



UNIVERSITY  
*of York*

**RECIPES FOR SUCCESS**

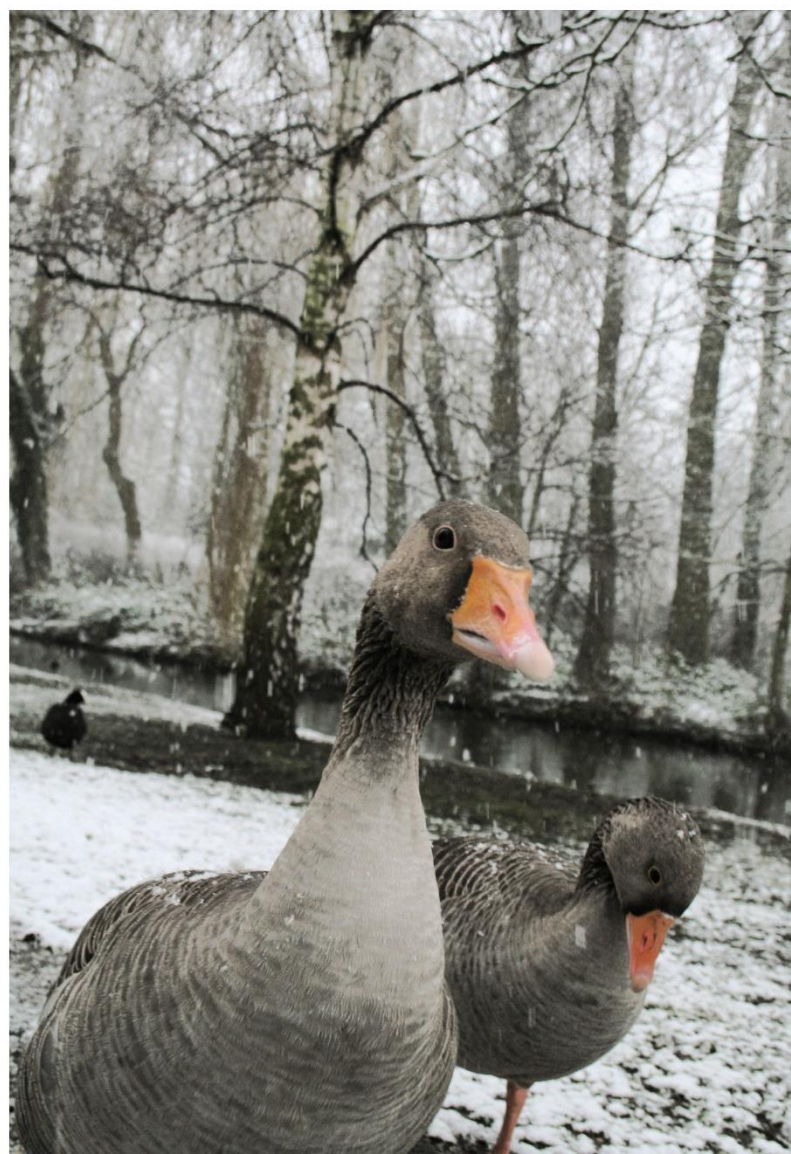
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**YOUR  
GUIDE TO  
THRIVING  
AT YORK**





**WELCOME  
TO YORK!**





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# HOW TO USE THIS GUIDE...

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We know that getting settled in a new environment can be challenging, so we're here to help! This booklet is crammed full of useful tips and helpful advice, written *by* York students *for* York students.

From academic advice, to the best places to get a panini and a cuppa- we've covered all the things we think you might need to settle in and find your feet!

The information in this booklet is only the tip of the iceberg - and there are tons of people out there to speak to if you need guidance or help... From college representatives and academic supervisors to the thousands of other students here at the University. Our biggest piece of advice is to get out there and start chatting to people!

We hope that you have a great time here at York!

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The *Together York* Team





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# GET INVOLVED!

## HELP OUT WITH CAMPUS ACTIVITIES

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Helping out is an amazing way to meet people and become known to others. You can also get better informed about the University by being a *Student Ambassador* or *college tutor*. Keep your eyes peeled for information from your college about becoming a STYC or STYM for next year's freshers!

And don't forget - everyone arriving at York is in the same boat! Most people have moved away from home, whether it be 1 hour on the train or a 12-hour flight, so be sure to support and talk to each other! *Check out this great interactive map* to help you get to grips with our campus!

