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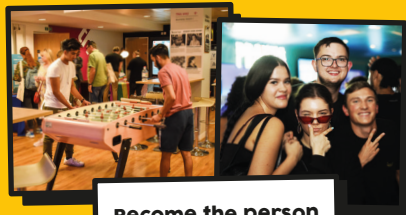
Check out [qmsu.org](http://qmsu.org) or find us on all your socials (we're on Instagram, TikTok, Twitter, Facebook, LinkedIn & YouTube).



# YOU'RE OFFICIALLY GOING TO... UNI

## So much more than a degree

It's a big part of the experience, but uni isn't *just* about studying.. Use this guide to get the complete lowdown on everything going on this year at Queen Mary Students' Union and figure out how to spend the time away from your desk doing things you'll love.



**Become the person you want to be**



## Grow as a person

Use our events and opportunities to help you find your tribe - the people who'll become friends for life as you take on this wild new journey together. Be sure to try things you've always wanted to - and some you'd never thought of. Stand up for what you believe in and above all, have fun and stay healthy!

# WELCOME TO QUEEN MARY STUDENTS' UNION

## What is a Students' Union?

The Students' Union is a student-led organisation, here to help and support you through your time at Uni.

We're a not-for-profit and separate to the University, which means alongside loads of fun activities, sports and events, we also hold the University to account and challenge them on issues affecting students at Queen Mary.

Fun

Supportive

Student-Led



## Why not..

- Join a society, sports club or play in a social league.
- Volunteer in the local community, organise a charity event or gain qualifications through our Community Foundation.
- Take on a role at our student newspaper, radio station or magazines.
- Start a fitness programme at Qmotion, our on-campus gym.
- Have a positive impact on the planet by taking part in our sustainability opportunities.
- Try a sport you've never tried before at a Get Active session.
- Become a student representative and help change the things that matter to students.
- Meet people by coming along to one of our awesome events.



## Who leads the Students' Union?

The Students' Union is run by students just like you. There are lots of roles, from President to School Reps. We have over 70 part-time volunteer roles and six Executive Officers who are full-time, paid students and just like with our general elections in the UK, they get elected via a voting system.

Election season is an awesome time and it's great fun seeing students getting out there campaigning for what's important to them. Everyone can get involved with nominations and voting, so watch out for our Autumn and Course Rep Elections starting on 19 September and our main Elections season in the Spring.

# CLUBS & SOCIETIES

## What do you fancy doing for fun?

**Got a hobby or passion you love, or something new you really want to try? We have over 200 Societies and Sports Clubs that will link you up with other people who like the same stuff too!**

## Why should I join?

It's a great way to meet friends and take a break from studying, but can also offer you opportunities to grow as a person and glow up your CV!

## How does it work?

Our groups are completely student-run with the support of the Students' Union. Members pay a small fee to be part of a group, which helps fund events and other cool stuff. If you wanted to help run a group there are roles like president, secretary or treasurer, to name just a few, which will look great on your CV when you come to graduate.

**LEARN  
NEW  
SKILLS**



## What do they do?

Clubs and Societies do all sorts of unique things, depending on which one you join!

Some popular activities include:

- Social and Academic Events.
- Trips and Excursions.
- Workshops, Talks and Seminars.
- Training and Mentoring programmes.



**We have a diverse range of groups but if you can't spot your fave, we'll help you start your own.. Who knows, you could be the first ever president of the Pizza Appreciation Society!**

### **Academic**

Broaden your horizons academically in a relaxed and social environment with other people from your course.

### **Arts, Music & Performing**

Express yourself creatively and showcase your artistic talents.

### **Campaigning & Political**

Deepen your knowledge and express what's important to you.

### **Cultural**

Immerse yourself in the beliefs, values or customs of cultures from around the world.

### **Volunteering & RAG**

Offer your time and expertise for positive change.

### **Educational, Employability & Enterprising**

Expand your knowledge and develop transferable skills.

### **Faith**

Observe and celebrate your beliefs.

### **Social & Recreational**

Hang out with new friends, relax and have fun.

### **Sports Clubs**

Represent Queen Mary in competitive or non-competitive sports.

### **Student Media**

Pursue media skills in a semi-professional environment.

