



**YOUR
ESSENTIAL
GUIDE TO
TEESSIDE
UNIVERSITY
STUDENTS'
UNION**



DON'T MISS A MINUTE OF MOST OF OUR BIGGEST EVENTS THIS YEAR AND SAVE A PACKET ON USUAL TICKET PRICES!



GUARANTEED ENTRY



SAVE A FORTUNE



YOU CAN...



- **GET A FRESHER'S PASS NOW FOR JUST £25 TO GUARANTEE YOURSELF ACCESS TO ALL THE INCREDIBLE FRESHER'S EVENTS.**
- **BUY A LOVE IT CARD NOW FOR JUST £80 TO GUARANTEE YOURSELF ACCESS TO NEARLY ALL OF OUR INCREDIBLE EVENTS IN 2018/19!**
- **UPGRADE YOUR FRESHER'S PASS LATER ON IF YOU'RE STILL UNDECIDED AT THE MOMENT? WE OFFER THE UPGRADE THROUGH MOST OF THE ACADEMIC YEAR!**

TEES-SU.ORG.UK/FRESHERSPASS

TEES-SU.ORG.UK/LOVEITCARD

WELCOME TO TEESSIDE UNIVERSITY STUDENTS' UNION

We're delighted to introduce you to your guide to TUSU and welcome you to Teesside University! We've been elected by students from all backgrounds to lead your SU this year and ensure your voice is heard by the most senior people at the Uni. We also run campaigns designed to improve the lives of every single student.

You're already a member of the SU now you're a student here...no need to get a membership card, fill out forms or give us any money in advance! We hope that whoever you are and wherever you're from you'll use the SU for advice, support, socialising and events. It's also a great place to get more from student life through sports clubs and societies and to become more employable.

There's a full summary of the many services we provide further in this guide and make sure you check out our handy checklist to get your student life off to the best possible start!

We can't wait to see you in the SU building and if you see us make sure you say hi and tell us how things are going! We're also always happy to hear from you by e-mail. There's more info about us and contact details below.

Have a great Fresher's and an even better academic year!

Tom, Sophie, and Andrew

TEES-SU.ORG.UK/OFFICERS

📧 PRESEDCATION@TEES-SU.ORG.UK

📧 PREACTIVITIES@TEES-SU.ORG.UK

📧 PRESWELFARE@TEES-SU.ORG.UK

☎ 01642 342234

📌 [TEES-SU.ORG.UK/PRESSEDFB](https://www.facebook.com/TEES-SU.ORG.UK/PRESSEDFB)

📌 [TEES-SU.ORG.UK/PRESACTFB](https://www.facebook.com/TEES-SU.ORG.UK/PRESACTFB)

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HELPING YOU SUSS OUT STUDENT LIFE

SU Student Support (SUSS) provides confidential advice and information free of charge and completely independent of the University. The service is available to all students no matter your age, course or background. Our experienced, professional staff can provide help across a range of areas including:

- ♥ Money management.
- ♥ Housing.
- ♥ Personal problems.
- ♥ Issues with your course or teaching.

1st floor, SU Building

Open 10am to 4pm (Mon to Thu), 11am to 4pm (Fri).

- ☎ 01642 342247
- ✉ suss@tees-su.org.uk
- 🌐 tees-su.org.uk/suss



SPEAKING UP FOR ALL STUDENTS

School Reps are recruited by the SU each year to gather feedback from students and represent them to both Student Officers and senior management in each school.

Course Reps are elected by students on each course to gather their feedback and present it to both School Reps and academic staff.

It's a great way to make a difference and boost your confidence and skills. Why not apply next time either opportunity comes up?

- 📄 tees-su.org.uk/schoolreps
- 📄 tees-su.org.uk/course reps



SOCIALISE, REFRESH, SHOP AND STUDY THROUGH THE DAY

The SU building is open most days during the academic year. There's a wide range of spaces to relax in, socialise in, meet and learn!

THE TERRACE

• The Terrace (1st floor) is open 7 days a week for delicious hot food, coffee, tea, soft and alcoholic drinks. It's the perfect place to relax with friends between lectures and seminars!