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Video:

*Listen to Kajetan talk about his experiences with colleges*

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# VOLUNTEER WITH A CHARITY

There is a wealth of opportunity to get involved with charity and help those in need here at York. YUSU's **RAG** (Raising And Giving) scheme is dedicated to organising amazing events across campus and further afield to raise money for excellent causes.

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*"Volunteering in the local community gave me the opportunity to contribute to society while meeting people and learning new skills"*

- Postgraduate Student, Management

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# BECOME A STUDENT REP!

Represent your course mates and make a valuable contribution to student life by being a *student rep*!



Not only will you have the opportunity to see how your department and the wider University operates, but it will also allow you to engage with a huge range of staff and students in a meaningful and impactful way.

It's great for the CV!



# BE A BUDDY

There are tons of *buddy schemes* here at York - both within departments and in the wider University. Take the opportunity to help new students and tell them what you wish you'd known when you arrived!

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Video:

*Listen to Anna talk about her experiences with Academic Support*

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# JOIN HOST UK

If you're coming to York from outside the UK, you could have a truly British experience living with a local family for one day or a weekend with *Host UK*! You have the opportunity to exchange your culture and learn more about other traditions.

Looking for a different way to spend Christmas? Stay with a local family and have a great intercultural experience throughout the *Winter Hosting*.



# YORK AWARD

## BECOME A YORK LEADER AND ENHANCE YOUR CV

Don't forget to keep an eye on *Careers and Placements*, and participate in the *York Award and York Strengths* programmes.

Register on the *Careers Gateway* and receive up to date employability info from day one!



# USE YOUR LIBRARY

Talk to your *librarians* about criticality to learn what is expected from you at your level of study. Ask in the library for archived examples of *previous students'* dissertations and theses. If you're an international student, the library also offers *a range of brilliant supportive services* to help you out as well - so check those out!





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# USE YOUR ACADEMIC SUPPORT NETWORK

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The University provides a huge range of support for you, no matter what your level of study is. From 1:1 support meetings, library drop-in hours, workshops and online material from the *Math Skills Centre*, *Writing and Language Skills Centre* and *digital skills* such as coding - it's all there for you!

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*"In my experience, the Writing and Language Skills Centre helped me to improve my English a lot in an academic way as an international student"*

*- Postgraduate Student, Social Policy and Social Work*

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# GET TO GRIPS WITH ACADEMIC INTEGRITY

This will be a big part of your work in the next few years!

Learn the exact method for citing experts that your Department uses. The University provides *training on Academic Integrity* and you can also access lots of *online support and examples*. The University also gives you free access to *Turnitin* to help you avoid plagiarism. Workshops and online material are available on the *University's Virtual Learning Environment (VLE) which is called Yorkshare*.

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## BOOST YOUR SKILLS!

A useful port of call is the *Library's Subject Guides*, each of which is designed to help you find information and access materials relevant to your department. Aside from this, there are *Skills Guides* for help and advice on a range of digital and academic skills.

You can also come along to the *Digital Skills Training* sessions throughout term, looking at digital tools like Microsoft Office and Google's suite of applications - as well as skills such as critical reading and organisation. There's also *Digital Wednesdays* sessions where you can explore topics like digital creativity and learning to code!



# GET TO KNOW YOUR SUPERVISOR

*“Let your supervisor know that you exist! They set up meetings with you for a reason - to check that you're ok. Use these meetings to ask any questions you might have and don't be afraid to tell them if you're not enjoying things. That's what they are there for!”*

*- PhD Student, Physics*

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Video:

*Listen to Sehrish talk about feeling welcome at York*

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# SIGN UP WITH YOUR GP

Students are advised to register with a doctor as soon as possible after arriving in York. The closest health centre to the University is Unity Health in Campus East! You can find out more about registering on the *dedicated University pages*.

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# STAY ACTIVE!

The first few weeks at Uni can be quite hectic! Try to develop a routine and keep physically active! Meet new friends, and get out and about!

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Video:

*Listen to Yulin talk about her integration tips*

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# BE KIND TO YOURSELF

## FIND SUPPORT

Your general health and well-being is the most important thing! If you are finding things difficult, it is important to know that you do not have to struggle alone. Aside from your supervisor, there are lots of people ready to lend a sympathetic ear, such as *college team*, *Open Door* or *Nightline*. Don't be afraid to talk and open up!

