

SETTLING IN TO STUDENT LIFE SPORTS AND SOCIETIES >>

Freshers' Week takes place the week before term starts, with students moving into university accommodation over the first weekend. It is an introduction to all aspects of university life. An opportunity to get to know your university and its surroundings, find out about your course and what's involved in studying, explore and try the university's many societies and services, as well as meet and make new friends.

With over 900 Guild events and 600 Students' Union events during the week, many of which involve no drinking at all, remember to attend your academic induction alongside trying all the new activities so you can be prepared for your study.

Watch this video to see what freshers' week looks like:
[youtube.com/watch?v=RVNstvv9IOs](https://www.youtube.com/watch?v=RVNstvv9IOs)

THE STUDENTS' UNION (SU) AND STUDENTS' GUILD (SG)

Falmouth and Exeter Students' Union is a membership-led charity; run by students, for students. We are the only students' union in the country to represent students from two different universities. The Students' Guild is the students' union for the University of Exeter based on the Streatham Campus in Devon.

Our aim is to ensure that every student has the highest quality of education and best student experience possible during their time studying in Cornwall and Devon. We provide representation for all our students, and deliver quality services that meet the needs and interests of an ever-changing and diverse student population.

The SU and SG provide societies, sports clubs, volunteering opportunities and chances to be politically active and represent your coursemates and colleagues. We also organise a wide range of events and activities specifically for you. We aim to provide something for everyone – but if you can't find what you are looking for, you can always propose something new. It's your Union!

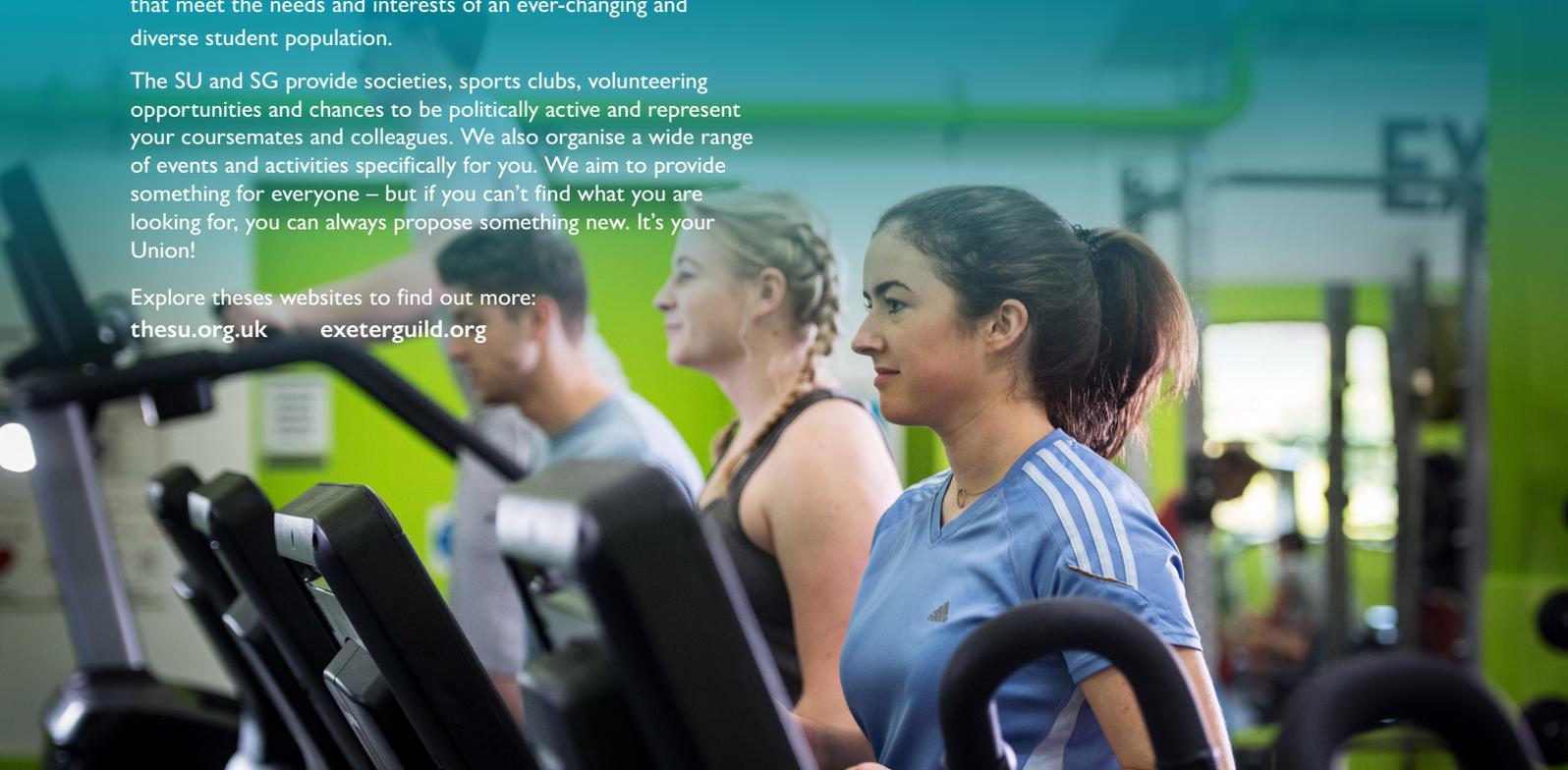
Explore these websites to find out more:
thesu.org.uk exeterguild.org

SOCIETIES

There are hundreds of societies to choose and most taster sessions will be free. You may want to carry on a hobby you have had since childhood, restart an old interest or start something completely new! These fun activities will be good for positive mental health as you will be meeting lots of people and gaining skills. You have the opportunity to both network and relax with like-minded people and many groups have guest speakers/companies visit to talk to their members. Societies such as Exeter Entrepreneurship could even further your career alongside joining a student committee in various roles.

