

University of  
**Kent**

**KENT  
UNION**  
KENTUNION.CO.UK

# Hello Kent

Your guide to everything Kent

[www.kent.ac.uk/hello](http://www.kent.ac.uk/hello)  
#HelloKent



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# Welcome!

## Sasha Langeveldt, SU President

### Tell us a bit about yourself

Firstly, hi there and WELCOME! I studied Philosophy, graduated in 2018, went straight into my first full-time officer role as Vice-President, and now I'm the students' union President! I'm quite creative and I see myself as an environmentalist, activist and humanitarian.

### What are you most looking forward to as SU President?

Making sustainable changes that will impact students in a positive way for many years to come. I'll be working on an Environmental Strategy and creating a BAME (Black, Asian and Minority Ethnic) Student Network at the Medway campus.

### What do you love about Kent Union?

Their determination to stand up for students' rights and support them during their time at university. You don't know it yet, but you'll reflect on it in the future and realise how much of an impact your students' union had on your university experience! There are so many opportunities available to you, and getting involved really gives you the chance to develop into the person you want to be.

### Tell us a bit more about how Kent Union is run

It's led by a big team of elected students, made up of full and part-time officers who all work really hard to improve student life and make our world a better place.

We've been supporting students since the University opened in 1965 and we now have over 20,000 members! Don't forget that you have a say in how Kent Union is run, so get involved and get your voice heard!

### Why should new students become members?

Starting uni can be both exciting and overwhelming, that's why we're here to steer you in the right direction. Right from the start we'll be there! We'll help you settle in and meet new people, support your academic interests, provide you with free and confidential advice through the Student Advice Centres, and help you create a great CV through part-time work and leadership opportunities.

Joining the students' unions helps you make the most of all the opportunities uni has to offer. Your degree is important, but the skills you gain alongside it are what makes you different and unique when you leave.

There's lots more on the Kent Union website, but for now here are a few of the benefits:

- **Meet new people** at the big events we put on during and beyond Welcome Week. There's always something for everybody.
- **Join a student group** – there are hundreds to choose from including sports clubs, volunteering projects and societies (all academic societies are free to join!).
- **Save money** at our brand new Co-Op convenience stores. If you have a TOTUM (NUS Extra) card you can save even more!
- **Get free and impartial advice** from our Advice Centres.
- **Use our support services** such as the Buddy Scheme to help you find your feet; Home Stamp to find quality, affordable and local accommodation in your second and third years; and Nightline, our confidential listening service.
- **Vote in student elections** for your leaders. Better yet, why don't YOU run for election and help shape your students' union for the future?
- **Find part-time work** through our Jobshop and recruitment fairs.
- **Have fun and develop your CV** through many volunteering opportunities.

### What's your favourite place on campus?

There's so many! Do I have to choose? OK...if HAD to choose, my favourite place on the Canterbury campus is the Library Café as it's bright and open and you'll always bump into someone you know. At Medway it has to be The Deep End in the Student Hub. It does great food and it used to be an old swimming pool – go and look through the glass panel in the floor and you'll see part of it!



### My top tip for first year...

If you're at Canterbury then DEFINITELY invest in a KPass! It will save you loads of money throughout the year, let you queue jump, and get you into Kent Union events in Welcome Week and the rest of the year for FREE!!!

### Get yours now!

[kentunion.co.uk/hellokent/kpass](http://kentunion.co.uk/hellokent/kpass)



Sasha

Kent Union President



Owolade

Vice-President Welfare



Emily

Vice-President Student Engagement



Vicky

Vice-President Academic Experience



Laura

Vice-President Postgraduate Experience

# Hello from your officer team!

**Welcome to the University! We work with you to ensure your student experience is the best it can be.**

## So, who are we?

**Sasha:** We were all elected by current students earlier this year and we're your full-time officers. In a nutshell, we're here to support you and represent your interests. We're part of a much bigger team made up of 30 elected part-time officers, college presidents, student reps and committee members. In a few months' time, you could be in the running for one of these positions so keep an eye out for the election periods!

**Omolade:** We're really excited to get to know you, not just in Welcome Week but throughout the year. So, if you see us on campus please come and say hi! We've got some great things planned for this year so make sure you're following us @kuofficers We're based in the Mandela building at Canterbury, just off the Plaza (just down the road from Venue!) and in the Student Hub at Medway.

**Emily:** We make your voice heard, give you somewhere to buy your groceries, support our volunteers to run sports clubs and societies, provide volunteering opportunities, provide advice and support, and put on loads of events. We advertise part-time or temporary work and also employ hundreds of students through Jobshop.

**Vicky:** You're a really important part of what we do – you elect us! We'll have some elections coming up for first-year student reps at the start of term so if you're interested in representing students on your course, come and chat to us at the Welcome Fair or speak to your course leader.

**Laura:** If you want to know more about your students' union, meet the officers or speak to a student rep, you can come to one of the Welcome Talks run by your college during Welcome Week.

## Free Free Free!!!

### Now we've got your attention...!

Every school has an academic society that you can join for FREE! Get to know your course mates, discover experiences in the UK and abroad, go to talks and debates with high profile speakers and improve your employability.

To find your society, go to the activities section of the Kent Union website, find societies and have a browse (check out the other student groups while you're there!).

[www.kentunion.co.uk/activities](http://www.kentunion.co.uk/activities)

## Get social

@kentvoice

@kuofficers





# Getting started

## Steps to complete before you arrive

If you're starting in September, you'll become a registered student of the University of Kent on 14-15 September when you attend Arrivals Weekend. If you're not arriving in September, we'll let you know your arrival date. Keep an eye on [www.kent.ac.uk/getting-started](http://www.kent.ac.uk/getting-started) as this will have useful information relating to arrival and registration.

## To fully register, you need to complete the following steps before you arrive:

- Enrol online
- Submit a photograph
- Activate your Kent IT Account
- Arrange to pay your fees
- Choose/review your modules
- Prepare your documents for registration
- Apply for University accommodation if you've not already done so.

Completing these steps enables us to prepare for your registration, draw up your timetable and have your student ID card ready before the start of the academic year.

Once you've registered, you'll be issued with your KentOne card, so you can get stuck in and enjoy Welcome Week as an official Kent student! Just make sure you complete all the steps to avoid any delay to your registration.



## What to do now

Go to [www.kent.ac.uk/hello](http://www.kent.ac.uk/hello) where you'll find a link to our Getting Started website. This will guide you through the processes you need to complete.

### Check your email!

We'll be communicating with you regularly by email before you arrive. Once you begin the online process, make sure you're checking your emails frequently as you'll be given instructions at key stages about what to do next.

### Contact us

If you have any issues regarding your enrolment, please email us at [gettingstarted@kent.ac.uk](mailto:gettingstarted@kent.ac.uk)

## Your KentOne card

### What it does

First and foremost, your KentOne card is your student ID and you should carry it with you at all times. It gives you access to buildings and facilities, including the libraries. You can also use your card to register your attendance at lectures and seminars.