**Meet our groups at the Welcome Fair in Freshers**  
(Thu 22 & Fri 23 Sep)



Perhaps joining a student group isn't for you? No worries, throughout the year we have loads of free opportunities you can join in with!

You could level up with our Skills Award employability programme or perhaps try out a new hobby or activity at one of our events held throughout the year.



# HELLO, SPORTS FANS

Uni is all about creating a lifestyle that works for you and makes you feel great. Perhaps you're sports mad or focusing on health and wellbeing, but even if you have a full-blown fitness phobia we can help find something active that works for you. Hooray for endorphins!



## Wanna be part of a team?

We have a ton of awesome sports clubs and social leagues on offer, so regardless of whether you're just up for a chilled friendly or a serious national competition, we've got you.

There's a massive range of sports to choose from, so it's completely your choice if you want to try something new or improve an existing sport.. or both!



Loads of matches throughout the year!

## Love the gym?



Qmotion is our very own gym with three floors of amazing facilities including Olympic-lifting platforms, female-only spaces and loads of group classes each day.

We employ student staff too, so why not join the team and have your hobby earn you extra cash? Oh, and the post-workout shakes at Union Café are amazing.

Cheap student deals are available now at [qmsu.org/qmotion](http://qmsu.org/qmotion)

## Got FOWO?

(Fear of working out)

Organised sport definitely isn't for everyone, so we run some low-key stuff as well.

Rock up to a Get Active session for some impromptu fun, or take part in our Inter-Halls Games if you're in Halls this year. Both allow you to try a whole range of things from table tennis to dodgeball and even archery. Or get Wimbledon ready with our discounted tennis courses running through the year.



## Prefer managing or coaching?

Shout out to all the people loving sport from the sidelines. Sport is so much more than just the person competing, there is a whole village of people who get that individual where they need to be.

If you're an aspiring coach or natural born leader you could access fully-funded coaching qualifications, paid work opportunities and more through our Community Foundation - now in it's 10th year. Who knows, you could end up training the next England sports legend!

## Just like watching?

There's something about watching the sport on a big screen with your mates.. That's why we regularly screen sporting events at our on-campus bars with special deals on food and drinks.

If watching sport IRL is your thing, you should check out the highlight of our sporting year - the Merger Cup - where all our sports teams go head to head in a winner takes all competition!



We're a 2 star accredited uni for our BUCS Football programme

## Want to level up?

Every year we run totally free Personal Professional Development training, open to all student groups and sports club members.

With lots of different training and workshops available, find a session that helps develop and build the skills you need. From broad subjects like problem solving and leadership, to specific stuff like securing and maintaining sponsorship deals.



## So will you..

- Join a sports club or social league.
- Get a cheap membership for the on-campus gym.
- Try a Get Active session.
- Get involved with our Community Foundation or training workshops.
- Catch some live sport.
- Try them all!

SPORT IS FOR EVERYONE  
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# EAT, DRINK AND DANCE

Let's be real, London can be expensive and you might be wondering how far that student loan is actually going to get you.. Stay on campus and make amazing memories without blowing your rent money!



## Drapers and The Griff Inn

We have two on-campus Bar & Kitchen spaces serving up the best food and drink deals in East London. We use local suppliers wherever possible and are working hard to reduce our greenhouse gas emissions.



## Ground Café and The Shield Café

Hang out with mates or grab something quick at one of our cafés, the perfect places to pick up ethically sourced barista coffee and something to eat. Bring your reusable cup for drinks discounts and help reduce our use of single-use packaging.

## Union Café

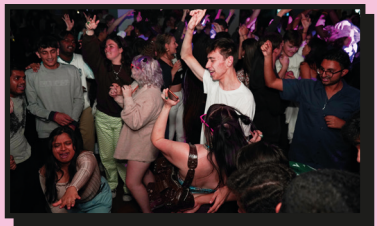
By popular demand, we have opened another café on our Mile End campus. Now there's somewhere to sit and chill whilst enjoying your toastie and hot drink meal deal or maximising your gym gains with a post-workout shake.

**NEW FOR 2022**

## CLUB NIGHTS

Our live DJs play everything from indie to pop and R'n'B plus don't miss our brand new House night - all with special drinks deals.