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*'Resilience'. No matter what happened to you, always learn from it, stay strong and you will keep moving forward for sure.*

- Postgraduate Student, Global Crime and Justice

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# RECHARGE YOUR BATTERIES

Don't burn out! Pay attention to your energy levels. If you get tired or are feeling low, think about what might be causing it and consider ways to change your routine. Relax, take breaks between your studying. Keep calm, eat well and hydrate!





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# BE SOCIAL!

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## JOIN EVENTS ORGANISED BY YOUR DEPARTMENT

Your department will organise a range of welcome events and open lectures to allow you to settle into your new environment. Get to know what events your event is hosting, and engage with your department and course friends.

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Video:

*Listen to Sabrina talk about her experiences with the Welcome Team*

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## KEEP IN TOUCH WITH YOUR COLLEGE

Throughout the year, your *college* provides lots of ways to try something different and meet fellow students, with regular events such as quizzes, trips, parties, volunteering activities and film and TV nights.

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Video:

*Listen to Maca talk about making the most of opportunities.*

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**[FRESHERS FAIR 2019]**



# SOCIETIES: MUSIC & PERFORMANCE THIS WAY

[www.yusu.org/freshers](http://www.yusu.org/freshers)





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# STUDENT SOCIETIES

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The University of York Students' Union (YUSU) offers over *200 student societies*, all run and organised by and for students. From astronomy to aerobics and politics to poetry - there's plenty to choose from. Can't see a society that you want to join? Start your own! Find out how *here*.

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Video:

*Listen to Luyao Zong talk about her experiences with societies*

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"Try and throw yourself into University life and everything it offers! My best moments and memories of York haven't been from my course, but instead getting involved in a host of societies and activities."

- Undergraduate Student, Film and Television Production  
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## TAKE PART IN ROSES

Every year York and Lancaster engage in their own *mini Olympics*, with an epic battle across fifty different sports. The location for the event alternates between the two Universities every year - although York usually wins, obviously.





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# RUN IN AN ELECTION

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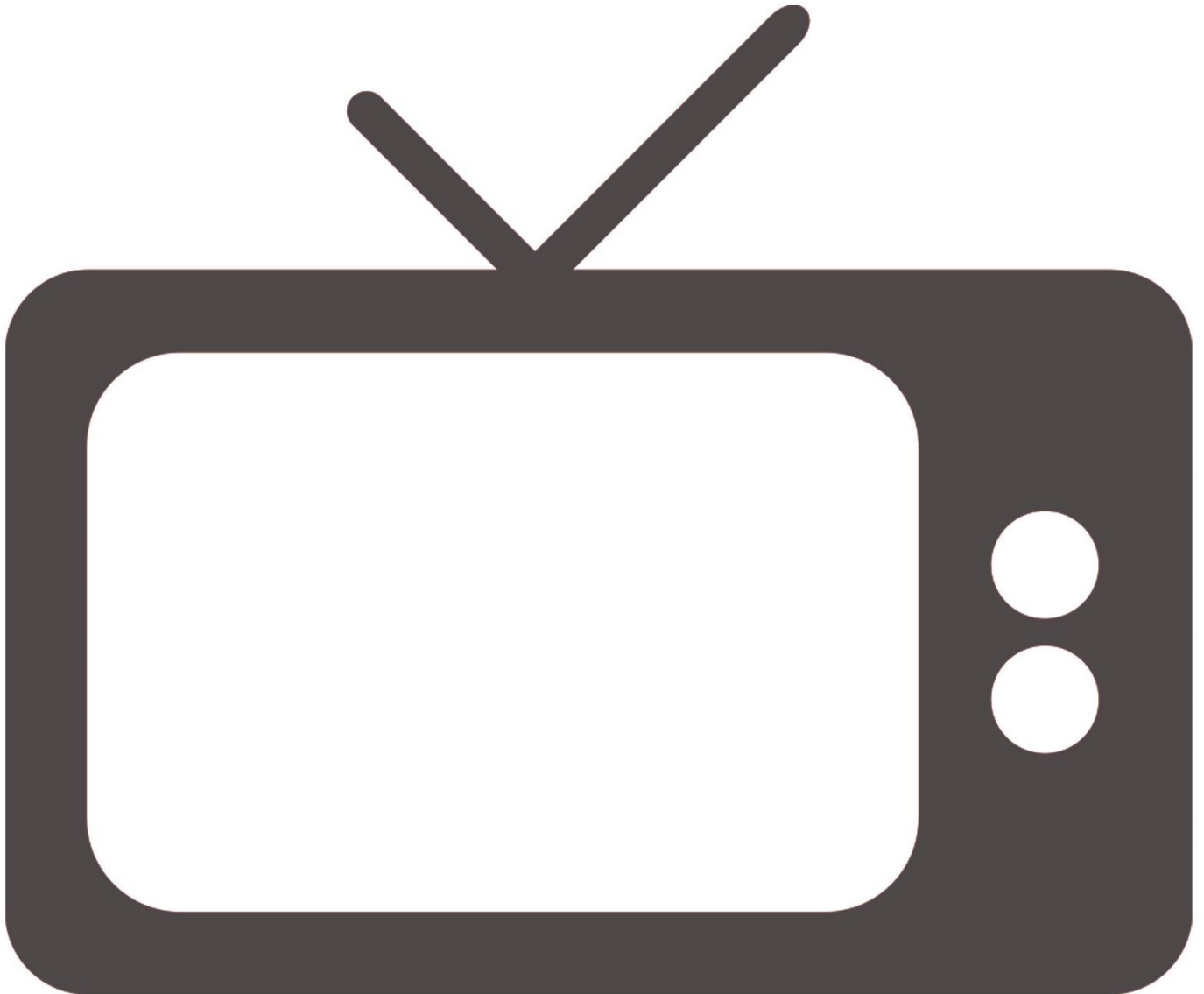
Want to make a big change at the University? You could run for a position in the annual YUSU elections. There are *dozens of roles available* - from the part time officers helping under-represented groups across campus, to full time sabbatical officers who take charge of specific areas of student life for a one-year period.