• The Love It Lounge (1st floor) and SU Studio (2nd floor) are both ideal spaces for private study, group work or meetings through the week. The SU Studio has 10 computers and bookable meeting rooms for all students to use! tees-su.org.uk/lounge, tees-su.org.uk/sustudio



• The SU Shop (ground floor) is open 7 days a week for snacks, meal deals, drinks, stationery, course related materials, newspapers, magazines and more! It's also the only place on campus to buy Teesside University clothing and other merchandise. tees-su.org.uk/sushop.



• The SU Welcome Desk (1st floor) is open weekdays and is quite simply the heart of the SU! You can get directions, general info, assignments bound and pay for club/ society memberships or event tickets.




• We're one of the few SU's in the country to have a Snooze Room! Yes you can take a break from your busy day and grab 40 winks in one of our two bookable snooze rooms! tees-su.org.uk/snooze.



No matter how much time you can spare, and even if you already play sport/ are involved in groups outside of the Uni, why not see how TUSU can help you broaden your horizons? Sports clubs and societies are a proven way to meet new friends, improve your student experience and become more employable! You could even become a lead member and develop project, people and budget management experience!

1st floor, SU Building.
Open 10am to 4pm week days during semester time.

-  01642 342234
-  activities@tees-su.org.uk
-  tees-su.org.uk/activities

Current Clubs

TEES SU AND IN FRESHERS

- American Football
- Archery
- Boxing
- Badminton
- Cheerleading
- Cricket
- Climbing
- Dance
- Equestrian
- Golf
- MMA
- Kung Fu
- Karate
- Kayak
- Men's Basketball
- Men's Futsal
- Men's Football
- Men's Rugby Union
- Men's Hockey
- Netball
- Powerlifting
- Pole Fitness
- Rounders
- Rowing
- Swimming
- Squash
- Snow Sports
- Taekwondo
- Table Tennis
- Tennis
- Volleyball
- Women's Football
- Women's Rugby
- Women's Hockey

MEET
CURRENT
MEMBERS AT OUR
CLUBS DAY
(18 SEPT)

TEES SU AND IN
FRESHERS



YOUR FOUR PAGE PULL OUT GUIDE TO FRESHERS



♥ Get freebies, savings and discounts from our commercial partners.



♥ Find out more about sports clubs, societies and volunteering.



♥ Pick up top tips to improve your wellbeing.

♥ Get essential info on and support with settling in to student life.



♥ Meet new people and develop friendships with loads of great group activities!



THERE'S LOADS GOING ON THROUGH THE DAY AT FRESHER'S 2018...



There's loads going on through the day at Fresher's 2018...

Sat, 15th Sep

International Students' Welcome
11am onwards, SU Building
Info, support, food, drink and entertainment for new international students in partnership with Teesside Uni.

Sun, 16th Sep

Welcome Sunday
11am onwards, SU Building
We're open for Fresher's passes, Love It Cards, goodie bags, food, drink, sport on our big screens and more.

Mon, 17th Sep

Mega Monday
10am to 2.30pm, The Hub and SU Studio (2nd floor, SU Building)
Get freebies, discounts and savings from a wide range of commercial partners of the SU.

Tue, 18th Sep

Societies Day
10am to 4pm, SU Building
Find out more about societies, meet current members, join your faves! There's also info, support and freebies from commercial partners!

Wed, 19th Sep

Clubs Day
10am to 4pm, SU Building
Find out more about sports clubs, meet current members, join your faves! There's also info, support and freebies from commercial partners!

Wed, 19th Sep

Wellbeing Wednesday
10am to 4pm, SU Building
Get info on reducing stress, staying healthy, drinking sensibly and more!

Thu, 20th Sep

Bowling at Lane 7
11am to 4.30pm, Lane 7
Strike!! Looking for a cheap, fun activity with friends? Want to meet new people? Just love bowling?

Mon, 24th Sep to Fri, 28th Sep

Loaded Campaign
Various times and locations (check website for more info)
Advice, info and money management toolkits from the SU Student Support (SUSS). Find out how to make your money last longer this semester!

Mon, 24th Sep

Safety Campaign Day
11am to 3pm, SU Building
Get expert advice, handy info and snazzy freebies to help you stay safe, keep your property secure and deal with difficult situations.

Wed, 26th Sep

Consent Campaign Day
11am to 3pm, SU Building
Find out more about the sometimes complex issue of consent. Get expert info, advice and support.

