

THE ULU GUIDE

University of London Union

2006-2007



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WELCOME TO THE UNIVERSITY OF LONDON UNION

The ULU Sabbatical Officers, from left to right: Daniel Snowdon, Vicki Slater, Jim Hunkin and Mike Neville.

If you're studying for a University of London degree you're automatically entitled to be a member.

Membership of ULU is free and entitles you to get involved with everything the Union has to offer, as well as access to the facilities in the building on Malet Street. But what do we have to offer? Well, keep reading and you will find out! This guide has everything you need to know about us!

The University of London probably isn't what you applied to on your UCAS form. That's because it's a federal organisation based in Senate House, covering 20 or so colleges and many institutes, and you'll be studying at one or more of them. Each college has its own Students Union who will look after your interests at a local level, whilst ULU (working closely with your college Union) acts on a London wide level.

ULU is just like every Students' Union in that we are here for all 120,000 University of London Students- we are run by students for students. Student officers, are elected by all University of London students. Four are sabbatical officers, who work full-time and take a year out of their degrees to serve and further your interests and 14 are part-time officers. They are all here for you to come to with your issues and concerns, so seek them out and tell them what you think.



The governance of the University of London is defined in a series of ordinances and Ordinance 19 relates to the University of London Union. It contains a summary of the arrangements for elections, decision making and other matters and also contains a code of Practice that meets the requirements of the 1994 Education Act. Much of this material is also included in the ULU constitution and regulations, although sometimes in greater detail or using slightly different wordings. Both documents are available from the ULU website.



London has more than 200 museums and galleries, many of them free, and a wide range of entertainment, including an all round programme of festivals and celebrations, attractions and parks. The 800,000 full- and part-time students in London make an important contribution to the vibrancy of London's culture and economy and we welcome you here.

As a global city London is also at the forefront of responding to global problems such as climate change. I hope you will want to play your part in helping London cut its carbon emissions.

I would like to welcome all students who have come to London to study for the first time.

I wish you all the best with your studies and I hope you enjoy your time in London.

In London you will experience the world in one city- a cosmopolitan capital with representatives from pretty much every country in the world. Students who come here will benefit from an unforgettable educational and cultural experience. Indeed there is no where better to expand your cultural horizons.

A handwritten signature in black ink that reads "Ken Livingstone".

Ken Livingstone
Mayor of London



PRESIDENT

Vicki Slater

T 020 7664 2001

E v.slater@ulu.lon.ac.uk



Hello and welcome to the University of London. I'm Vicki Slater, your ULU President.

I am a politics graduate from Queen Mary and was Queen Mary Students' Union President last year. I firmly believe that coming to University is not just about getting a degree, and a Students' Union is more than just a bar or a gym. I am passionate about showing and

communicating to students what experiences and opportunities are available from your Students' Unions. Whether sports, societies, campaigns, journalism or just a cheap place to go out is your thing, your College Union or ULU can provide it. I am also here to represent you and campaign for your interests, you can see the priority campaigns we are leading on a few pages further on. With the introduction of top-up fees this year, Higher Education is seeing massive changes and it is ever more important that you are receiving high quality facilities and resources to help you with your studies. This is where my representing you in the University of London is important. At ULU we also aim to support you as much as possi-

ble by providing many avenues of advice that include Nightline (p.48), the University of London Housing Association (p.45) and the Careers service (p.56).

Coming to study in London (the best city in the world!) means you have so many places to see and opportunities to grab hold of! The London Student experience is totally unique and second to none so get out there and explore!

If you want to keep up to date with what I am doing, I will be regularly writing blogs for the ULU website at www.ulu.co.uk. I work for you, the students, so please get in touch if you have any questions or thoughts.

Have a fantastic year!

VP FINANCE, SERVICES & OPERATIONS

Jim Hunkin **T** 020 7664 2079 **E** j.hunkin@ulu.lon.ac.uk



I have just graduated from UCL where I studied Geography. My role is to manage the day-to-day running of ULU.

I am in charge of ensuring that our budget is spent effectively, in a way which benefits all our members, as well as overseeing our extensive commercial services. I am responsible for everything from the retail

outlets, the bars, the gym and a whole lot in between.

On top of all of that I look after Union security to make sure ULU is a safe environment for all our students. If you want to throw a party in the building or are unhappy about the services I am the officer to speak to. Feel free to give me a buzz, send an email, or drop in to see me.