It's also a cashless payment card. Paying is quick and easy, just hand your card over at the till, your account will be debited by the amount and your balance will show on your till receipt. You'll also receive a **10% discount** in a range of campus cafés, bars and restaurants, as well as a 5% discount in Blackwell's bookshop on the Canterbury campus.

### Top it up!

You can top up your card online, and the good news is, it can also be topped up by a parent/supporter too. They can have a separate login and add money to your student account.

### Keep it safe

If you lose your KentOne card, you'll need to pay to get a new one. If you do lose it, you'll need log in to your portal to mark it as lost and then go to the Registry building (Canterbury campus) or the Medway building (Medway campus) to get a replacement.

[www.kent.ac.uk/kentonecard](http://www.kent.ac.uk/kentonecard)

## Use it...

### Canterbury campus

Blackwell's bookshop  
Create Café  
Dolche Vita  
Design & Print Service  
Gulbenkian Café  
Hut 8  
K-Bar  
Mungo's  
Origins  
Pavilion Café Bar  
Rutherford Dining Hall  
Bag It  
Sports Café  
The Street Kitchen  
Sibson Café  
Templeman Library

### Medway campus

Galvanising Shop Café  
No 1  
The Deep End





# Hello community

We are Kent...and now you are too!

**This is the great thing about Kent – we're all in it together. If you're living on campus, your house/flatmates may be on a different course, or from a different country!**

It's an old cliché, but it's true. You'll meet some of the best friends you'll ever have at university.

Whether you've just finished sixth form, been working for a few years, had a gap year or decided to return to education, you're now part of a community that we're really proud of.

A new place, new people and a different way of life takes a bit of getting used to, so here's a few things you can do to help settle in and feel at home.

## Explore

Get to know your surroundings and they'll soon start to feel familiar. Everything will feel a bit strange at first and there's a possibility you'll NEVER find that seminar room in Rutherford or Eliot (!), but the more you wander around, the sooner you'll start to figure it all out. You should definitely check out the Historic Dockyard at Medway too as it's a pretty cool place.

## Chat!

You'll notice that we've been saying HELLO a lot! Biting the bullet and talking to as many people as possible is a great way to feel at home. Everyone feels nervous, no matter how confident they might look. You may just end up chatting to someone who becomes your best friend for life.

## Do the library tours/inductions

Just go! Learning how to use the library properly is one of the best things you can do to help your studies. Both the Templeman Library (Canterbury) and the Drill Hall Library (Medway) offer sessions during Welcome Week.

## Commuting from home?

Throw yourself into Welcome Week! The beauty of university is that you make friends in all sorts of ways. Get to know the people on your course, join a sports club or society, sign up for volunteering or apply for a job on campus. Also, get familiar with the bus/train timetables and make the most of all the travel discounts on offer. You can find out all about these in Welcome Week, or visit [www.kent.ac.uk/transport/discounts](http://www.kent.ac.uk/transport/discounts)

## Meet Emily!

Hi and welcome! I'm Emily, Vice-President Student Engagement. My job is to lead and support all the student groups to help them give you a great experience while you're here!



## Tips for Welcome Week?

Go to Welcome Fair!! Find a society or sports club that gives you something to do away from your course. You don't have to be a pro; all levels are welcome and it's worth trying out loads of things in the first few weeks. What else? Definitely have a burger in Woody's or The Deep End and go to Medfest and Summer Ball.

## Highlight of your Kent experience?

VARSAITY!!! I've been involved as a spectator, a player, and now an organiser and it's been amazing to see the event grow and develop. Team Kent have historically always been victorious, so make sure you come out to support us next year, or get involved yourself!

## Be considerate

If you're living on campus, sharing a house or flat with new people can be a big adjustment. You may be living with people who practice different religions, or who come from a different cultural background to you.

Some people may not like a lot of noise, or may have sporting or music commitments that require early mornings/late evenings. Treat everyone with dignity and respect and you won't go wrong.



Complete the interactive ExpectRespect@Kent module before you arrive.

It introduces the Student Charter and the Dignity at Study Policy. You can find it on Moodle.

# Student groups

**Whether you want to get active, start a social enterprise, develop your skills and employability or just earn some money, there are lots of opportunities to explore your interests.**

## Societies

We've got a huge range of societies: faith and belief, cultural, performance, politics and campaigning, special interest and physical activity. Don't forget that all academic societies are FREE to join! Each society offers a unique and exciting experience, providing great opportunities to meet people with similar interests. Make sure you head to the Welcome Fairs as this will give you a great introduction to all the sports and societies (see p18).

## Sports

Sign up for a sports club and you can compete in local, national and even international competitions. Being part of a club is a great social experience and an excellent way to help stay physically and mentally fit.

## Raise & Give (RaG)

Help raise thousands of pounds for charity by joining the RaG team. Help out with events, or come up with your own fundraising activity.

## RaG raids

These are a simple way to get involved and make a difference. A team of you hit the streets with a bucket (and usually fancy dress) to try to raise as much as you can from the general public for good causes.

## Big challenges

If you really want to push yourself, we take on some big challenges every year that raise thousands of pounds and give you an unforgettable experience. Our big challenges this year include:

- Kilimanjaro for Meningitis Research Foundation
- Uganda for East African Playgrounds
- Machu Picchu for Hope for Children
- London to Paris Cycle for Breast Cancer Now
- Budapest Marathon for National Autistic Society
- Skydive for Mind.

Sign up via our website, [kentrag.org](http://kentrag.org) and follow us on Facebook @KentRaiseandGive

## Community action

Our community action groups cover a wide range of causes, campaigns and fundraising in areas from health, environment and community, as well as international. All volunteers are active for their cause, they are highly valued and fully supported to making a difference in the world.

## Student media

if you want to develop your media skills, you can volunteer to join CSRfm radio, our TV station, KTV, or *Inquire*, our campus newspaper.

This is just a small taster – head over to the Kent Union and GK Unions websites for the full lists!

Brazilian Zouk  
Circus  
Gospel Choir  
Photography  
Dance  
Kent Sing  
LGBT+  
Merlin's Beard Improv  
Reggaeton  
T-24 Drama  
Salsa



KENT UNION  
AND  
THE UNIVERSITY OF KENT  
PRESENTS THE

# KENT Student AWARDS



## Reward and Recognition

Behind all these opportunities are teams of students working hard and leading their student groups and projects forward. This hard work is recognised and celebrated each year at the Activities Awards, Team Kent Ball and KiC Awards. It culminates with the Kent Student Awards with the University at the end of the academic year.



# Hello undergrads!

*“Have patience. Create a group chat with your flatmates because communication is key!”*

**Liliya Bener Babutsali**  
LLB Law

**You’re here. You made it. And now it begins! Here’s how to approach the first few months and what to expect.**

## **Be open to new things**

The first few weeks will be quite full-on, but it’s the best time to get to know people so try and go to as many events as you can.

It might feel a bit unfamiliar, but go with it and try to see everything as an opportunity. Take the same approach to invites – your housemate might be planning to grab some lunch with people from their course and invites you along, or you might find yourself tagging along to a society event, end up having a great time and joining up! You never know where something might lead.

On the flip side, don't just rely on invites from others. Don't be afraid of approaching people or trying something on your own. Yes, it can feel a bit scary, but it's often not as bad as you think!