Sat, 29th Sep

Fitmix Dance Fitness
9am to 5pm, SU Building
Are you ready for a new challenge? Enjoy a full day of dance and fitness delivered by some of the best instructors in England!

ALSO AVAILABLE DURING FRESHERS FROM PARTNERS OF THE SU...

DON'T FORGET, FRESHER'S PASS AND LOVE IT CARD HOLDERS GET DISCOUNTED ENTRY TO ALL OF THESE VENUES.



Jump 360

Hit the heights with new and old friends! Enjoy foam pits, air bags, trampolines and more! Jump around!

Air Trail/ Water Sports at Tees Barrage

Have some quality time with friends, meet new people, do something fun and active at a bargain price!

Project Escape

Can you and your mates crack the code in time and secure your freedom? Loads of brain teasing fun at a bargain price at the newest escape rooms around!

Check out tees-su.org.uk/events for full info and tickets/ bookings.

GET YOUR FRESHER'S STARTED THE RIGHT WAY WITH OUR HANDY CHECK LIST... ✓

✓ Register with a doctor and dentist if you're going to be living away from home.

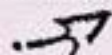
✓ Follow TUSU on Facebook, Twitter, Instagram and Snapchat.

✓ Take a look around the SU Building (opposite The Curve and beside The Library on Southfield Rd).

✓ Get freebies and find out more about clubs, societies and the SU at our events.

✓ Get a GREAT VALUE Fresher's Pass or Love It Card to save a bundle on evening events at the SU.

✓ I Must get one!



MAKE YOUR MONEY GO FURTHER

Get a Totum
card powered
by NUS Extra
for big savings
and discounts



Special offers
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...





GIVING YOU MORE FROM STUDENT LIFE

Current Societies

TEES-20-200-UK/SOCIETIES

- Airsoft ◦
- Battle Re-Enactment ◦
- BEST Teesside ◦
(Brings technology students from all over Europe together)
- Christian Union ◦
- Cinema ◦
- Click Radio CHECK ◦
(Teesside University Student Media)
- Comics, Graphic Novels & Sequential Arts ◦
- Computer Games Creation ◦
- Debating/ Free Speech ◦
- Disney ◦
- Dodgeball ◦
- Electric Vehicle ◦
- Enactus ◦
(Enactus make a positive impact in the community through entrepreneurial action)
- NET Ethical Hacking ◦
(Helping organisations to test the security of their online systems)
- Islamic ◦
- Knitting ◦
- Law ◦
- E-Sports ◦
(Competitive video gaming)
- Leaky Cauldron ◦
(A society for all of Harry Potter lovers)
- LGBTQ ◦
- Literary ◦
- Magic the Gathering ◦
(A card game involving all things magical)
- Malaysian ◦
- Medieval ◦
- Midwifery ◦
- Music ◦
- New Designers ◦
(Fundraise for and attend the New Designers competition in London annually)
- Nursing ◦
- Occupational Therapy ◦
(Individuals who are interested in helping others to lead more active lives)
- Paramedics ◦
- Physiotherapy ◦
- Psychology ◦
- Sport Science and Medicine ◦
- Table Top Gaming ◦
- TEDx ◦
(Sharing ideas to improve society)
- Team Orange ◦
(Supporting the Penny Appeal Charity)
- Tees Racing ◦
(A society for motor racing enthusiasts)
- Teesside Players ◦
(Students interested in performance and play)
- TV, Movies and Animation ◦
- Virtual Reality Society ◦
- Yu Gi Oh ◦
(A society in appreciation of the Japanese Manga series)

MEET
CURRENT
MEMBERS AT OUR
SOCIETIES DAY
(21.9 SEPT)

TEES-20-200-UK
/FRESHERS



GOT A BUSINESS IDEA? JUST WANT TO BE MORE EMPLOYABLE?

Our enterprise and employability service is there to help any student improve your chances of getting a job while you study or achieve your long term career goals. Our Enterprise and Employability Co-ordinator Peter Russell-Wilson can help with improving your C.V., completing job application forms and improving your work experience.

He's also there to provide expert advice if you're looking to start a business, have an idea for a social enterprise or just want to become more enterprising.

**FIND OUT MORE AND CONTACT PETER THROUGH
TEES-SU.ORG.UK/ENTERPRISE.**



FIND THE PERFECT PART-TIME JOB!