Example societies: Zero waste, hide and seek, surf, rugby, vegan, open water swimming, footlights, debating, choirs, orchestras, wilderness medicine, Irish, photography, animal welfare, catholic, physics, video games and Eco Soc.

When researching a sport/society think about: costs, how often/when they meet, types of events (balls, trips abroad, nights out etc.), time commitment, and entry level (beginners vs advanced).



STUDENTS' OPINIONS

Lydia is 3rd year Geography Student who discusses her student experience in Cornwall- Why not take a look for yourself:

[youtube.com/watch?v=B2RbJRlIoso&list=PLe8vyktIR0b38-daEWUT0cgQx4M2qIFSP&index=21&t=0s](https://www.youtube.com/watch?v=B2RbJRlIoso&list=PLe8vyktIR0b38-daEWUT0cgQx4M2qIFSP&index=21&t=0s)

Talk to current students on unibuddy to ask them about which sports and societies they are part of

unibuddy.co/embed/university-of-exeter/colour/5e2163/buddies/students

STUDENT MEDIA

Our award-winning student media network is one of the most vibrant in the country. Based on Streatham Campus, X-Media is made up of three student-run media outlets: Xpression FM, Exeposé and XTV, providing Exeter with high quality radio, news and TV shows, respectively and at Penryn we have the online Falmoputh Anchor. Getting involved with media outlets has proven to be a great springboard for exciting careers. To find out more, visit the Student Media webpage:

exeterguild.org/activities/media

FUNDRAISING AND VOLUNTEERING

RAG (Raising and Giving) is Exeter's biggest student fundraising group. Every year, RAG raises tens of thousands of pounds from organising events, fundraising campaigns and international challenges. The committee volunteer valuable amounts of time, energy and enthusiasm to help raise money for local, national and international charities, with over £200,000 for eight different charities last year! This is called Raising and Donating in Penryn and works locally with surfers against sewage and the Donkey Sanctuary.

Exeter Student Volunteers (ESV) is one of Exeter's largest groups, with over 600 volunteers. ESV has been operating for over 40 years and is continuing to grow with ever increasing opportunities in the Exeter area. ESV runs weekly projects and one-off events, giving you plenty of chances to make a difference to your community! You can get involved with anything from running a kids' camp, enjoying tea and cake with the elderly, providing food for the homeless or walking an elderly individuals dog!

SPORTS

For some students, sport is a defining factor in their overall university experience, whether this is just for fun, something a bit more competitive, or even just watching and supporting our teams. Whatever your level of sporting ability you'll have every chance to take part in sport at university using our facilities.

At the University of Exeter you can choose from our 50 sports clubs, our intramural sport programme, and a Healthy Halls initiative offering the chance to get involved in activities throughout the region. If you're interested in coaching, volunteering, or enhancing your CV then you can get involved in our coach education programmes too. If you do not wish to join a team then you can still take part in sports through exercise classes, tennis courts, squash courts, indoor/outdoor pools, gym, weights, badminton courts and more.

Find out more about our facilities and clubs:

sport.exeter.ac.uk

We are consistently in the top 10 in the British Universities and Colleges Sport (BUCS) rankings and all universities in Britain are part of this big national competition. Games against rival universities take place each Wednesday afternoon when most students are free and have time for relaxation, personal study, work, sports or societies.

Read Lily's advice on making the most of sport and societies while staying within your budget:

blogs.exeter.ac.uk/lilym/2013/05/15/passing-the-torch

LOCAL AREA

You do not have to join a society or sports club to enjoy your time at University. Watch the following videos to see how students have left the campus and explored their local area through visiting museums, board game cafés, restaurants, the beach and much more!

Cornwall – [youtube.com/watch?v=EEXzgzJKSM&list=PLe8vyktIR0b38-daEWUT0cgQx4M2qIFSP&index=8&t=0s](https://www.youtube.com/watch?v=EEXzgzJKSM&list=PLe8vyktIR0b38-daEWUT0cgQx4M2qIFSP&index=8&t=0s)

Devon – [youtube.com/watch?v=ehUEDj43zVw&list=PLe8vyktIR0b38-daEWUT0cgQx4M2qIFSP&index=7&t=2s](https://www.youtube.com/watch?v=ehUEDj43zVw&list=PLe8vyktIR0b38-daEWUT0cgQx4M2qIFSP&index=7&t=2s)

TRANSITION TIPS >>



Uni will be the best time of your life, I'm really excited for you and hope you enjoy it as much as I do. I think the main tip I have for anyone is to branch out. Join societies, make friends on your course, make a million group chats and then you will find amazing people you can work with, live with and make long-lasting friendships

Zach – Second year Maths and Philosophy at Streatham Campus



 @DiscoverUniExe