## Going out

The students' unions organise some epic nights out and they have some great things planned for Welcome Week. Ones to watch out for are Freshbook, the Welcome Party, the International Party, Vensday, School Disco (dig out that school uniform, you'll need it!) and the Freshers' Finale. And it doesn't all stop after Welcome Week – follow @kentunion and @gkunions so you know what's coming up!

## KPass collection

If you're at Canterbury don't forget **Kent Union's KPass** is your ticket to free entry at The Venue. If you've bought one, you can collect it from The Venue in the Union Plaza. If you haven't got yours yet...what are you waiting for?! You can buy it from Kent Union's website: [kentunion.co.uk/hellokent/kpass](http://kentunion.co.uk/hellokent/kpass)

## Staying in

Life's all about balance. You don't want to burn out by the middle of October (or find you've blown all your student loan) so don't feel like you have to be out every night. If you're feeling like having a night in your pjs, the chances

## Meet Omolade

Hi, my name is Omolade and I'm Vice-President Welfare and Community at Kent Union. I am Nigerian and I studied Politics and International Relations.



### Lots of students feel apprehensive about starting uni – what advice do you have?

CONGRATULATIONS "victory dance"! This is only the beginning of an amazing journey. Everyone feels apprehensive about starting uni, but you have the whole time you are here to settle in and make friends, so go at your own pace. The best way to enjoy university is to simply say yes to good opportunities that come to you. That was the way I settled in and was able to find a good group of friends.

are your housemates are feeling the same way. Suggest cooking dinner together, or head off to the cinema for a quieter night. The Canterbury campus even has its own cinema! (see p40)

## Freshers' Flu

Freshers' Flu is like a bad cold and usually strikes after a few too many late nights or if you're not eating as well as you normally would. Try and get enough sleep, prepare some healthy meals in advance and get yourself a mini survival kit: anti-bacterial hand gel, tissues and paracetamol.




Check out  
[www.kent.ac.uk/hello](http://www.kent.ac.uk/hello)

For Welcome Week events and lots more!

*"Don't hesitate to talk to your flatmates, and eventually establish some rules you will all be okay with! It will help you a lot."*

**Cassiopee Eusebe**  
BA Digital Arts



*“Be sociable and nice to everyone and try to get to know as many people in neighbouring houses as possible. Don’t just rely on your housemates as your social group.”*

**Elliott Kay**  
BA American Studies



## Get involved

Whether you're in halls, commuting from home or studying full-time or part-time, you should get involved as much as possible. If you're looking for a job while you study, register with Jobshop. Fancy learning a new language, spending a year abroad or taking a Study Plus course to complement your degree? Sign up for Kent Extra at [www.kent.ac.uk/kentextra](http://www.kent.ac.uk/kentextra)

## Earn Employability Points

Throwing yourself into uni life is a great way to meet new people, boost your skills and have some fun, but you can also get rewarded for taking part.

Sign up to our Employability Points Scheme and you'll earn points for doing different activities, which you then cash in for rewards such as internships, work experience, training, project placements, employability sessions with industry professionals, mock assessment centres and vouchers. You can sign up by logging in to My Folio, your e-portfolio where you can plan, review and record your academic and personal development.

## Get ahead

If you're keen to start looking for internships and placements, get yourself on the Careers and Employability mailing list. They send out regular emails about

posts relating to your academic school and offer a variety of internships that will get your CV off to a great start. The Careers and Employability Service is available to you throughout your degree, so make sure you use them. They have specially trained advisers and provide help with all aspects of job hunting and helping you prepare for life after university. Check them out at [www.kent.ac.uk/ces/advice](http://www.kent.ac.uk/ces/advice)

## Want some ideas?

### Become a buddy

Use your experience to help others who may need some extra support.

### Volunteer

From working on local community projects to tutoring in schools, working on the student TV station, radio or newspaper, or helping out at events such as the annual carol service in Canterbury Cathedral, there are so many projects that need YOU! Follow us @KUVolunteering

### Become a student ambassador

Student ambassadors take on a variety of roles to support the University. These could involve working in local schools, colleges and community groups, helping out on Open Days or showing your room to prospective students on Applicant Days.

## Enhancement Weeks

These usually take place in November and February. Depending on your academic school, you may get a pause or a change to normal teaching, similar to what used to be called 'reading weeks'.

### Isn't this just like a half term break?

No! They're an important part of the academic year. There's a whole programme of events organised by your academic school, Kent Union and the University. You'll also get the chance to sign up for volunteering or join sports clubs and societies which you might have missed out on in Welcome Week.

### A taste of what's on...

- Employability talks
- Insight days and events with graduate employers
- Creative and interactive workshops
- 'In conversation' sessions
- Off-campus events

## Become a student rep

Represent your year group and ensure your views about your course are heard.

# Welcome Fairs

What are they and why should I go?

They're only one of the **BEST** events in Welcome Week...! Loads going on and the biggest and best way to meet new friends and check out all the sports clubs and student groups. Plus, there's tons of freebies and **FREE PIZZA**.

## Canterbury

Thursday 19 and  
Friday 20 September  
Union Plaza



Different stalls  
on each day!

[www.kentunion.co.uk](http://www.kentunion.co.uk)

## Medway

Wednesday  
18 September  
Student Hub



[www.gkunions.co.uk](http://www.gkunions.co.uk)

## Keep in the loop!

Follow us  
[@kentunion](https://twitter.com/kentunion)  
[@gkunions](https://twitter.com/gkunions)





## Get your KPass!

Canterbury students! This is the best (and cheapest) way to enjoy your students' union events for Freshers' and all year round! Get access to great savings, free meals, exclusive Summer Ball offers and queue jumping all year long. From just £40.

[kentunion.co.uk/hellokent/kpass](http://kentunion.co.uk/hellokent/kpass)



# Hello postgrads!

**I'm Laura and I'm your Vice-President for Postgraduate Experience. I've been at Kent for four years – I did my undergraduate degree in Clinical Psychology and I'm doing my Master's in Cognitive/Neuro Psychology.**

This is the first year we've had an officer for postgrad experience so I'm very excited to see both where this role takes me and where I can take this role. I can't wait to see how I work individually in making things happen, but I'm really looking forward to working with the Graduate School to put on some great events for you all and make your experience here a memorable one!



## The Graduate School

The Graduate School works with the University and Kent Union to provide a fantastic postgraduate student experience and create a vibrant community. It supports you throughout your academic journey, offers advice and guidance, provides dedicated training and development workshops, and hosts some great events! Check out the events calendar at [www.kent.ac.uk/graduate-school/news](http://www.kent.ac.uk/graduate-school/news)

## Kent Graduate Student Association (KGSA)

KGSA is a committee of postgraduate students who volunteer to make sure you get the most out of your time at Kent and have fun! It's student-led and each of our committee roles are elected annually. We work with the Graduate School, the University and Kent Union to promote and represent your views and needs.

Make sure you join our social media to make sure you're always up to date with what's happening. Events to look out for include regular pizza and film nights, our spectacular Thanksgiving dinner and our end of year celebration, Woolf Fest! If you'd like to get involved and join the team, come along to one of our events or one of our meetings on Thursdays in Origins or in the Woolf Common Room.