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# BE ON TV OR RADIO!

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Did you know the University has its own TV and radio stations? Whether you're a budding presenter or want to work behind the scenes, getting involved with *YSTV* and *URY* is a great way to engage your creative side!

# GET INVOLVED IN CULTURAL EVENTS

Attending events such as *York Festival of Ideas*, *York Concerts* or international students' events, all of which provide opportunities to meet new friends and share experiences whilst learning about each others culture and traditions. Every term, the University organises free *open lectures* on a wide variety of topics and aimed at a general audience.

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*"I always scroll there and once I found a public speech class (a two-hour session). It was great fun and as a result, my social and academic network expanded. The people who did the course were from all over the world."*

- Undergraduate Student, PPE

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# LEARN TO PLAY AN INSTRUMENT

*"Distracting yourself with a new hobby is a great way to keep first-term homesickness at bay."*

- Undergraduate Student, English





# JOIN A SPORTS TEAM

There are dozens of different sports teams at York - from football and rugby, all the way to Quidditch. Something for everyone! *Check out the YUSU Sports pages* to find something that suits you!





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# EXPLORE YOUR CAMPUS

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## VISIT THE QUIET PLACE

The Quiet Place is an area of tranquillity and calm right in the middle of campus. If work and play is getting a bit too much, it's a wonderful spot to sit and chill for a short while - and you can even hire out small parts of it just for yourself.

*Find out more [here](#).*





# VISIT THE CAMPUS BARS AND FOOD OUTLETS

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The University of York has a *epic range of food and drink on offer* - and the fantastic YUSU has several eateries and bars, each with their own distinct personality. From the always-buzzing student hub that is The Courtyard , to more relaxed venues like Vanbrugh Arms and The Glasshouse.

*Check them all out here.*







# STARGAZE AT THE ASTROCAMPUS!

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Want to get into the cosmos? The University of York has its own observatory, where you can attend regular stargazing evenings run by both *Astrosoc* and the *Department of Physics*.