VP WELFARE & STUDENT AFFAIRS

Daniel Snowdon

T 020 7664 2048 **E** d.snowdon@ulu.lon.ac.uk

Hi, my name is Daniel Snowdon. I have just finished the second year of my French and Politics degree at Queen Mary and decided to defer my year abroad to France in order to be the welfare Sabbatical at ULU.

Getting involved in the Students' Union movement is one of the best things I have ever done. You get to know many things about student life in higher education and you also acquire many skills that are very valuable in later life.

In my role as the welfare Sabbatical, I am the person that students come to with a wide variety of problems. Many students who come to me will be angry, upset and

stressed as a result of the situations that they are in. Especially when it is an issue that can directly affect their degree, which is important for their future employment.

If you have any welfare problems, please feel free to contact me. I deal with every case in confidence.

I am also responsible for the welfare campaigns at ULU. Please have a look at the welfare campaigns section to see what campaigns I will be doing over the course of this year. If you want to get involved in any of my campaigns then please contact me and we will discuss how you can help.



VP SPORTS & SOCIETIES



Hi, I'm Mike and I'm the VP- Sports & Societies here at ULU.

As a student I studied Bio-medical Sciences at Queen

Mary College. I was a member of the QM Rugby Club, and the "Faldo" Music Society.

My role is to be overall responsible for all the Clubs and Societies that ULU has to offer. I'm very keen to increase the awareness of what they are.

If you would like any information on any club or society; be it contact details

of an existing club, or how to set a new one up yourself, then I'm the person to come to!

The reason why I had such a good time at university was because I was part of both a Club and Society; so come on, join a Sports Club or a Society at ULU!!!

Mike Neville

T 020.7664 2004

E m.neville@ulu.lon.ac.uk

LONDON STUDENT EDITOR

John Kenchington T 020 7664 2054 E j.kenchington@ulu.lon.ac.uk



I recently graduated from Royal Holloway with a degree in English.

As London Student Editor I am responsible for producing and distributing the newspaper to the colleges and institutes of the University of London.

I am also responsible for appointing a team of volunteers to run the paper's

sections and ensure they have the resources they need to do so. I would like to further the paper's reputation for vocal campaigns, working on issues like university investment in the arms trade and making sure fair trade is prioritised on campuses. I would also like to improve the paper's lifestyle element, increasing its readership with a wider variety of cultural interests.

I feel that the overall look and design of the paper can be improved, and I will be working with the editorial team to ensure positive changes are made.

Hopefully by the end of the year I will have suc-

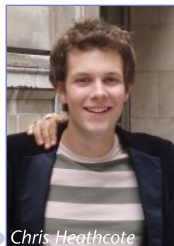
ceeded in producing a quality broadsheet with an emphasis on incisive and broad news coverage and passionate campaigns. The paper's Play insert will hopefully grow as a varied and professional culture magazine, featuring high profile interviews and up-to-date events listings.

If you are reading this and think you would like to get involved, you are more than welcome to come along and meet the team and discuss your interests with us. Whether you are interested in writing articles, taking photos or laying out pages, we do not turn volunteers away. Get involved!

THE PART-TIME EXECUTIVE

These are the part-time student officers. They have special areas of responsibility and along with the full-time sabbatical officers form ULU's executive – the group that approve and direct ULU's activity.

If you are interested in standing for a vacant position, please email Vicki at v.slater@ulu.lon.ac.uk



Chris Heathcote

OFFICER WITHOUT PORTFOLIO

I'm Chris Heathcote and my role as Officer Without Portfolio is to support the rest of the Executive Committee of ULU.

Before this role I was Communications Sabbatical at LSE and involved in the student paper, the Beaver there so in the year ahead I want ULU to improve its communication with students and become more accountable and open.



Rob Park

COUNCIL CHAIR

Welcome to London! Whether you have come from near or far around the globe, ULU is here to make your student experience better.

I am your Chair of Council, the facilitator of the democratic arm of your Union, for which your participation is vital and it can be in many forms. To find out more, contact any Union Officer.

ENVIRONMENT & ETHICS OFFICER

As Environment & Ethics Officer I hope to set up a communication network throughout the universities for E&E related clubs and societies so that events run by the union are better advertised.

I also hope to run talks and outings regarding my position, as well as creating a bond between ULU and the London's Stu-

dent's Halls of Residence Recycling Scheme.

Please feel free to contact me if you need help with anything E&E related, whether running an event, helping with ideas or getting the union involved in some way.



Jennie Cowan

LGBT STUDENTS' OFFICER

Hi, I am Laura Purll and it is my job to represent the Lesbian, Gay, Bisexual and Transgender students within the University of London.

