uni including the Vice-Chancellor and the Board of Governors. We also lead on a range of events and campaigns designed to help you stay safe, healthy and stress free while you study at Teesside University.

We want EVERY student, no matter your age, gender, background or mode of study, to have a fantastic experience with the Students' Union right at the heart of it. The SU is here to provide help and support to students including staying safe, handling homesickness and managing money problems.

We also aim to help you get the most from your student experience with:

- A great range of daytime events including trips around the Tees Valley and wider north of England.
- Multi award winning social spaces open through the day where you can eat, drink, meet friends or make new ones and study.
- Evening events for EVERYONE to enjoy including socials, club and theme nights, appearances from big name celebs and our Monday night quiz.
- Clubs, societies and opportunities to volunteer. These are a great way to continue an interest or develop a new one, meet new people and improve your skills/employability.

Find out more about all of the above and get useful info/ web links to help you settle in to student life at Teesside by reading on!

There's more about the three of us on pages 22 to 23 and we very much look forward to meeting you in person.

Tom, Andrew and Sophie
– Student Officers 2018/19

TEES-SU.ORG.UK/OFFICERS



**TOM PLATT
(LEFT)**

President Education
preseducation@tees-su.org.uk

**SOPHIE BENNETT
(CENTRE)**

President Welfare
preswelfare@tees-su.org.uk

**ANDREW RICHARDSON
(RIGHT)**

President Activities
presactivities@tees-su.org.uk

WELCOME FROM THE VICE-CHANCELLOR

I am delighted to introduce you to The Essential Guide to the Students' Union and Student Life. One of the most important parts of my role is working closely with Teesside University Students' Union to ensure that together, we deliver an excellent student experience for you.

Our vibrant and welcoming Students' Union is at the heart of campus life. It is a place where you can socialise, get support and representation, and get access to a wide range of services and opportunities offered by students, for students.

The Union is popular with all students judging by recent feedback in the What Uni, Times Higher and International Student Barometer surveys. *

I hope that this guide will provide you with an insight into how Teesside University Students' Union can be central to international student life, and inform you of all the facilities, services and opportunities you can access here.

Professor Paul Croney - Vice-Chancellor and Chief Executive.

* More info at tees.ac.uk/source



LIVING IN TEESSIDE

Teesside is a FANTASTIC place to live and study in. It has plenty of places to eat, drink, shop and socialise.

There's some great places to go for little or no charge including Middlesbrough Institute Of Modern Art (MIMA), The Dorman Museum, Stewart Park, Albert Park and MIMA (pictured).

If you fancy venturing further afield, Teesside is surrounded by countryside and seaside! You could even sample the historical delights of world famous places like York and Whitby which are both a relatively short train, coach or car ride away.

Teesside University Students' Union runs trips to help you see more of the area and make the most of your time here. You can check out the latest ones by visiting tees-su.org.uk/daytime.

We can't tell you about everything the area has to offer in this limited space, check out the handy links below for full info.

And... make sure you get out and about to discover it for yourself : -)

tees.ac.uk/sections/about/visiting

lovemiddlesbrough.com

whatsoninteesside.co.uk

thisismiddlesbrough.com



LIVING IN TEESSIDE

If you're new to the area or still trying to settle in, remember that the Students' Union can help with a range of issues through our SU Student Support (SUSS) service (See pages 20 and 21 for full info).

This includes homesickness, any concerns you have about your safety and any problems you might have with your accommodation.

There's lots of good quality houses and flats available to rent around the Tees Valley but there's no harm in being careful if you're renting. Why not ask our advisers to check over a tenancy agreement before you sign it and why not find out if the landlord or letting agent you are renting from is accredited by the SU.

tees-su.org.uk/accreditation
for more info.

Middlesbrough and the wider Tees Valley are, generally speaking, safe and welcoming places to live.

However, if you're not familiar with the area it's a good idea to follow our simple safety tips listed below when you're out and about.

1) Try to avoid walking home alone after dark and keep to well lit/ busy areas if you can.