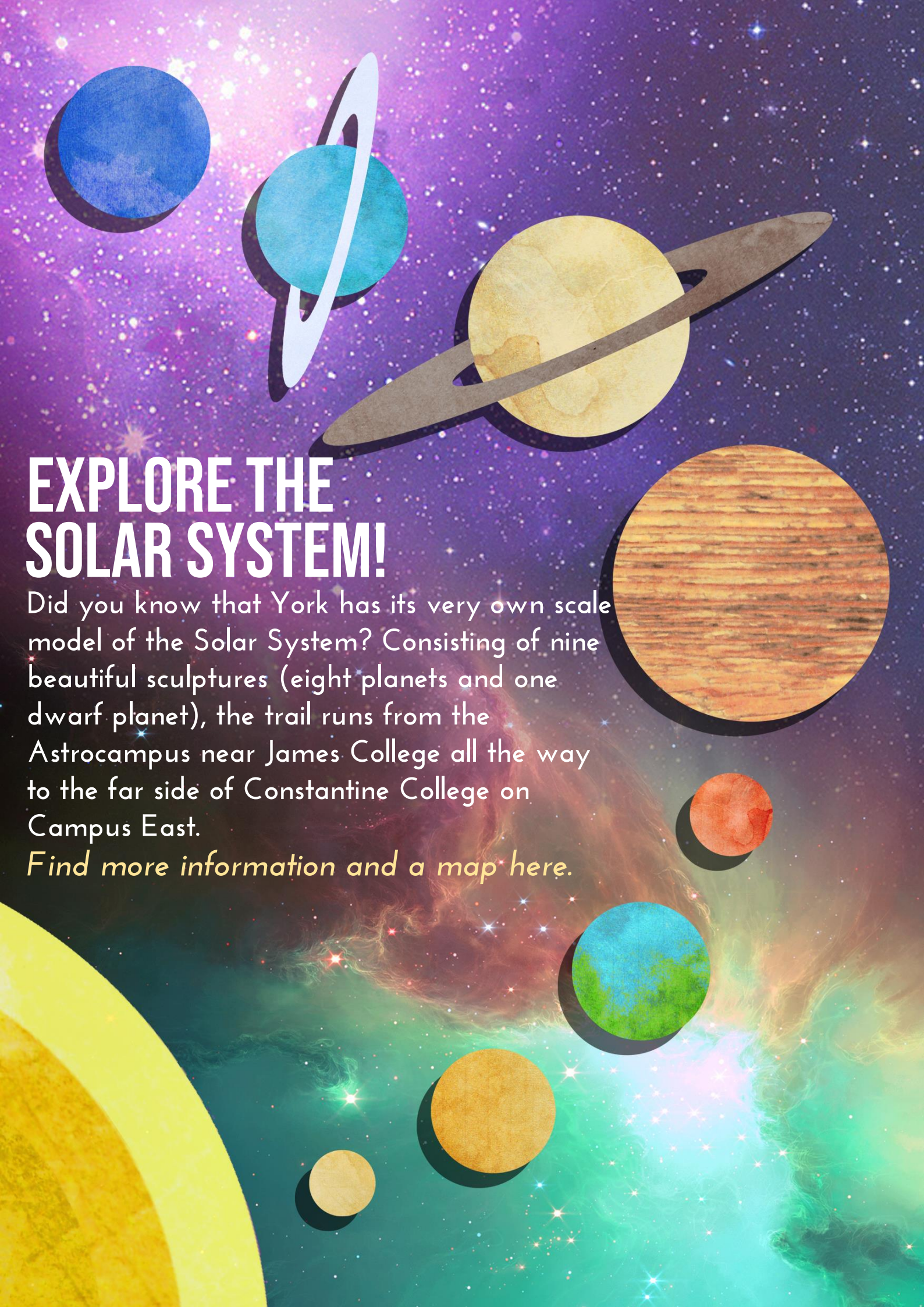


# LEARN ABOUT THE CAMPUS BIRDS AND OTHER WILDLIFE

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Did you know campus is a nature reserve? There are dozens of species of birds (as well as a multitude of other animals!) across campus - have a stroll around either of the two lakes and engage your ornithological side! [Click here](#) for a thorough guide of some of the different animals you can see - or if you're more into ornithology, check out the [Campus Tree Trail](#). And last, but certainly not least - it's always worth checking out the awesome [Duck of the Day!](#)





# EXPLORE THE SOLAR SYSTEM!

Did you know that York has its very own scale model of the Solar System? Consisting of nine beautiful sculptures (eight planets and one dwarf planet), the trail runs from the Astrocampus near James College all the way to the far side of Constantine College on Campus East.

*Find more information and a map [here](#).*



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# EXPLORE YORK!

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## DELVE INTO HISTORY

There is so much history right on our doorstep! From Roman to Viking to Tudor links, the architecture of York tells a story itself. A hike around the *Roman Walls*, a climb up the *tower at York Minster* and a stroll down *The Shambles* are just the tip of the iceberg for what York has to offer!

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"It is always worth checking out the *Jorvik Viking Centre*, *National Railway Museum*, the *Art Gallery*, and the *Castle Museum*, the mass of *churches* - to name a few!"

- Undergraduate Student, English  
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# GO GHOST HUNTING!

There are loads of interesting ways to see York - but perhaps one of the most interesting is to engage in one of the regular ghost tours, where you can have some tongue-in cheek fun and learn a bit about the gruesome side of York history!