I lobby the Sabbatical Officers and the rest of the Executive Committee about various issues affecting the LGBT student com-

munity and what we could do in terms of campaigns or events to raise awareness.

I also attend a variety of other conferences that concern this particular demographic. I am also the Convenor for the ULU LGBT Societies Network which acts as an umbrella forum for the constituent societies within the University of London.



Laura Purll

STUDENTS WITH DISABILITIES OFFICER

Hi, I'm Nicky, your Students' with Disabilities Officer this year.

My job is to ensure that the university is giving its disabled students the best support possible, be it accessibility, counsel-

ling or dyslexia testing. When I'm not at ULU, you can find me at the Royal Academy of Music where I'm in the final year of my undergraduate.



Nicky Grant

MEDICAL STUDENTS' OFFICER

Hi, I'm Matt, the Medical Students' Officer for this coming year – which basically means that I represent the 10,000 plus medical students

studying at the five London medical schools. Medical education and training is going through a massive change right now and my job is to ensure you know what's going on and when, and also to represent any concerns or queries you might have.



Matthew Mak

To contact any of the Part Time Executive Officers please email general@ulu.lon.ac.uk or telephone one of the Sabbatical Officers, see pages 4 and 5.



Tim Roll-Pickering

POSTGRADUATE STUDENTS' OFFICER

Hi, I'm Tim Roll-Pickering and in my role as Postgraduate Students' Officer I am here to ensure that ULU has strong provision for post-

graduate students.

I work with the other officers and staff to encourage greater postgraduate involvement, to represent postgraduate voices to the university and to provide support for individuals.

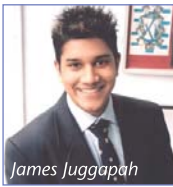
RACIAL EQUALITY OFFICER

As the Racial Equality Officer, you can contact me for advice on what your institution's obligations are under the general duty to promote race equality and the Race relations amendment act 2000. Each higher Education institution needs to have a race equality scheme in place.

If you believe that you are suffering from discrimination, or if you want to run any anti-racism events, or implement no platform policies in your University, then feel free to contact me.



Sanchia Smithson



James Juggapah

MEN'S OFFICER

Hi, I'm James – ULU Men's Officer. My job is to represent the interests of the 60,000 or so men of the University – however, personally, I am committed to representing all

students regardless of gender. If you have a particular issue that concerns you, on any matter whatsoever, if you are a man, you can contact me, if you're a woman, you can contact my colleague Ms Jo Fried – ULU women's officer.

This year however, I was elected on the manifesto to abolish the post of Men's Officer as many feel that it has become quite redundant in today's world. I intend to do this fairly early on in the year and if the motion passes, the post will continue to exist until the August 2007. For the rest of my term in office, I will be launching a campaign on tackling the issue of male suicide which I had started to work on last year, as well as this, I will continue to support my colleagues and represent the views of the student body.

WOMEN'S OFFICER

Students often tell me that we don't need a Women's Officer anymore, however, the facts show that this is not true.

who did the same degree and got the same grades.

For instance, within 5 years of graduating, women graduates will earn 15% less than male graduates

At ULU, we campaign for women's rights within the Union, University and beyond.



Jo Fried

Every year ULU runs an online election so that you can decide who should form its Executive and be responsible for taking ULU forward in the year ahead.

There are also 14 part-time Executive positions up for election every year. In order to vote, you need to get a ULU card by visiting ULU reception or by visiting **www.ulucol.ac.uk**

To vote, you need to be a full member of ULU and being a student of the University of London make you eligible. Members can vote for the five full-time posts of President, VP Welfare and Student Affairs, VP Finance, Services and Operations, VP Sports and Societies and the Editor of London Student.

You should also visit this site if you want to know more about standing for elected office yourself. A full list of this year's officers can be found on the website. Current vacancies do exist for the following positions: *Small and Specialist College's Officer, International Students' Officer, Part-time and Mature Students' Officer and Intercollegiate Halls' Officer.*

To contact any of the Part Time Executive Officers please email general@ulu.london.ac.uk or telephone one of the Sabbatical Officers, see pages 4 and 5.

TRANSPORT FOR LONDON DISCOUNT



We are sure that you have all heard of the fact that students can get a 30% discount on London's Public Transport. Did you know that was due to a campaign that ULU led? ULU has a very productive relationship with the GLA and the Mayor and this time we are asking for the transport discount to be extended to day and single tickets. The discount is a fantastic victory for students in London but for it to positively impact on all students it needs the added flexibility of single and day tickets.