2) Try to generally get to know the area. Your fellow students who are familiar with the area may be able to advise on anywhere you might want to avoid.

3) Try to properly get to know any new people (students or otherwise) before you spend time alone with them.

4) You may, occasionally, be approached by beggars in central Middlesbrough. Cleveland Police advise against giving them money or engaging with them.

5) Pop in and speak to local police officers at the Students' Union about staying safe in the area. They run regular surgery sessions which are advertised through: tees-su.org.uk/events.

6) Check out our dedicated student safety campaign tees-su.org.uk/safety.

Tom Platt
President Education

Find out more about
him on page 22.





[TEES.AC.UK/ACCOMMODATION](https://tees.ac.uk/accommodation)

[TEES-SU.ORG.UK/SAFETY](https://tees-su.org.uk/safety)

[TEES-SU.ORG.UK/SUSS](https://tees-su.org.uk/suss)

[CLEVELAND.POLICE.UK](https://cleveland.police.uk)

STUDYING AT TEESSIDE UNIVERSITY

In the early days of studying you may find the adjustment to higher education challenging. Here's some handy tips on studying at Uni.

YOUR TEACHING AND LEARNING

You will learn through lectures, seminars, tutorials, workshops and group work. It's important to engage in the taught sessions by asking questions and taking part in discussions.

LECTURES

- They vary in size and can include anything from 20 to 300 students. This is your opportunity to make notes.

TUTORIAL

- An individual or small group meeting with a lecturer, generally based on specific reading or tasks.

SEMINARS

- This is a small group session of between 15 and 25 students with one lecturer. You are expected to lead a discussion on a pre-selected topic at least once during a module. This also gives you the opportunity to ask questions.

INDEPENDENT STUDY

- At Uni you will find there is an emphasis on independent study – where you are responsible for developing and preparing your assignments between taught sessions. You are expected to study outside these sessions – for a full-time programme, this is typically around 40 hours a week (in total).



STUDYING AT TEESSIDE UNIVERSITY

THE LIBRARY

The University Library is a key element of the student experience at Teesside and the refurbishment investment provides an on-campus space which is a focus for learning, research, academic collaboration and contemplation.

Access to 145 million learning resources, with specialist help available to help you find the services, support and learning resources you need.

CONTACT DETAILS

T: 01642 342100
E: libraryhelp@tees.ac.uk
lis.tees.ac.uk

SU STUDENT SUPPORT (S)

There may be occasions when you encounter difficulties with your academic writing. Don't let this worry you. If you are faced with an issue relating to academic misconduct e.g. plagiarism or collusion, just make an appointment at the Students' Union Student Support.

You'll be able to see an academic adviser and they will do all they can to help and support you. In addition, should you need extra help with your academic writing then simply go to the Library and ask to be directed to the Learning Hub. Library staff will be happy to advise and direct you in relation to improving your academic writing skills.

Find out more about SUSS on page 20.



GETTING MORE FROM STUDENT LIFE

The Students' Union has something for everyone!

CLUBS AND SOCIETIES

Our many sports clubs and societies are a great way to continue an interest or develop a new one! They're also a proven way to settle in to student life more quickly, meet a wide range of people and improve your skills and employability.

You can compete for Teesside Uni in our sports teams, or be part of societies. They can act as an extension of the course you're studying to share learning with others and get to know coursemates better. Plus...if we don't currently have a club or society to suit your tastes you could start your own! You just need a

few other students to say they're also interested in being part of it and we'll try to help you get it off the ground.

If you're unsure what's right for you feel free to pop in and speak to our friendly SU Activities staff. They are based on the 1st floor of the SU Building and will be happy to answer your questions.

VOLUNTEERING

Another great way to get involved in your SU and broaden your student experience is by volunteering. No matter how much time you can spare we offer some great opportunities to help out with our biggest events and campaigns.

You can also access a wider range of volunteering opportunities in the community through Teesside Uni's volunteering service. This is known as Volunteers and staff can advise on the best opportunity or placement for you.