## Regular events

### Research cafés

Informal meet-ups to discuss your research. Free to attend and held every couple of weeks.

### Three Minute Thesis (3MT®) Competition

Represent Kent at the UK's competition and have the chance to win a prize!

### Autism Arts Festival

A celebration of autistic creativity.

### Researcher's Showcase

Showcase your research, network and explore new connections among the postgraduate and wider University community.

*"The level of support for postgraduates is simply brilliant! Help is always provided when asked for, and you're encouraged to participate in wellbeing events and to engage with the student support drop-in sessions. In addition, mental health is a large focus of the University and they host many activities, especially around exam season, aimed to combat stress."*

**Holly May Treadwell**  
MA The Contemporary

## Get social

@kentgsa

@kuofficers



## Welcome Week events

There's a lot going on so make sure you check out the events calendar on the Hello Kent website. Events to look out for:

- Welcome Fairs
- Information Fair
- Taught induction
- Research induction
- Graduate Teaching Assistant induction.

[www.kent.ac.uk/hello/events](http://www.kent.ac.uk/hello/events)



### Kent: my best bits

I love the variety of opportunities you have – you can try almost anything! From climbing Kilimanjaro to raising money for RaG, playing tennis in the BUCS league, sport taster sessions (I had a go at Korfball!) and being a committee member of Turing College. I've had a great time!!

The campuses! Canterbury and Medway are both stunning and have their individual personalities. K-Bar at Canterbury is one of my favourite spots as you can study, play pool, watch the football or just chill out with your mates and do nothing in particular!

The Drill Hall Library at Medway is really calming. I know that sounds odd as when you're in the library you're normally working really hard and up against a deadline, but it's true!

**Laura Carlin**  
LVA Postgraduate Experience

# What our students say

*"My course mates are amazing. Due to our different backgrounds and ages we had a lot to share."*

**Diara Salah Jan Naqi**  
MSc Architectural Conservation

### Living with housemates

"I live with four other PhD students off-campus. We're all in our mid-to-late twenties, relatively clean and tidy, considerate in terms of noise and we endeavour to make our house look homey. We all have a mutual respect for our workloads, can commiserate over hard deadlines and are a sounding board for ideas if we get stuck in our writing. It has been wonderful to live with housemates who can appreciate all of the nuances of PhD life."

**Megan Batterbee**  
PhD English

### Living in Woolf College

"I am glad I made the decision to come to Woolf. It's been so convenient and enjoyable. During the last two terms, all my classes were just a five-minute walk away so there was no need to wake up extra early (unless, you know, that's your thing). The Woolf Common Room or the new postgraduate study hub in the Senate Building are great places to work, or just hang out. Another great thing about Woolf is that you can be sure that the College's notorious protector is watching you from somewhere. Yes, I am referring to Gandalf, the guardian of students!"

**Antonio Kostalas**  
MSc International Business and Management



Gandalf, guardian of students

## Living alone in Canterbury

"PhD research and writing can be isolating, and so can living alone, but the fact that I can spread my work out over two storeys and two living rooms means that my space functions solely for my research, because that's what I'm here to do. It allows me to craft a space and a daily flow that serve my purpose. It also means that if I'm struck by a bolt of genius, I can leave the dirty dishes for few days!"

**Shelly Lorts**  
PhD Medieval and Early Modern Studies

*"The level of support is amazing. In the School [of Arts], the support staff know you by name and they go above and beyond to make your research run smoothly and to help you promote studies or events. The Graduate School offer a fantastic range of workshops and sessions, at which I have not only learnt a lot, but have also met some great peers, who have become a support service in themselves!"*

**Kasia Senyszyn**  
PhD Drama

*"My supervisors are extremely supportive, as well as my friends who are also doing PhDs. The Graduate School runs some great courses which I find are always good for meeting new people."*

**Joanna Malone**  
PhD Religious Studies

## Commuting from Medway

"Just before I started my Master's, I moved in with my boyfriend in Gillingham. Both of our courses are based in Canterbury but we decided to live in Medway and commute.

"The University runs a free shuttle bus between the two campuses every day during term-time. It takes about 45-50 minutes, which gives you time to catch up on academic reading, read for pleasure or listen to a podcast. It can get busy at peak travel times but, as the buses go until midnight from Canterbury, it means I've been able to continue attending society events in the evening knowing there is a free service to get home."

**Lydia Hall**  
MA Creative Writing



## Places to go

"If you wander up into Westgate Gardens, it feels very hidden and isolated because people tend to hover at the end nearest The Pound bar. It is a good place to relax."

**Ellis Spicer**  
PhD History

"I like going for a walk through the wooded areas on campus, especially when the bunnies are out."

**Jen Phillips**  
MA Autism Studies

"The Centre for Music and Audio Technology is on the Chatham Historic Dockyard – there's a submarine and a warship right outside the door! On campus I mostly use the Student Hub where GK Unions hosts loads of events throughout the year."

**Esther Kiburi**  
PhD Music



# Hello Wellbeing

Looking after yourself, both physically and mentally is really important. If you ever feel as though you need some support, we have a whole team of people who can help, from your academic adviser and college support to the Student Support and Wellbeing Service and the advice centres run by the students' unions.



# What our students say

## Getting stuck in

“Throw yourself completely into university life, join societies, ask people for help and keep up with your work. You need to find a balance between academia and fun in order to be happy and do well.”

**Isobel Holden**  
BA Social Policy

## Academic and peer support

*“The School [SSPSSR] runs an academic mentoring programme, where you’re paired with an academic who mentors you during your studies, and seminar leaders are always on-hand if you need to talk to them. The University also runs a peer mentoring scheme, where students can mentor each other in a more informal way. There’s so much help if you need it.”*

**Joe Owers**  
BA Criminology and Sociology

“There’s really strong support within the School [of Economics]. The doors of the academics’ offices are always open and they are happy to give up their time to offer you advice. There’s also a definite community of research students and, for me, that was the strongest support network – we all understood what our fellow students were going through.”

**Jack Meaning**  
PhD Economics

*“Try not to worry too much. Everyone is nervous when they first start university and there’s lots of support available.”*

**Helena Phillips**  
BA Religious Studies and Philosophy

“The academic support and wellbeing support are really good. I had an academic peer mentor last year and my academic adviser was really helpful too.”

**Abigail Spanner**  
BA Classical & Archaeological Studies and Comparative Literature

“I needed more support in the first year and was always emailing lecturers, who replied quickly. Students in the second and third years helped too – and now I help first-year students.”

**Eleana Sklaveniti**  
BSc Computer Science with a Year in Industry

## Coming from overseas

“The community in Kent is very diverse, so it’s normal to be an international student – you get used to meeting people from many different nationalities. Just in our lab, we have people who are from five or six different countries, so everyone understands what it’s like to move to the UK. In terms of support, everyone has been very welcoming. As a new student, I felt settled within a week, so I could focus on making friends, getting to know the town and travelling around.”