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# A PUB FOR EVERY DAY OF THE YEAR

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Rumour has it York has a pub for *every day of the year* - and every single one of them has a different character and atmosphere. Whether you want great beer, or just somewhere to curl up with a good book - you'll find no shortage of great beer gardens in Summer and cozy fireplaces in winter. *Here are some of the coolest!*





# ENJOY CHRISTMAS IN YORK!

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York is hands down one of the best places in the UK to celebrate Christmas! Beautiful long dark nights, with twinkling fairy lights and hot chocolate in one of the dozens of cafes? What's not to love?! Plus, we have one of the best *Christmas markets* in the UK!







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# EXPLORE YORKSHIRE!

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Yorkshire really is one of the greatest places on the planet, with so much to see and do! From the beautiful *Yorkshire Dales National Park*, to the unique coastal towns like *Whitby* (home of the iconic *Goth Festival*) - there's no shortage of things to do just a train or bus ride away!

*YUSU*, *GSA* and your colleges all organise regular affordable group trips which you can join to explore some more of the beautiful Yorkshire region (and beyond)! If you're into hiking, the fantastic *Outdoor Society* organise weekly trips around Yorkshire!



The background is a brown, textured paper with a white outline map of the world. A large, stylized red airplane is positioned in the upper half of the image, flying downwards. The text is centered in a teal-colored horizontal band.

# TRAVEL THE WORLD!

Beyond Yorkshire, the rest of the UK (and the World!) is on your doorstep! Your time at York will give you great opportunities to see our amazing country and beyond!

# THE UK AND BEYOND!

The rest of the UK and Europe are on your doorstep! London and Edinburgh are only a couple of hours away by train, while the rest of Europe can be accessed easily (and cheaply!) by air. The cheapest airlines are Ryanair, EasyJet and Wizz Air, while the closest airports are Leeds and Manchester. Pack your suitcase and explore the world! And don't forget, as a student you're entitled to *1/3 off rail travel in the UK!*

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"Don't just stick to what you know! University is the perfect time to try new things and meet new people from all over the world."

- Undergraduate Student, Psychology  
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## MAKE THE MOST OF YOUR SUMMER!

Summer schools and study centres allow you to get a taste of living and working abroad without committing to a full year, providing an enjoyable experience while enhancing your global awareness and improving employability, leadership and advocacy skills. Check out *the opportunities available here.*

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Video:

*Listen to Luyao Zong talk about her experiences*

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# GET GLOBAL HERE IN YORK

York is a truly international university with students and staff from every corner of the globe! Use your time at York to develop your global outlook - take the opportunity to chat and learn from each other in both social and academic settings!

Become a *Global Consultant* and make new friends while helping international students to settle into university life. The *Centre for Global Programmes* provides short-courses for students from around the world. You can get involved through events and work experience opportunities.

# LEARN AND SHARE A NEW LANGUAGE!

Learn a new language on a *LFA course!* Join the *Conversation Club* for a relaxed and friendly language exchange at The Kitchen Cafe in Alcuin College from 4pm to 5pm. Or train to be a *PAL Leader (Peer Assistant Learning)* and share your language, culture and traditions with other students!

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Video:

*Listen to Kajetan talk about his experiences with the international welcome team*

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*"I met one of my best friends at university through my LFA Spanish course. Plus it is a great thing to put on your CV."*

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*- Undergraduate Student, PPE*  
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# BEYOND YORK

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## DEVELOP YOUR EMPLOYABILITY

Through *Careers and Placements* you can find opportunities to build your career planning, apply for volunteering, internships or start with your business idea.

There are also a *range of regular events*, from careers fairs to guest talks, all aimed at helping you find a job. You can even attend drop in sessions or make one-on-one appointments to help you *maximise your CV and find that dream job!*

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## YORK ALUMNI

*York Alumni Association* is a worldwide community of 130,000 York graduates which connects you with others in the same industry or profession. The networks provide interesting and useful events, online discussions, presentations and informal connections.

# BUILD YOUR NETWORK

Use tools such as *LinkedIn* for professional networking. Follow professors, researchers, employers or companies from areas that you are interested in. These are great places to start for *home students* and *distance learners*!

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# APPLY FOR A JOB

The University offers exclusive opportunities for students. Start *here* if you're looking for a graduate job, an internship, a placement, international opportunities or part-time work. Look in the Exclusive Opportunities @York tab in the *Careers Gateway* for volunteering opportunities and internships just for York students.





# Together York



UNIVERSITY  
*of York*

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