Whatever you do it all helps to settle in to student life and boost your long term chances of finding a job.

Andrew Richardson
President Activities

Find out more about
him on page 22.





SU Activities
(1st floor, SU Building)

Open 9am-5pm weekdays

(check tees-su.org.uk/activities
for any details of late opening)

activities@tees-su.org.uk

01642 342234

tees-su.org.uk/clubs

tees-su.org.uk/societies

volunteers.co.uk



GETTING MORE FROM STUDENT LIFE

BECOME MORE EMPLOYABLE AND ENTERPRISING

We know that all students are concerned about their future! Our Enterprise and Employability Service can provide essential support at any point in your time at Uni. They can help with the following:

- Making sure you're doing all you can to maximise your employability when you leave Uni. Staff will advise you on all the support available from the SU and the Uni to get you work ready.
- Improving your employability through help with your CV, completing applications or preparing for interviews.
- Helping you develop your business ideas. We can provide expert advice on developing a business and getting it off the ground as well as helping you sharpen up your entrepreneurial spirit and skills.

TAKE THE LEAD

The Students' Union is run by students for students and there's lots of ways for you to take the lead!

- You could speak up for your fellow students as a School or Course Rep and work closely with senior staff in the University to keep improving facilities, resources and teaching.
- You could gain great experience managing people and budgets as a lead member of a club or society such as Chair, Vice-Chair Finance or Vice-Chair Communications.
- You might like to get involved in the running of clubs or societies as Chair of a decision making body like Athletic Union or Societies Federation.

REPRESENT ALL STUDENTS

- Any current student can run in our annual elections to find the small group of people who represent Teesside on the big stage at the National Union of Students (NUS) Annual Conference.
- Finally, there's no reason why you couldn't be one of the three people who lead the Students' Union and represent all students as a Student Officer! Elections are also held for these roles every February and March!

[TEES-SU.ORG.UK/ENTERPRISE](https://tees-su.org.uk/enterprise)

[TEES-SU.ORG.UK/ACTIVITIES](https://tees-su.org.uk/activities)

[TEES-SU.ORG.UK/ELECTIONS](https://tees-su.org.uk/elections)

USING THE SU THROUGH THE DAY



THE SU WELCOME DESK (1ST FLOOR)

This is quite simply the heart of the Students' Union! Our friendly, helpful staff will answer any questions you have. And if they can't help they'll definitely put you in touch with someone who can.

You can also buy a Totum Card, membership for clubs and societies and event tickets. If you need assignment binding we run an efficient and reasonably priced binding service on weekdays.



THE LOVE IT LOUNGE (1ST FLOOR)

You can relax with friends between lectures and seminars or catch up on work in our vibrant, modern social space. There's power points and lots of comfortable furniture plus no alcohol is served in the space.

It can also be used for your meetings and course related activities. You can speak to staff at the SU Welcome Desk if you wish to book it out.



THE TERRACE (1ST FLOOR)

If you ever fancy a hot drink or delicious food from an extensive menu then look no further than The Terrace. Thousands of students spend time there between lectures and seminars every semester.

You can enjoy excellent customer service, a warm welcome and comfortable surroundings. Don't forget it's open every night and at weekends through the academic year as well (page 18 for more info).



Available 9am to 5pm weekdays
in semester time.

enquiries@tees-su.org.uk

01642 342234



Available 9am until late 7 days
a week.



Available 9.30am until late weekdays,
12.30pm until late weekends



USING THE SU THROUGH THE DAY

MEETING AND STUDY ROOMS (1ST FLOOR)

If you ever need to do group work or private study between lectures and seminars we have two bookable meeting rooms. They have plasma screens and power points for your devices.

Please keep in mind that the rooms are primarily for students on post graduate courses to use and they will get first priority. However you can check on availability by speaking to staff on the SU Welcome Desk (1st floor).

AVAILABLE FROM 9AM WEEKDAYS



SU STUDIO (2ND FLOOR)

This is another great space to do group work or private study. There's 10 computers available and comfortable furniture to spread out on while you work.