**Shun Chang**  
MSc Biochemistry by Research

*“Everyone has an academic adviser, then there are mentor schemes, student support officers, help with internships and employability. If you ever you hit a problem, you’ll quickly find help.”*

**Kay Binder**  
BA Politics and International Relations with a Year in Continental Europe



**Happy Not Perfect app**

*“This app helped me so much throughout my first year. It offers daily rituals to take care of your mind. Sometimes, all I need to do is write down what I’m thankful for, which encourages me to feel blessed about my day.”*

**Elisa Snyman**  
BA Media Studies

# It's OK to ask for help

## Elisa Snyman, Media Studies

**Elisa has just finished her second year and talks about preparing for university, her own experiences and what support is out there if you need it.**

### How did you prepare for starting uni?

I discovered that the transition to university life is something that nobody can prepare you for! It's an exciting experience as you step into adulthood, but it can all feel a bit too much sometimes.

It's ok to feel a bit out of place, especially in a different environment with people you've never met before. I felt the same! Although I was excited about starting a degree I love, it all felt a little daunting in the beginning.

### Did you talk to anyone at Kent about how you felt?

The Wellbeing Team are great and when I felt a bit overwhelmed in my first year, they were the first people I contacted when I thought I might need some help. No problem is too small, whether you are confused, upset or dealing with a personal issue, they'll give you the space and support to talk it through.

If you've had ongoing issues, then I'd recommend the Counselling Service. They offer you a safe place of support with up to five individual face-to-face sessions. If you don't want to do face-to-face, there are e-therapy counsellors who you can talk to via email, internet relay chats (IRC) or via Skype for Business.

If you feel like you might want some one-to-one support during the first few weeks, then the Buddy Scheme is great. It's run by the students' union and matches you up with a current student based on language, interests and your course.

### What do you do to help your own wellbeing?

Getting involved in sport is really good for improving your mental health as it helps your overall mood and gives you a chance to de-stress.



I know some of you will be really sporty and are looking forward to getting on the different teams and competing with other unis but, if you're like me and just want to do something to keep yourself healthy and for fun, you can.

I've enjoyed my second year; I've grown as a person and I'm learning how to manage the stress of juggling deadlines and my workload, and I know where to go for help if I need it.

Good luck and I really hope you enjoy first year!

## We're here if you need us...

### Student Support

If you have specific learning difficulties and need additional support.

#### Canterbury

Keynes College  
T: 01227 823158  
E: [accessibility@kent.ac.uk](mailto:accessibility@kent.ac.uk)

#### Medway

Gillingham Building  
T: 01634 888969  
E: [medwaystudentservices@kent.ac.uk](mailto:medwaystudentservices@kent.ac.uk)

### Student Wellbeing

If you're experiencing distress from psychological, emotional or mental health issues.

#### Canterbury

Keynes College  
T: 01227 826573  
[www.kent.ac.uk/studentwellbeing](http://www.kent.ac.uk/studentwellbeing)

#### Medway

Gillingham Building  
T: 01634 202984  
[www.kent.ac.uk/studentwellbeing](http://www.kent.ac.uk/studentwellbeing)

### Buddy Scheme

Find a buddy through Kent Union to help you settle in  
E: [buddy@kent.ac.uk](mailto:buddy@kent.ac.uk)  
[kentunion.co.uk/buddy](http://kentunion.co.uk/buddy)

### Canterbury Nightline

You can talk to us about any problem, big or small as well as ask us for details of services that can offer you advice.

T: 01227 824848  
8pm – 8am, Monday, Wednesday, Friday, Saturday and Sunday  
[canterburynightline.org](http://canterburynightline.org)

### Chaplaincy

For spiritual advice and guidance.  
[www.kent.ac.uk/chaplaincy](http://www.kent.ac.uk/chaplaincy)

### Medical services (Canterbury campus)

Medical Centre and Pharmacy  
T: 01227 469333 (Medical Centre)  
T: 01227 763949 (Pharmacy)  
[www.umckent.co.uk](http://www.umckent.co.uk)

### Nursing Service

(Located next to Campus Security)  
T: 01227 823503

### Medical services (Medway campus)

A nurse practitioner is available in the Medway building every Thursday from 11.45am – 2.15pm during term-time.  
T: 01634 888474  
E: [medwaystudentservices@kent.ac.uk](mailto:medwaystudentservices@kent.ac.uk)

### Student Advice Centre

Help with a range of issues: housing, financial, academic, employment, visas, health, safety and welfare.

#### Canterbury

Mandela Building  
T: 01227 827724 (10am-4pm, Monday to Friday)  
E: [advice@kent.ac.uk](mailto:advice@kent.ac.uk)

#### Medway

Student Hub  
T: 01634 888855 (10am-4pm, Monday to Friday)  
E: [advice@gkunions.co.uk](mailto:advice@gkunions.co.uk)

### Careers and Employability Service

Canterbury  
T: 01227 823299  
E: [careerhelp@kent.ac.uk](mailto:careerhelp@kent.ac.uk)

#### Medway

Room G0-06, Gillingham Building  
T: 01634 202996  
E: [medwaycareers@kent.ac.uk](mailto:medwaycareers@kent.ac.uk)

### Accommodation Office

Canterbury  
The Accommodation Office  
Tanglewood (near Keynes College)  
T: 01227 766660  
E: [accomm@kent.ac.uk](mailto:accomm@kent.ac.uk)

## College Life Offices

- **Darwin College**  
darwinandwoolfcollege@kent.ac.uk
- **Eliot College**  
eliotcollege@kent.ac.uk
- **Keynes College**  
keynescollege@kent.ac.uk
- **Rutherford College**  
rutherfordcollege@kent.ac.uk
- **Turing College**  
turingcollege@kent.ac.uk
- **Woolf College**  
darwinandwoolfcollege@kent.ac.uk
- **Medway College**  
medwaycollege@kent.ac.uk

## Financial Aid Office

### Canterbury

The Registry Building  
T: 01227 823101 (fee enquiries,  
foundation and year 1 students)

T: 01227 823831 (fee enquiries,  
postgraduate students)

T: 01227 823488 (funding enquiries)  
E: FinancialAid@kent.ac.uk

### Medway

Medway Building  
T: 01364 888913  
(fee enquires all students)  
E: ukmfinance@kent.ac.uk



## Flex catering package

Save 50% on the cost of meals for the academic year.

### How much?

It's £1,100 for the academic year (including Welcome Week). It costs you £5 per day, but you receive £10 per day on your KentOne card, and you don't have to worry about where your next meal is coming from.

Students love the choice of outlets – here's what Kai Rose, Architecture student has to say about it:

*"It was very good, my favourite restaurants were Hut 8 and Mungo's... Rutherford Dining Hall is good value for money and healthy."*

### How it works

You get two £5 tokens added to your KentOne card. You can go large and spend it all in one go, or use each token on two smaller meals. Hand over your KentOne card at the till and your allowance for the day will be deducted. If you're having a real blowout (or you owe your mate dinner) and £10 isn't enough, you just pay the difference.