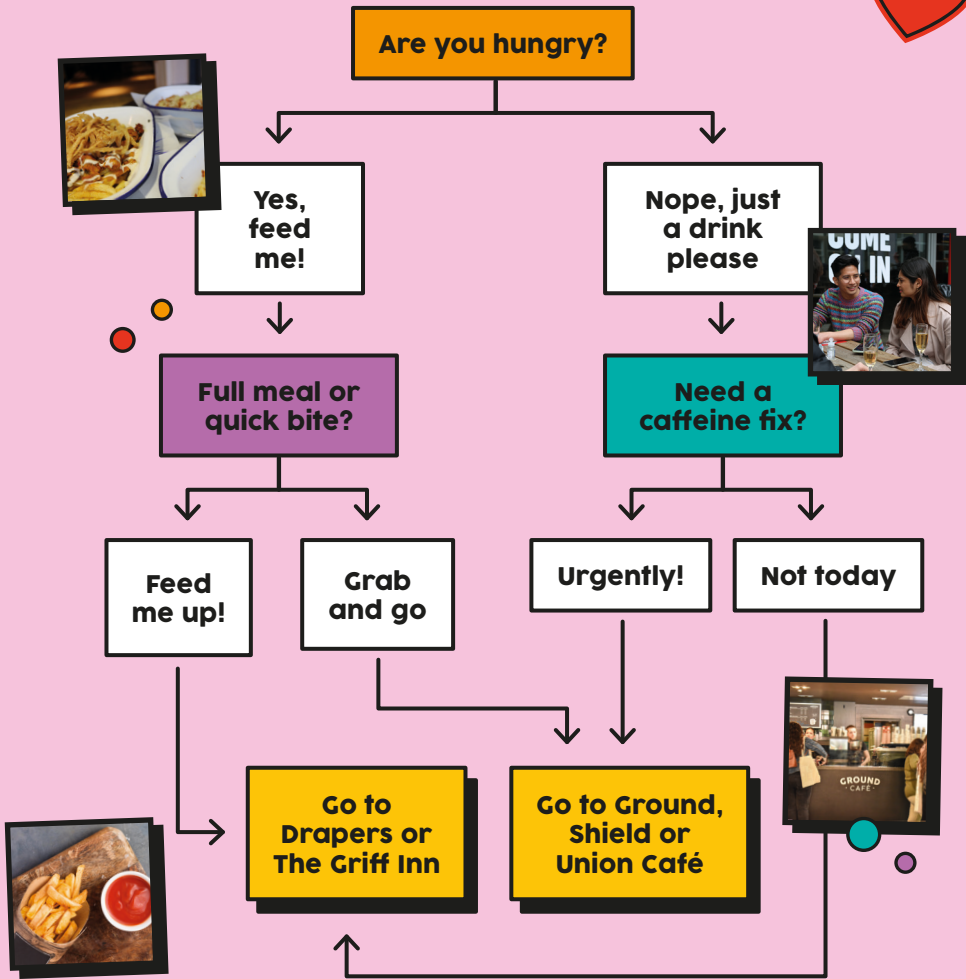
Follow @QMSU\_Events for the latest event listings and buy tickets at [qmsu.org/events](https://qmsu.org/events).



## We're proud to be different.

Unlike chain pubs and restaurants, we're not in the business of making money out of you, in fact, we're here to make money **for you!** How? Find out on page 13.

# Restaurant, bar or café?



## Sober-curious or avoid alcohol?

Our spaces are totally inclusive and available to everyone. We have dedicated alcohol-free zones and sober nights, meaning no one has to miss out on the club night experience. Check out our NWA (nothing with alcohol) drinks list, which has a bunch of delicious alcohol-free alternatives!

# SHOPPING ON CAMPUS

Grabbing a snack or doing the weekly shop couldn't be easier on campus. Our shops stock everything from the student must-have Queen Mary hoodie to emergency loo roll.. if you know, you know!

## Village Shop

Living in halls? Grab your supplies and be back at your books (or bed) within a couple of minutes. You can get food and drink much cheaper than Deliveroo and a lot closer than Co-op or Sainsbury's, plus we also stock home and study essentials too. Oh, and PJs are always welcome, so you won't even need to get dressed if you don't want to.. A student's dream!