You can book either of the SU Studio meeting rooms or the main space for your meetings and course related events.

Speak to staff at the SU Welcome Desk for more info. (See page 14)

AVAILABLE FROM 9AM WEEKDAYS

tees-su.org.uk/sustudio



THE SNOOZE ROOM (2ND FLOOR)

We're one of the very few students' unions in the UK to provide a Snooze Room! This purpose built facility allows you to take some time out from a busy day to rest and relax.

There's separate rooms for those identifying as male and female and we have CCTV monitoring the whole facility.

Speak to staff at the SU Welcome Desk for more info. (See page 14)

AVAILABLE FROM 9AM WEEKDAYS

tees-su.org.uk/snooze



USING THE SU AT NIGHT

It's not unusual for some students to feel as though our events and spaces are not for them at night...wrong, everyone is welcome : -)

We serve a wide range of non-alcoholic drinks and every effort is made to ensure venues are safe and responsibly run. We aim to make everyone feel at home.

VENUES AND REGULAR EVENTS

The Terrace is open 7 nights a week with a wide range of events. That includes our ever popular Monday night quiz, student socials, retro video and board game nights, cocktail evenings, resident DJs playing a range of music and much more. We also encourage suggestions for new events from all of our students

The Hub (2nd floor) is only open for student events occasionally but they're definitely worth the wait! We hold huge theme and club nights and they often include appearances from famous faces. This has previously included the likes of Calvin Harris, Example, Basshunter, Cascada, DJ Fresh, Pendulum, Fuse ODG, Sigma, S Club, Tinchy Stryder, Lethal Bizzle and Sigala.

We also show a wide range of sport on our big screens 7 days a week including Premiership and European football.

SPECIAL EVENTS

We also hold unforgettable one off events including Halloween, Christmas, St Patrick's Day and summer parties.

HELP AVAILABLE IN OUR VENUES AT NIGHT

If you ever feel uncomfortable or unsure when using the SU at night remember you can speak to our friendly and helpful staff.

Our bar staff dress in black shirts carrying the Students' Union logo, while venue staff wear grey shirts again with the logo on them.

In addition, there will always be an experienced member of staff on duty managing the bar who you can ask to speak to if you need to.

Finally, Teesside University security are based just yards from the SU building. You can speak to them at their office alongside the Uni library.



tees-su.org.uk/events

tees-su.org.uk/social

teesideuniversityevents

ADVICE AND SUPPORT

We know that moving away from home and living/ studying in a new place can be challenging.

SU STUDENT SUPPORT

Our staff in SU Student Support (SUSS) provide a range of help and support to students. Advisers will be happy to talk to you about issues which may include homesickness and settling in to student life, safety, housing and money.

If you're unhappy with your course or other aspects of the Uni, they can also give advice on the best way to handle it.

The Students' Union operates independently of the Uni. So, in the rare event that they are taking disciplinary action against you our staff can offer advice and support.

They may also be able to represent you at meetings or hearings where appropriate.

Even if they can't help directly with your issue they will always point you in the direction of someone who can. We hope you will pop in and see them when they're open, our reception staff will either give you a few minutes with a staff member or make an appointment for you.

1ST FLOOR SU BUILDING

OPEN 10AM TO 4PM MON TO THU, 11AM TO 4PM FRI.

suss@tees-su.org.uk

01642 342247

tees-su.org.uk/suss

(check website for any details of late opening)

ADVICE AND SUPPORT

SCHOOL AND COURSE REPS

A wide range of current students are appointed by the SU to be School Reps or elected by their coursemates to be Course Reps each year. It's their job to listen to feedback from students and ensure that senior people in each Uni school and Student Officers here at the SU act on it.