The nature of student life is changing and this addition on the discount scheme would affect those students who live on a campus and don't venture far everyday, as well as those students who live and study in central London and can often walk or cycle to where they need to get to their destination.

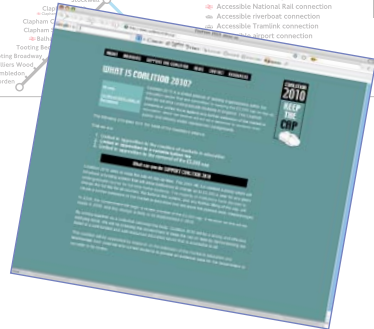


Website tfl.gov.uk

COALITION 2010

Here ULU is working alongside the NUS to highlight the growing marketisation of Higher Education. Over the next year ULU will be developing a London-wide long term strategy about how to combat the possible lifting of the cap on fees in 2010. This year we will see the first generation of students

under the top-up fees system and it is important to remind those in power of the mounting pressures of going into Higher Education, with student debt being a major concern. Therefore, its so important for us to unite and take part in the NUS National Demonstration on October 29th.



STUDENT CHARTERS

It is now more important than ever to ensure that students are getting value for money and support during their time at University.

ULU is developing four charters for groups of students that are notoriously under-represented. These charters will highlight the issues and pressures facing these groups of Students and also set some standards and demands for how to combat the problems that they face. The details of these charters will grow over the next few months as we talk to as many of you as possible. If you have any thoughts on any of the charters please just get in touch.

International Students:

Coming to England to study can be a very confusing and difficult process! Setting up a bank account, sorting visas and finding accommodation are just a few of the issues and it is my priority to make sure more avenues of advice are available and also to campaign for International Students so they get value for money for their course and also have a fantastic experience studying away from home.

Students With Disabilities:

This group is very wide ranging from students with learning difficulties, physical disabilities and mental health issues. It's crucial these students are given more support throughout their time at University. And the stigma and prejudices surrounding them need to be removed.

Postgraduate Students' Charter: *part of the Welfare Campaign*

Postgraduate students make up 1/5 of the student population and the uptake of new postgraduates is constantly increasing. However, this demographic of the student body is often left out and ignored. There are many issues that are unique to post-graduate students. This can range from a breakdown of communication with the supervisor to poor quality equipment provided by the college that are necessary for the research element of post-graduate study. This year will be dedicated to putting postgraduate issues at the forefront of discussion.

Part-time and Mature Students' Charter: *part of the Welfare Campaign*

Out of all of the demographic of students, Part-time and Mature students are the ones who are severely under-funded and under-resourced. The lack of crèche facilities in colleges is inadequate and there is very little knowledge of the issues that this demographic of students has to face. The needs of this group of students will be looked into on a University of London-wide basis as there are trends throughout the University regarding similar problems at college level.

LONDON WEIGHTING

With Top-up Fees coming into force from September 2006, the Government has reformed the way students are funded in Higher Education.

This has made it harder for students to receive adequate funding. In particular students who are based in London under the new system are only entitled to the same level of funding as a student from anywhere else up and down the country.

However, living and studying in London costs a lot of money. Whether you travel into London to study from the suburbs as a commuter or a student who is living away from home in Halls of Residence, the cost of living in London is immense. On top of the cost of living are the fees that students have to pay. Then there are the costs of



socialising, buying books, lap tops and other forms of necessary expenditure.

The aim of this campaign is to lobby the Department of Education and Skills, with the help of the GLA and the Mayor, to introduce London Weighting into the new Higher Education maintenance grant.

HOLOCAUST MEMORIAL WEEK

This is an event that happens every year to remember the inhumanity of fascism against an entire race of people.



The focus of this will not only be to educate people about the actions of the Nazis against the Jews, but also to look at discrimination and persecution of other groups of people within society over the course of our history.

The Holocaust Memorial Week will take the format of keynote speeches, presentations and stalls where external groups can promote the work that they do and to raise awareness about certain issues that their organisation aims to resolve.

For more information on these campaigns or to get involved, please contact Daniel Snowdon, VP Welfare & Student Affairs Officer, details on p.5

POSTGRADUATE WELFARE CENTRE

ULU prides itself on the level of expertise given in academic advice to postgraduate students.

We have a full time researcher who analyses issues regarding postgraduate students and they work alongside Daniel Snowdon, VP Welfare & Student Affairs Officer, in order to ensure that the academic lives of students at postgraduate level are as hassle free as possible.