**want to support your local foodbank?  
We accept donations at Village Shop.**



## Union Shop

On the other side of campus you'll find a huge range of snacks and food to go alongside clothing, merch and stationery. Save on lunch with a meal deal, grab an emergency lab coat or take a break with a shake at our in-house Union Café.

## [qmsu.org/shop](https://qmsu.org/shop)

We also stock a huge range of official Queen Mary branded clothing, gifts and merch online. Choose between click and collect in-store or worldwide delivery.



## BLSA Shop

Studying Medicine or Dentistry? You can pick up official clothing and merch at the BLSA shop on our Whitechapel campus. There's also a wide range of uniform and equipment essentials like tunics and scrubs.

# SUPPORT YOUR STUDENTS' UNION

It's more important than ever to make sure you spend your cash wisely. That's why we wanted you to know that when you buy something from a Students' Union outlet, you are helping to fund and support a whole load of amazing stuff!

Your morning caffeine fix could help fund..

A welfare loan for a student in desperate financial need.

Your lunchtime meal deal could help fund..

A fun event or activity for a liberation campaign.

Your Queen Mary hoodie could help fund..

A training course for students to build skills.

Your club night ticket could help fund..

Volunteering opportunities for students who want to give back to the community.

Your Qmotion gym pass could help fund..

A grant for a sports club to buy new equipment.

**Not for profit, just for students.**

# LEAVE THE WORLD A BETTER PLACE

What's it feel like to be part of a powerful generation standing up and facing issues head on? Sure, there's a lot to do, but we've got this! So let's get to work, change the world and have a heap of fun doing it.



## #communitygoals

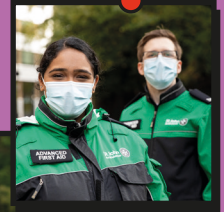
Volunteering at uni is a brilliant way to use some of your downtime from studying. It's a unique and special experience to share with others - and doesn't have to be a big commitment either.

## Level up

Leave uni a better person than you arrived with the skills and expertise you need for your chosen career.

Some find that our tutoring and mentoring opportunities give them that special edge, helping them show their passion and dedication in a competitive job market. A lot of our medical students also use volunteering as a way to gain valuable experience in the field, helping them feel more confident when they go into hospitals for the first time.

Whatever your reason is, you'll be gaining a next level appreciation and understanding of the world around you - which can only be a good thing!



## Short on time?

Check out our 'Give Volunteering a Go' calendar for one-off events.

## Got more to give?

Go for a regular volunteering gig.

## Good vibes only

Knowing you're leaving the world a better place than you found it is a vibe! Every experience you take part in will make a difference to the lives of others.. and we're pretty sure it'll change yours too.

## There's no planet B

Feel awesome and have fun by taking part in one of our Canal Clean-Ups. Meet new friends whilst fighting to keep wildlife safe and free from the risk of pollution. Every volunteer makes a huge difference to our much loved adopted waterway. It's sad just how much litter we find, but we move.. and carry on cleaning!

In the last year we've also helped build hedgehog houses (SO cute!), made bird boxes and planted tons of fruits and veggies for students to pick for free. Events like this, and many more, are already planned for this year, so how will you get involved?



## Small steps, big changes

Why not make small sustainable changes and save money at uni? You could:

- Take part in Meat-Free Monday and save 20% on all veggie food.
- Ditch the bus or tube and cycle or walk to campus. Use our free bike shelters for safe storage.
- Use our Re-Use programme to minimise waste and landfill. We collect stuff you no longer need and donate it to students who do. Head over to our Reuse Fair (17-18 Sep) to grab free stuff donated by last year's students.



**Rated Excellent in the United Nations Green Impact Scheme!**

## Got a sustainability suggestion?

Awesome! Get in touch with us via email, slide into the DMs or pop into the Hub and we'll help make your dream a reality.

## Got a whole notebook of ideas you wanna share?

Sounds like you could be our next **Sustainability Officer!**

In this role you can make a lasting difference at Queen Mary and stand out to future employers.



# HELP RUN YOUR STUDENTS' UNION

## Take on a full-time role

We have six Executive Officers who take on a one year, full-time position helping to lead the Students' Union.