They also work closely with Uni and SU staff to keep improving facilities, teaching and the general student experience. Check out the links below for more info on the Reps and to find out how to contact the students who represent you.

tees-su.org.uk/schoolreps

tees-su.org.uk/coursereps



TEESSIDE UNIVERSITY STUDENT SERVICES

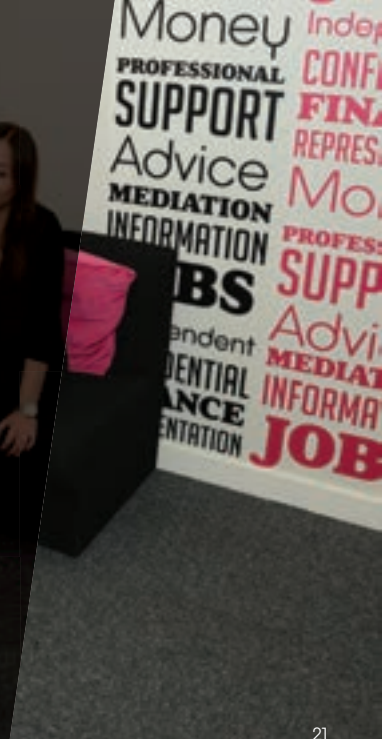
Staff in the Student Centre can also provide a great range of help and support. This includes counselling services, careers advice, general guidance and info on payments or bursaries you may be able to access.

EUROPA BUILDING

studenthelp@tees.ac.uk

01642 342277

tees.ac.uk/sections/studentsupport/



MEET THE STUDENT OFFICERS



Your Student Officers have been elected, by students like you, to lead the Students' Union for at least 12 months.

Find out more about Tom, Andrew and Sophie by visiting tees-su.org.uk/officers.

If you spot them in the SU Building or around campus make sure you stop for a chat.

TOM PLATT
PRESIDENT EDUCATION
PRESEUCATION@TEES-SU.ORG.UK

- Runs various campaigns and gathers feedback about the academic side of student life.
- Represents students to senior figures at the University.
- Ensures the SU is run democratically and in the best interests of all students.
- Sits on the University Board of Governors.

ANDREW RICHARDSON
PRESIDENT ACTIVITIES
PRESACTIVITIES@TEES-SU.ORG.UK

- Supports and helps develop the various clubs and societies at the SU.
- Works with the Uni, SU staff and other stakeholders to keep improving opportunities and facilities for students to get more from student life.
- Leads on work by the SU to develop student employability and enterprise.



SOPHIE BENNETT

PRESIDENT WELFARE

PRESWELFARE@TEES-SU.ORG.UK

- Runs various campaigns around student health, wellbeing and safety.
- Works with the Uni, SU staff and other stakeholders to keep improving student safety, housing and general wellbeing.
- Provides general support and advice to students from all backgrounds.



CAMPAIGNS THAT COUNT FOR ALL STUDENTS

SAFETY CAMPAIGNS

We work in partnership with the Uni and external agencies including Cleveland Police and Cleveland Fire Brigade. The campaign covers info and advice on avoiding problems when out and about as well as how to keep your valuables and home safe.

HOUSING CAMPAIGNS

We run a year round campaign working closely with local landlords and letting agents to keep improving standards. The campaign also provides students with practical advice about tenancy agreements, ensuring their accommodation is safe and sharing a property with others.

tees-su.org.uk/campaigns

tees-su.org.uk/safety

ACADEMIC CAMPAIGNS

The Student Officers and SU staff are committed to representing the academic interests of all students. We focus on different aspects of the academic side of student life including learning, teaching, feedback and the Library. We work closely with senior academic staff at the Uni to keep improving your learning experience.

HEALTH CAMPAIGNS

We work in partnership with the Uni and external agencies including the NHS on health and wellbeing. Campaigns cover mental health, STI's, general physical health and more besides.

tees-su.org.uk/housing

tees-su.org.uk/v2r

OTHER CAMPAIGNS

We also run a range of long and short term campaigns covering various aspects of student life. This includes acceptable behaviour and language on campus and in social situations. In addition we aim to gather your feedback on how we can improve the Students' Union and work with the Uni on improvements to the experience they offer.