The SU Jobs Service advertises a wide range of part-time vacancies throughout the academic year including jobs right here at the SU in our venues and services!

We also have links with many businesses around Teesside so there's a fair chance you'll be able to find something to suit!

We advertise vacancies in retail, hospitality, events, I.T., marketing and sales, admin, design and much more.

**CHECK OUT VACANCIES ON THE 1ST FLOOR OF THE
SU BUILDING, 7 DAYS A WEEK OR VISIT
TEES-SU.ORG.UK/JOBS**



EVENTS FOR EVERYONE... DAY AND NIGHT

TUSU has a great range of events for ALL students to enjoy day and night throughout the academic year. No matter if you drink alcohol or not, no matter how much time you can spare and no matter what you enjoy we hope you'll give what we have to offer a try!

During the day you can enjoy trips, campaign days and special treats such as our ever popular Puppy Day. Meanwhile we have a wide range of evening entertainment including quiz nights, cocktail evenings, club and theme nights plus huge parties for Halloween, Christmas and St. Patrick's Day. We also often welcome big name acts from music, entertainment and comedy previously including Greg James, Nick Grimshaw, Scott Mills, Chris Stark, Calvin Harris, Sigala, Sigma, Lethal Bizzle, S Club Party, Example, Bill Bailey, Simon Amstell and many more besides!

KEEP IN TOUCH WITH EVERYTHING COMING UP THROUGH [TEES-SU.ORG.UK/EVENTS](https://tees-su.org.uk/events) AND [TEES-SU.ORG.UK/EVENTSFB](https://tees-su.org.uk/eventsfb). YOU CAN ALSO CHECK OUT THE EVENTS PLANNER INCLUDED IN YOUR WELCOME PACK AND PICK UP FURTHER EDITIONS EVERY MONTH.



Sigala at
Final Fling 2018

[tees-su.org.uk
/finalfling](https://tees-su.org.uk/finalfling)

TUESDAY
20TH NOVEMBER
FROM 5PM, THE HUB (2ND FLOOR, SU BUILDING)

AGM

TUSU ANNUAL GENERAL MEETING



HAVE YOUR SAY ABOUT HOW YOUR SU IS RUN!
TEES-SU.ORG.UK/AGM FOR MORE INFO AND KEY PAPERS FOR THE MEETING!

WANT A JOB WHERE YOU MAKE A REAL DIFFERENCE?

3 FULL TIME POSITIONS AVAILABLE



- OPEN TO **ALL STUDENTS***
- NO PREVIOUS EXPERIENCE NEEDED
- EARN OVER **£21K** LEADING YOUR SU

NOMINATIONS OPEN JANUARY 2019, BUT WHY NOT FIND OUT MORE NOW...



#TEESELECTIONS18

TEES-SU.ORG.UK/ELECTIONS

ELECTIONS@TEES-SU.ORG.UK



*Not responsible for the small number of circumstances which might prevent you voting in the elections or returning a ballot of the Student Union.

20% OFF ALL WATERSPORTS

TEES BARRAGE INTERNATIONAL WHITE WATER CENTRE

USE CODE: FRESHERS
SAVE 20% BOOK NOW

WWW.FRESHERS.SU18.BOOK-UP.LINKS.SU18

FOR MORE INFORMATION OR TO BOOK PLEASE VISIT

TBIWWC.COM

ONLY £5

For Freshers Pass Holders
Walk in on selected dates*

AIR TRAIL
Tees Barrage

*SATURDAY 22ND & 29TH
*SUNDAY 23RD & 30TH

EB online booking price
£9.50 standard walk in price

FOR MORE INFORMATION OR TO BOOK PLEASE VISIT

airtrail.co.uk

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

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



EVEN IF YOU DON'T READ ANYTHING ELSE...

**...THERE'S 5
THINGS WE
WANT YOU
TO KNOW
ABOUT
TUSU**



TUSU is led by students for students, Student Officers are elected every year.



Current students are automatically a member and our services, spaces and events are for all of you.



We've won multiple awards and are consistently rated one of the best Students' Unions in the UK*



We're not just here for the social side! We provide free advice and support independent of the Uni.



There's lots of ways to get involved including clubs, societies, volunteering or representing students. They are all proven ways of boosting your employability and student experience.

*Based on results of the National Student Survey, International Student Barometer and What Uni survey