They represent all Queen Mary students and make sure that when decisions are made that affect students' lives and education, their views and opinions will always be considered, understood and valued in the conversations taking place.

It's a big job - being ultimately responsible for how the organisation is led, run, structured and financed - but wowee what a thing to have on the CV! Choose an Exec position that is meaningful to you and watch your opportunities grow and expand like never before.



**BE THE CHANGE YOU WANT TO SEE**



**Adi**

### President

Takes the lead and oversees the organisation as a whole with the support of Students' Union staff.



**Charlie**

### VP Barts & The London

Represents and campaigns on matters relating directly to Barts & The London.



**Radhika**

### VP Communities

Runs liberation, equality, diversity and inclusion campaigns. Represents student communities.



**Saynab**

### VP Humanities & Social Sciences

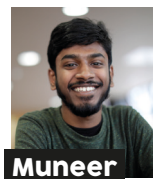
Represents and campaigns on matters relating directly to HSS students.



**Jojo**

### VP Welfare

Manages the care of students, including welfare, mental wellbeing and financial stability.



**Muneer**

### VP Science & Engineering

Represents and campaigns on matters relating to S&E students.



## Volunteer alongside studying

Just like at home where you have a local council who looks after and makes decisions on behalf of the community, we have a 'Student Council' version, especially for students!

If you'd like to help make Queen Mary a better place for students or there's something you're really passionate about, then why not run for election in your chosen area and help make a difference for students as a part-time rep. Whether that's speaking up for your coursemates, for the whole of your school or perhaps an entire community, such as disabled or LGBT+ students - every role makes a huge difference to the community we love.

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## So do you think you could..

- Take on a full-time Exec role, influencing the Students' Union as a whole and how QM students opinions and welfare are looked after.
- Become a part-time rep, leading on student issues like education, welfare and equal opportunities or how our student groups, shops and bars and more are run.
- Become a school rep, working closely with the course reps within your school to improve the experience of the school as a whole.
- Become a course rep, speaking on behalf of the views and experiences of your course mates and raising anything that needs to be changed or improved.

## Election fever

Getting your head around how the Students' Union works can seem a bit confusing, but it's actually pretty simple and we have loads of people who are there to help you every step of the way.

- 1** **Nominate** yourself or recommend someone you think would be perfect for a role.
- 2** **Vote** for your chance to decide who goes into each role. If you've been entered as a candidate you'll also need to campaign and show others why you're perfect for the position.
- 3** **Results** - this is always such an exciting day! We throw a party to recognise all our candidate's hard work and celebrate those who've bagged themselves a position!

## 6 Full-Time Executive Officers

55+ Part-Time Representatives

20+ School Representatives

400+ Course Representatives

# GET LIBERATED



## Individually empowered, collectively powerful

Uni is all about being authentically you and we love to celebrate our amazing community of culturally and socially diverse students for their individual and brilliant uniqueness.

But there's still work to do. We want equity for everyone, no exceptions.

### Wanna get involved?

Thank you, that's great! Whether you identify directly with a topic or a cause simply aligns with your core values, all you need to do is tell us your idea and we'll support you with everything else, from funding to the logistics.

### Don't want to arrange something yourself?

No worries! Everything running throughout our campaigns is promoted on our socials and online, so you'll always know what's coming up.



## Tackling issues together

Through our student-led campaigns, we aim to represent and empower marginalised communities.

We show appreciation for the huge steps forward in the struggle for liberation and confront ongoing issues head on.

## Take action

Decided on and run by you, our campaigns cover race, religion, sexuality and disability - to name just a few!

We have an eclectic range of activities and events arranged every year. There's too many to list, but you might find yourself..

- Growing your compassion by listening to a guest speaker share their lived experiences.
- Self-informing via our lists of books, podcasts, films and other resources.
- Learning through storytelling with a theatre trip or movie night.
- Taking in a culture by experiencing traditional elements like food, music and activities.
- Attending a pop-up market or celebrating at a themed club night.



## Be the change

Want to raise an issue? Chat to one of our Liberation Reps, or consider nominating yourself to become a Rep next year!