Sophie Bennett
President Welfare

Find out more about
her on page 23.





ADVENTIST STUDENTS



ONCAMPUS



YES TO RESPECT



YES TO RESPECT

FAITH ACTION LIFE Like

HOW WE SPEND OUR MONEY

Every penny that is spent in the SU by students and other guests is reinvested to improve the facilities, services and resources we offer you. Here's how much we made last year and what we spent it on. Visit tees-su.org.uk/about for more info on the SU finances and how we are run.



FIND YOUR WAY AROUND CAMPUS

Check out the map on the left for full details of the various buildings on the main campus. Remember that if you're ever lost or unsure through the day you can pop to the SU Welcome Desk (1st floor, SU Building) for help and directions.

There's also more info about finding your way around and some key contacts on the web links below.

tees.ac.uk/sections/about/visiting/travel.cfm
tees-su.org.uk/contact



Campus Map



UNIVERSITY BUILDINGS

CAMPUS HEART

- | | |
|-------------------|-----|
| 1 The Curve | (F) |
| 2 Library | (L) |
| 3 Students' Union | |

Campus Heart is a designated smoke free zone.

BLUE ZONE

- 4 Greg
- 5 Student Centre, Europe
- 6 Victoria
- 7 Mercuria

PURPLE ZONE

- 8 Olympia
- 9 Centuria

GREEN ZONE

- 11 Clarendon
- 12 Waterhouse

YELLOW ZONE

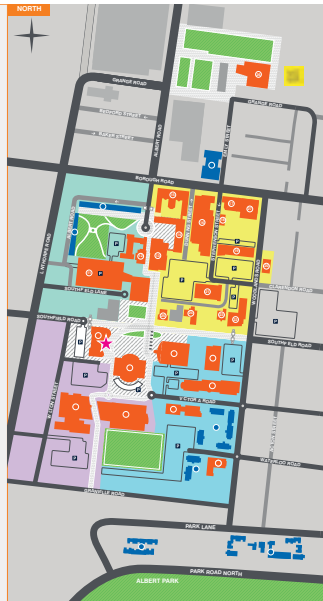
- 13 Britlan
- 14 Middlesbrough Tower
- 15 Constarline
- 16 Stephanson
- 17 Cook
- 18 Foster
- 19 Phoenix
- 20 Education House
- 21 Orion
- 22 Athens
- 23 University House
- 24 Aurora
- 25 Centre House
- 26 mima

- Middlesbrough Institute of Modern Art
- 27 The Printworks
Corporate and Professional Services

Main Entrance

ACCOMMODATION

- A King Edward's Square
- B Woodlands Halls
- C West Parkside Village
- D East Parkside Village
- E Teesside Central Halls



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by NUS Extra
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and discounts



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from a huge
range of
retailers!

TEES-SU.ORG.UK
/TOTUM

Available from the SU Welcome Desk (1st floor, SU Building) and open weekdays
from 9am to 5pm in semester time. App available from...





£3.49
MEAL
DEAL

• **A MAIN** • **A DRINK** • **A SNACK** •



Ground floor SU Building, open 7 days a week.

tees-su.org.uk/shop



**Also the only place on campus to
buy official Teesside University
merchandise**



OUR MISSION

The Students' Union will make a significant contribution to students' lives at the University, and secure a positive and inclusive experience for all.

OUR VISION

To consistently perform as one of the top 10% of students' unions in the UK.

OUR VALUES

Safe, Friendly, Helpful, Fun, Open
Minded, Democratic



tees-su.org.uk

[/teessidesu](https://www.facebook.com/teessidesu)

[/teessidesu](https://twitter.com/teessidesu)

[tees-su.org.uk/linkedin](https://www.linkedin.com/company/tees-su.org.uk/)

[/teessidesu](https://www.instagram.com/teessidesu)

[/teessidestudentsunionevents](https://www.youtube.com/channel/UC...)

[TUSU TV](https://www.youtube.com/channel/UC...)

[teessideunis](https://www.instagram.com/teessideunis)