# Food for thought

**We're not going to lecture you about getting your 5-a-day, but eating well is important as it will keep you healthy and it's good for your brain!**

Whether you're a meat lover, vegan or veggie, there's something for you. And by 'something' we mean freshly cooked food each day. Our chefs are friendly and on-hand to help with special diets, and allergy information is available for every dish. Here's a quick look at what's on offer...

## Canterbury

**Origins Bar & Grill:** Tasty smoky BBQ goodness for meat lovers and vegans alike.

**Sibson Café:** Healthy high protein/low carb options, lots of crunchy veggies with a new menu every week.

**Dolche Vita:** Fusion dishes from across the globe, including the katsu curry – it's the most popular dish on campus!

**Mungo's:** American diner-style food with serious desserts and mammoth freakshakes.

**Hut 8:** Homemade pizza, wraps, burgers and their famous fried chicken.

**K-Bar:** Chicago Town Pizza and smoothies for while you're chilling with friends watching the latest sports games.

**Create Café:** Great for jacket potatoes, paninis and snacks on the go.

**Bag It:** Freshly prepared takeaway sandwiches.

**Rutherford Dining Hall:** There's a different menu every day with hearty portions of traditional home-cooked food.

**Sports Café:** Sandwiches, snacks, smoothies and protein shakes.

**The Street Kitchen:** Soulful street food on the go. Check it out in the Plaza!

**Library Café:** Campus Coffee, milkshakes, fresh baguettes, salads, cakes, pastries – all the essentials for refuelling between study sessions.

**Woody's:** Home of live sports with a menu perfect for sharing with friends!

**Taste of Thailand:** Freshly made Thai favourites (the Pad Thai is AWESOME).

**Gulbenkian Café** – local Kent produce and delicious ice-cream to enjoy in the cinema.

## Medway

**The Deep End:** From salad bowls to burgers, The Deep End serves something for everyone. Now serving Campus Coffee!

**No 1:** Topped salads, burgers, hot wraps and paninis, smoothies, waffles and 'The Full Works' breakfast.

**The Galvanising Shop Café:** American pancakes, toasted sweet and savoury sarnies – classic comfort food in a historical setting.

**The Venue Café:** Jacket potatoes, salads, pasta.

**The Archibald Hay Mess café (Drill Hall Library):** Sandwiches, salads and snacks.



Look out for the pop-up street-food stalls which appear throughout the year. Enjoy delicious meals cooked in front of your eyes, inspired by cuisines from all over the world including, Thai, Mexican, African, Indian, Jamaican, American and so much more!

## Planning meals

**While there's plenty of choice when it comes to eating on campus, being able to plan and prepare your own food is just as important:**

### **Know where to go!**

Medway has a Tesco Express right next to Liberty Quays and there's also a big Asda close by. If you're living on the Canterbury campus, you can catch the Grocery Bus (no 26a) on a Saturday morning in term-time which stops at Asda and Sainsbury's. There's also the two Co-op convenience stores in the Plaza and at Park Wood.

### **Supermarket delivery**

If you're in self-catered accommodation, online shopping delivery will be your saviour (if you're at Canterbury you really won't want to carry shopping up the hill.) All the main supermarkets deliver to your accommodation so make the most of it!

### **Don't shop hungry**

You're more likely to buy junk food and it could end up costing you more. Which leads us on to our next tip...

### **Make a list!!!**

Yes, it's boring. But it's better to go prepared rather than come back with stuff you didn't really need. You'll also save money so it's worth the effort.

### **Meal prep**

Batch cooking is brilliant and a few hours in the kitchen can have you set up for the week. Make large portions that you can either reheat the following day, or freeze. Get your flat/housemates involved too – not only will it speed up the process, but you can experiment with different recipes.

### **Find your flavour**

Stocking up on herbs and spices can help to give the plainest of meals a kick. You don't need to buy the branded stuff – supermarket varieties are just as good and are much cheaper. Chilli flakes, paprika, Italian seasoning, black pepper, soy sauce – they are all great things to have in your cupboard.





### Good to know...

You (or a generous family member!) can load money onto your KentOne card remotely for you to spend in campus catering outlets [www.kent.ac.uk/kentonecard](http://www.kent.ac.uk/kentonecard)



**unikentfood**

Mouth-watering food and drink pics from across our cafés, bars and restaurants. Food lovers – start following us today and enjoy the added bonus of competitions throughout the year!



**Where to find us**

Canterbury campus  
Security and Transport Centre  
Medway campus  
Medway Building

# Keeping safe

**The first few weeks of uni can be a bit of a blur – new people, a new environment and, if you've moved away from home, lots of independence.**

While our campuses are safe places to be, both day and night, it's always a good idea to make sure you know who to contact if you need to and what measures you can take to look after yourself and others.

## Campus Security

Our friendly security officers are easily identifiable and all equipped with two-way radios, mobile phones and photographic ID. They're on duty 24 hours a day, 365 days per year so you'll always be able to contact them.

## SafeZone

Download SafeZone, a free app designed to help you summon first-aid, security or safety assistance via your mobile. Find out more at [www.kent.ac.uk/safezone](http://www.kent.ac.uk/safezone)

## Walking taxi

Campus Security offer a walking taxi service; just call 3300 and one of the security officers will accompany you across campus at any time of the day or night.

## Ask for Angela

The national 'Ask for Angela' initiative is available in our campus nightclub and our student bars. If you're on a night out and you find yourself in an uncomfortable situation, just approach any member of staff and ask for 'Angela'. Staff will know you need some help and will call you a taxi or help you leave safely and discreetly.

## A few tips ...

### Tell people where you're going.

If you're out with a different group of friends or by yourself, let your house/flatmates know and when you're likely to be back.

### Save taxi numbers and know who the local taxi firms are.

We've all been there. You get separated from your mates, it's 3am and suddenly you've got no way of getting home. It might

seem obvious, but never get in an unlicensed taxi. Keep some numbers stored in your phone and maybe some emergency cash to hand as well, just in case.

**Always lock your door and shut your window** if you leave your room, even if you're only popping next door.

**Think about getting a personal safety alarm.** Campus Security provide a number of free personal safety items during Welcome Week.

**Don't leave your stuff lying around in communal areas** and register your personal belongings with [www.immobilise.com](http://www.immobilise.com)



## How to contact us

01227 823300 enquiries  
01227 823333 emergencies  
[security@kent.ac.uk](mailto:security@kent.ac.uk)

## Membership

Here's an example of how your voice can make a difference! Over 2,500 students got involved with a campaign to revamp the sports membership packages and, as a result, there are four new options to choose from!

Want a bit of everything? Then **Premium Plus** is for you. Unlimited gym and classes, seven-day advance booking, FREE UNiVersal gym membership, FREE bookings for sports halls, courts and pitches, FREE equipment hire...and loads more.

Just interested in gym and classes? Go for **Premium**. Unlimited gym and classes, as well as FREE access to Let's Play activities and five-day advance bookings.

Going to join a sports team? You need **Plus**. FREE access to club training sessions (club fees apply), FREE bookings for sports halls, courts and pitches and five-day advance bookings.

Not sure what you're after? **Pay to Play** gives you the no commitment, no-hassle option. You can pay per activity and take advantage of three-day advance booking.