# YOU DID WHAAAT?!

**Legend status activated.. This is your chance to shine! Get rewarded for being involved and excelling in all sorts of Students' Union things, achieved individually or as a group.**



## Ooh, so fancy

Our award ceremonies are some of the best events on the Queen Mary calendar, we love making get ready with me TikToks, dressing up all fancy and celebrating the massive amount of cool stuff you've been up to throughout the year!

It's an awesome chance to make sure those that have absolutely nailed it get a shout out in front of everyone. Oh, and did we mention we have some pretty extra venues for our awards?

## You could be..\*

- The most devoted volunteer in the local community.
- The absolute standout course rep in a given month.
- The author of the most popular article of the year in one of our magazines.
- The greatest sports captain the Students' Union has ever seen.

## Stand out from the crowd

Give your CV that chefs kiss and flex at job interviews by mentioning your award.

It's legit evidence of your hard-earned skills, passion and dedication - and it might just be the thing that separates you from the crowd and bags you your dream job!



\* We have hundreds of awards you could win - this is a minor snapshot!

# FUN THINGS TO DO IN LONDON (ON A STUDENT BUDGET!)

## Is London the best city in the world.. we think so!

There's always something new to do and endless places to explore. If you didn't grow up here, we get that such a big place might feel a little daunting at first and you might be wondering how you'll cope with everything seeming so spenny, but there really is something for everyone, secret spots to discover and ways to save money or free things to do too. We've put together a handy guide of some of our favourite hotspots you need to visit when you're here!



## Check out London's food scene

Take a short walk to Brick Lane, one of the most famous food streets in London! There's 20+ curry houses and the best bagels the city has to offer. It's a perfect example of the vibrant heritage of the East End and how people from across the world have made it such a unique (and delicious) place to live.

Head to Box Park or Spitalfields Market for endless supplies of awesome street food or head up to Kingsland Road for authentic East Asian food and a huge flagship Oriental supermarket.. or you could catch the Central line tube to Chinatown itself.



## Do what you love

The Olympic Park is right on our doorstep, as is Genesis Cinema with cosy sofas and cheap student tickets. Hidden away in Shoreditch is so much cool stuff to do, including a brilliant adult ball pit, ping pong bars, impressive bowling alleys and crazy golf spots.

If you're in the mood for something more chilled, check out one of the local City Farms (we have two - Stepney and Hackney), the animals are amazing! Get free entry at famous galleries like the Tate and Whitechapel Gallery, or see some great theatre at the Barbican Centre and National Theatre.. to name a few!

## Get out in nature

Your new city is surrounded by incredible green spaces. Right here on our doorstep there's the Regent's Canal, Mile End Park and Victoria Park (or Vicky Park to those in the know!), or just a couple of minutes on the DLR and you'll arrive at the stunning Greenwich Park, with amazing views of the city. It's also home to the Royal Observatory, where you can learn about the fascinating history of time.

Getting outside in the open air is great for your mental health, so why not join us for one of our Wellbeing Walks starting at 12.30pm every Wednesday from Library Square on campus - it's totally free and always a laugh.



## Explore the shops and boutiques

London has some of the best shopping in the world. Head to Oxford Street - a really easy journey on the Central Line - it's undoubtedly the most famous shopping street in the world! The whole of Soho is full of cool shops, whatever your style or budget.

If you're short on time Westfield Stratford City is only a tube stop away and the largest shopping centre in Europe! Or, if you love vintage clothing, Brick Lane is the place for you with all its independent boutiques. Top tip: keep an eye out for sample sales in the area - you can pick up some absolute bargains! Columbia Road Flower Market on a Sunday is also the perfect place to people watch, hang out with friends and buy some flowers to decorate your uni room.

## Our top app recommendations

### Too Good To Go

Help save the planet and your bank account! Buy discounted food that would have gone to waste otherwise, from popular shops and cafés in your area.

### Central Tickets

Become a 'seat filler' and when shows are quiet, you can book cheap - or sometimes free - tickets to help fill up the audience. West End theatre for a couple of quid? Yes please!

(PSA: Today Tix is also great for last-minute, discounted theatre tickets).

### City Mapper

Is this London's favourite free app? Probably!