Go to  
[www.kent.ac.uk/sports/membership](http://www.kent.ac.uk/sports/membership)



# Hello Sport

**“You should get involved in sports at university because it really can make such a difference! It’s important to take a break from work and get active – it really is a great form of self-care and a great way to meet people and make friends. The difference that being part of a sports team made to my university experience when I joined trampolining in my second year, was huge!”**

**Emily Window**  
VP Student Engagement

Keeping active is great for both the mind and body and, the best thing is, it doesn’t have to be competitive. Your first year is a great opportunity to find out about the different sports and activities available and see what’s the best fit for you. You could become hooked on Zumba or discover a passion for weightlifting. Uni is all about trying new things, right?

## **Absolute beginner or looking to get back into sport?**

Let’s Play (Canterbury) and Team Medway Social (Medway) is for you. It’s the perfect way to get involved in sport that isn’t too competitive and requires no

commitment. Just turn up and play! It’s a great way to kick-start your fitness, boost your wellbeing and meet like-minded people.

## **Already sporty?**

Join Team Kent or Team Medway and you can compete in the British Universities and Colleges Sport (BUCS) league. And it’s not all about competing. Our sports teams are fantastic fundraisers and raise thousands of pounds for different charities. The highlight of the sporting year is the Team Kent Ball which celebrates all of our incredible athletes.

## **Varsity – THE sporting fixture of the year!**

Varsity is all about celebrating sport and friendship (and healthy competition!). Each year the University of Kent and Canterbury Christ Church University go head-to-head to promote the best of university sport and raise loads of money for charity. It takes place over eight days across eight different venues and involves over 40 fixtures. Not to be missed.

*“Varsity is the one event that keeps you going throughout the year. It’s the motivation to work that extra bit harder every session. It’s what gives us purpose throughout the year.”*

**Keiron Conway**  
Men’s Rugby President

*“Joining volleyball was the best thing I did at uni. It’s the most friendly and dynamic club I have ever joined!”*

**Sally Poon**  
BSc Sport and Exercise Science

## UNiversal gym scheme

Kent is a member of the UNiversal gym scheme, which means if you have Premium Plus membership, you can access university gyms around the country for free!

## Some fitness tips from our team...

- ▶ Always check with your doctor before starting a fitness programme
- ▶ Define a goal and set clear objectives to give you motivation to succeed
- ▶ Warm up! It activates your body and helps prevent injuries
- ▶ Using weights for the first time? Start out small and build up over time
- ▶ Rest days are important – give your muscles time to recover
- ▶ Track your progress – small wins lead to smashing your larger goals
- ▶ Fuel your body properly. A healthy diet gives you the energy you need for your workouts
- ▶ Finally – come and see us! Our instructors have loads of knowledge and experience and want you to succeed!

## Get social

@UniKentSports  
@LetsPlayKent  
@KentUnion  
@gkunions



*“Bubble football is such great fun because you can get rid of all your stress by having a laugh with a group of mates while absolutely clattering into each other! Even just a short half hour session can brighten your day completely!”*

**Callum Perry**  
2019 graduate





## Sports scholarships

Meet our Sports Scholar of the Year 2018, Freya Rawlins.

"For athletes looking to apply to the Scholarship Scheme, definitely apply! It's been an incredible experience and you really get back what you put to the scheme.

"I joined the Scholarship Scheme in my second year having seen the incredible support provided to a cycling friend of mine. With the help of my Kent Sport scholarship coach, we were able to tailor my strength and conditioning sessions to help with a spinal injury I suffered.

"University is hard, you spend a lot of time studying, so those hours you're either competing or in the gym or doing any form of sport or activity, are vital for the mind and soul. It can be hard sometimes to see how doing sport is beneficial when you have so many deadlines, so instead of going out for a ride I might do something else. No matter what, it always helps clear my head."

**Check out all our sports scholars!**

[www.kent.ac.uk/sports/scholarships](http://www.kent.ac.uk/sports/scholarships)

# Hello Culture

**Are you enthusiastic, committed and creative? Have a keen interest in theatre? Passionate about film? Love music? You're sorted!**

There's a fantastic arts scene at Kent and the Canterbury campus has its own cinema, theatre and music performance centre. You can get involved no matter what level of experience you have, which campus you're at or what course you're on.

## Theatre, film and comedy

There are cinema screenings every night of the week at the Gulbenkian and you can get 2for1 cinema tickets every Tuesday. Our theatre programme offers drama, dance, live music and comedy acts. There are student discounts across most shows and you can become a member for just £5!

*"I took a module called Victorian and Edwardian Theatre. We were able to use Kent's unique archive to create an exhibition, which we mounted in the Gulbenkian. It was a fantastic experience."*

**Alex Barnes**  
BA Drama and Theatre

## Gulbenkian Uncovered

Fancy working behind the scenes and running events? Then Gulbenkian Uncovered is for you. We have around 35 members involved in different projects and we have weekly mentoring sessions.

*"I've been a member of Gulbenkian Uncovered throughout my four years here. We put in a funding application that kick-started the annual freshers' outdoor cinema screening. My proudest achievement is definitely seeing Jurassic Park on a nine-foot inflatable screen!"*

**Imogen Dodds**  
BA Film Studies

## Music

If you sing or play an instrument and want to keep this up while you study, you can! We have a Chorus, Symphony Orchestra, Concert and Big Bands and a Chamber Choir – you could even find yourself performing in Canterbury Cathedral! There's also a great range of music and dance societies so you can try everything from Bollywood to Swing!



## Great value

Join as a member for only £5 – discounts across film and theatre

## 2 for Tuesdays

Gulbenkian's half price cinema nights – great value!

## Gulbenkian Uncovered

Get involved behind the scenes and learn new skills

## Music scholarships

Great musicians make great students! If you're a talented instrumentalist or singer then you can apply for a music scholarship worth between £1,000 and £2,000 a year. Check out [www.kent.ac.uk/music/scholarships](http://www.kent.ac.uk/music/scholarships) for more details.

## Get social

[@unikent\\_music](#)  
[@thegulbenkian](#)







### Keystock

One of the highlights of the year is Keystock, an annual music festival held at Keynes duck pond on the Canterbury campus. Whether you're a singer or you're planning on getting a band together, get practising and you could be rocking that stage next summer!



### WorldFest

WorldFest takes place each March and it's not to be missed, so keep an eye out on campus! You could sign up for African drumming workshops, sample the yummy international food fayre, try Reiki, have a go at Origami, go to an English tea party, get a Henna tattoo, try Chinese calligraphy, go to a K-Pop dance session, get colourful at Holi, chill out with some yoga or check out the Bollywood Brass Band!



*"I've been president of the GK Music Society, organised and run events at The Deep End, been involved with the Dockside Live concert series and worked with the Medway Amateur Dramatics Society."*

**Arun Silva**  
BMus Music



### Advice and support

If you start struggling with managing your money, the best advice we can give is to tackle it head-on and don't let it get out of control. Things can quickly escalate, so it's better to address any issues as early as possible. You can speak to advisers in the student advice centres, or the Financial Aid Team ([FinancialAid@kent.ac.uk](mailto:FinancialAid@kent.ac.uk)) who can give you support and practical advice.

# Hello budget

**It's never too early to start learning how to manage your money and it's a vital skill that will help you throughout your time at university. Here's some tips for keeping on top of your finances, and where to get help and advice if you need it.**

## What's your income?

Have a look at everything you have coming in for your first year. This will include your maintenance loan, any scholarships, grants or bursaries, savings, income from part-time work and any other financial support you may have (eg, contributions from parents or supporters).

## Keeping track

Register for online banking and set up text alerts. These will warn you if you're about to go over your limit, or you don't have enough funds to pay a bill. There's loads of free apps to help you create (and stick to) a budget and you could also set up a separate account for your 'spare' income or load it onto a

prepaid card. The good thing about a prepaid card is that once your balance hits zero, that's it. They don't offer an overdraft or credit option.

## A quick word about overdrafts

Most banks offer free arranged overdrafts to students. They're handy, but you shouldn't view them as free money as you will have to pay it back eventually. The bank can also cancel them at any point, but they have to let you know if that's the case (ALWAYS read emails and letters from your bank!). If you're constantly going over your arranged overdraft limit, known as an unarranged overdraft, then it could affect your credit rating in the future.

## Boost your income

Jobshop, run by the students' union, advertises all kinds of paid roles. You can also work for the University as a student ambassador or by helping out at Open Days and other events.

## Be a savvy spender

### 1 Go food shopping at the end of the day

Look out for items with yellow stickers as you can often save up to 75%

### 2 Bag yourself a TOTUM (NUS) card

For £12 you get hundreds of discounts. You also get a one-year International Student Identity Card (ISIC) which has thousands of international discounts. It's the only internationally accepted proof of certified student status and is accepted in over 130 countries. If you're doing a year abroad, or planning to spend any time outside the UK while you're studying, it's a great investment.

### 3 Know your discounts!

UNiDAYS, StudentBeans and Save the Student have loads of great deals. Check out the 16-25 railcard and the Young Persons Coachcard for savings on your train and coach travel. The Unirider and Arriva discounted bus tickets available through the University are a great investment and the buses have Wi-Fi too!



# Hello Canterbury

**Canterbury has it all; it's a bustling city with gorgeous tranquil spots. You'll also find lots of cafés and restaurants that are great after a long day studying and the majority of them offer student discounts.**

One of the best things about the city is that you can get everywhere on foot and getting into the city from campus takes about 20 minutes. You might want to try walking back up the hill, but it's probably easier to get the bus! Canterbury is full of history with little streets and walkways that can be explored with friends or family when they visit.

*"Canterbury is an amazing little city, not too big and crowded, yet still lively because of the number of students."*

**Fatma Salahoglu**  
PhD Chemistry

## Shopping

The high street has a great mix of shops – from the main high street names at Whitefriars to the quirky hidden shops and boutiques near the Cathedral. There's a regular market, which is great for finding local products from around Canterbury. It's all fresh and cheap and there are lots of fruit and vegetables – great for your body and your budget! The markets run on Wednesday and Friday from 8-5pm and there's loads of different food stalls too.

## Nights out

You're pretty much spoilt for choice as Canterbury has many student-friendly bars and pubs around the centre. There's two Wetherspoons, The Westgate Inn and the Thomas Ingolsby, a great place to go with groups of friends without breaking the bank.

There's also an Odeon cinema and if you love theatre, The Marlowe is fantastic. They offer Discovery tickets for 16-26 year olds, meaning you can see some amazing shows for just £10. If you're a fan of open mic nights, then Ballroom is the place to go. It's a good place to get sociable and meet new people, it showcases local talent and has amazing crowds!

## The Canterbury Festival

This is a huge celebration that takes place over two weeks every October. It's packed with all sorts of great events; theatre, concerts, comedy, talks and live performances from global stars and local talent.



### Top tip: grab a Unirider ticket!

Look out for the bright green Unibus on campus during Welcome Week. You'll be able to buy a Unirider ticket which gives you unlimited travel around Kent and East Sussex.

## Canterbury Cathedral

One thing you simply must do is visit the Cathedral. It's in a lovely part of the city and it's one of the most famous buildings in the world. The University has close connections with the Cathedral and one of the most popular events is the annual Christmas Carol Service. Also, if you didn't already know, this is where, as a Canterbury student, you'll graduate at the end of your degree!

*“Canterbury is so pretty, with the Cathedral and shops. I love England and think that Canterbury is one of the most English cities. I enjoy hiking and cycling, and there are lots of opportunities to do both here.”*

**Judith Sponselee**  
BA Liberal Arts





# Hello Medway

**The campus is close to the towns of Chatham, Rochester and Gillingham, and under an hour away from London. You'll never run out of things to do – from shopping, nights out, keeping active and trying new things, Medway has everything you need.**

Medway is great for shopping – the Pentagon in Chatham has everything you'd expect, and you can even try ten-pin bowling! The Dockside Shopping Outlet is about ten minutes' walk from the Pembroke site, plus it also has a cinema, a Flip Out trampoline centre, bars and restaurants.



## **Grab your bus pass!**

Get unlimited travel around Medway, Kent and East Sussex with an annual Arriva ticket. It works out around 40p per day!

## Staying active

Medway Park has some fantastic sports facilities: an athletics track, swimming pool, fitness suite, multi-use sports halls and over 70 weekly fitness classes. There's lots of membership options too, so you're bound to find one that suits you to help keep your mind and body healthy!

## Nights out

If clubbing's your thing then Moo Moo's in Gillingham is for you. It has three rooms of music covering everything from dance, R&B, commercial and house to ultimate party anthems. Rochester has Casino Rooms which has some great student discounts.

## Theatre and cinema

There's two theatres in Chatham that have great comedy nights and if you're after a night at the cinema, there's plenty of options in Chatham, Gillingham and

Rochester. If you fancy a change of scenery, you can always use the campus shuttle bus to visit the Gulbenkian cinema at Canterbury.

## Festivals

Medway puts on some spectacular events throughout the year. The Dickens Festival is one of the highlights and celebrates Medway's long-held connection with Charles Dickens. There are different performances and a fantastic parade through Rochester High Street.

## Chilling out

There's plenty of green open spaces to relax in when you need a break from the books. Shorne Woods Country Park, The Vines Park, Capstone Country Park and Riverside Country Park are all close by. Rochester Cathedral is also a great place to visit; not only is it the second oldest cathedral in England, but it's where we hold Medway graduation ceremonies!



## Why we love Rochester...

It's a quintessential English town, famous for its association with Charles Dickens, its castle and its cathedral. It has some lovely boutique shops and a popular farmer's market every month. The annual summer concerts that take place at the castle feature global acts and are an absolute must!



## Top spots

**Playopolis (Rochester)**  
Café with a great range of board, card and party games.

**Flip Out (Dockside Retail outlet)**

Let off some steam and bounce around on some trampolines.

**Planet Ice (Gillingham)**  
If you've ever wanted to have a go at ice skating, now's your chance!

**Escape Plan (Chatham)**  
Great to do with a group of mates.

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