Put in a postcode or location to discover all your possible routes - including any disruptions. It'll tell you the costs and timings for all available options, so it's great if you're time-rich, but cash-poor and can take a slower route. Oh, and it even allows you to share your location at night to get you home safely, which we love.

### TOTUM

The #1 card for student discounts. Use it online and in shops for huge savings on literally hundreds of brands!

# WORRIED ABOUT..?

**Being at university is a big change and you may feel nervous about being here. Don't worry, it's normal! We have services you can use to put your mind at ease.**

## Money and budgeting

We know managing your money for the first time can be daunting and the cost of living crisis is deeply concerning. Don't struggle on your own, the university offers a free, confidential Advice and Counselling Service who offer money and budgeting guidance. We also have funding options, including welfare loans and graduation funds.

This year we're introducing more free events for students, as well as doing everything we can to help campaign to keep uni affordable. Watch out for money saving tips throughout the year on our social media, plus voucher booklets to help you save on-campus.

## Studying and exams

It's natural to want to achieve a grade you're proud of, but this can come with feelings of stress and anxiety.

Our Academic Advice Service is open to all students and can advise and represent you across many different issues. Think you've been unfairly marked? Want to review an exam board decision? Want to appeal or complain about something related to your course? This service can help!

The university also provides a Disability and Dyslexia service to support students with learning differences, disabilities and mental health issues.

### We're learning too!

Think we should be doing more? Are we missing something that would be super helpful for you?

We'd love to hear from you and understand how we can continue to improve the support we provide to students.

## Bullying and harassment

We're an all-inclusive university and take abuse of any kind seriously. The university have a reporting system called Report and Support, which you can use to call out anything you see on campus that is not okay. From hate incidents, bullying, harassment and gender-based violence, all reports will be thoroughly investigated and appropriate action taken.

## Mental health and wellbeing

Looking after yourself must always be your number one priority and we have lots of help, advice and support when you need it. Our Advice and Counselling Service is always here for you, and we run a variety of Wellbeing Workshops to help you keep on top of your mental health too.

Our brilliant PROJECT:TALK society offers a chance to talk through problems with other students and run some great events aimed at helping you thrive during your time at uni. We also have a fantastic Student Health Service here on campus - so remember, you're not alone!



## Accommodation and housing

Make housing less scary with support from the university Housing Service. They're truly awesome and can help with a whole range of accommodation issues, from helping you to find a place to live, to providing advice on what to do if you're having problems with your landlord or housemates - and even legal issues too.

## Childcare

Balancing being a parent and a student is something to be celebrated - it's a huge achievement! It's worth knowing that the university offers a Financial Assistance Fund to help if you have any unforeseen costs and there's an on-campus nursery too. We're all here to help make the experience as easy as we can for you.



## Life after graduation

Regardless of whether you have a dream job in mind or feel quite unsure about what to do next, the universities Careers and Enterprise team have the tools to help prepare you for your next step.

We want you to leave feeling totally ready and up for the next chapter, so check out our careers events and employability sessions taking place throughout the year.

## Take time out for prayer and contemplation

The Students' Union has a large Multi-Faith Centre at both our Mile End and Whitechapel campuses. They are there if you need time to reflect or pray, or just want some quiet self-reflection time to clear your head.

# WHAT TYPE OF STUDENT ARE YOU?!

Tell us which one suits you best.. or if all of them are a bit of you!

## The early riser



Love delicious ethical barista coffee as much as early alarms? Check out our early bird discounts and freshly baked Rinkoff pastries - they're still warm \*drools\*

## The gym fanatic



Working out in your DNA? Having Qmotion right here on-campus means you can hit the weights or a class anytime and still make that important lecture (or night out!)

## The foodie



Wanna be a go-to-guru for food recos on campus? Complete the Drapers and Griff Inn menus and test out every possible combo option for the Meal Deal. Yum!

## The party person



Dedicated to the dancefloor? We reckon we'll be seeing plenty of you at Drapers and Griff Inn then! With events happening throughout the week, the fun never stops.

## The library lover



Spend some downtime reading in a wonderfully peaceful, cosy library corner or marvel at the fact there's over a million different resources at your fingertips.

## The Halls hero



Love a social? Head to Village Shop for dinner ingredients and gather your housemates together for a meal.. or get everyone down to one of the Inter-Halls Games.