Centre aims to act as a support base for postgraduates across the University of London and serves as an information tool to help postgraduates who find themselves in awkward situations.

The brand new Postgraduate Welfare

These can be anything from poor relations with supervisors to more specific problems to do with the course of study.

STUDENT SAFETY

ULU will be complementing the GLA/Mayors campaign about safe cabbies which will encourage students to use approved cabbies only.

Hopefully this will avoid attacks on students, especially female students, when coming home from nightclubs. Also, this campaign is an opportunity to establish links with the local and Metropolitan police in order to create a police hut around the Bloomsbury area so that Police Community Support Officer's (PC-SO's) can patrol the Bloomsbury area at night. Moreover, we will be exploring the possibility of getting a Citizens Advice Bureau set up here in ULU.

STOP CLIMATE CHAOS

The environment and more specifically climate change has been an issue that many students have an opinion on.

Daniel Snowdon, the VP Welfare and Student Affairs Officer, will be working with the Stop Climate Chaos coalition to organise a demonstration in Trafalgar Square, due to take place, on Saturday November 4th.

There will also be many campaigns on the issue of climate change that will be run in conjunction with the other college Students' Unions across the University of London.

For more information on these campaigns or to get involved, please contact Daniel Snowdon, VP Welfare & Student Affairs Officer, details on p.5

SPORTS CLUBS & SOCIETIES AT ULU

Anybody from any constituent college or institute of the University of London is eligible to join the Sports teams or Societies at ULU.

Whether you are a student from one of the bigger colleges such as Kings or Imperial; or whether you are a student at one of the smaller colleges or institutes such as Heythrop or the Royal Academy of Music.

It is a tremendous way to meet and socialise with students from all across London, that you may not have otherwise met!

The majority of the Sports Clubs that ULU offer are less mainstream than you may find in one of the constituent colleges of the University of London, such as Polo, Sailing or Lacrosse.

Other ULU sports exist to promote excellence within their sport such as Rowing, Hockey and Volleyball. In each case they field teams that are supplementary to the college teams. These clubs offer specialist sup-

port to athletes who may not necessarily have the required services available at their own colleges, and compete at a high regional, national, or even international level.

ULU also provides the intercollegiate Leagues and Cups. These provide a competitive platform for the constituent colleges to compete against each other, and settle some scores on the pitch with rival colleges!

There is also a broad range of Societies available at ULU from mountaineering to Salsa, or from Gamesoc to Jazz (Big Band!)

The ULU societies are able to and are required to bring students from the different Colleges together, to promote and to develop their interests with like minded students from all over London.

Not only do ULU societies allow you to broaden your circle of friends, they are also a way to experience a wider range of Cultures that you may not be able to experience in your own college.

Many of the Clubs and Societies have national or even international representation, but don't let that scare you off... Everyone who is part of a particular club or society all have that one thing in common, they all share the same interest as you!

All sports clubs and societies at ULU are student led and student run. Training for Presidents and Treasurers are mandatory at the beginning of the year to make sure that the committee members have the necessary skills to run each club or society as well as possible.

This years' Freshers' Fayre will be held in the ULU building on Friday 6th October 2006, so you can meet the clubs for yourself, and get involved in ULU!

For any other information of Sports Clubs or Societies at ULU visit the ULU website www.ulu.co.uk or contact Mike Neville VP Sports & Societies; Email – m.neville@ulu.lon.ac.uk; Tel – 0207 664 2004

CLUBS

Athletics

The Athletics Club caters for Track and Field, distance-running (both Cross-Country and road-running), Triathlon, and other multi-events. Whether you're a hardened competitor, or you're just starting out (or even just thinking about it), we can help! Remember, training is a lot more enjoyable if you've got someone to train with, especially if that someone is us!"

Badminton

The ULU Badminton Club provides coaching for the best players at London colleges and enters teams in Middlesex League. It caters for players of a recreational standard, particularly students that attend smaller or specialist colleges that don't have their own badminton club. Training and matches take place on Sunday evenings at Somers Town Community Sports Centre.

Basketball

Our men's and women's teams, for experienced players, compete in BUSA

and London Met League competitions. We also run a beginners programme for those wanting to learn. Everyone is welcome.

Boat Club

We're a high performance club, based in Chiswick, and run elite and development squads for men and women. All our athletes compete at national and international level, with the top rowers regularly representing GB. The club groups are expanding and recruiting.

Canoe Polo

Canoe Polo is a fascinating and exciting contact sport played in kayaks on still water. Think of a combination between basketball, water polo and rugby! Sounds utterly ridiculous but it's actually really good fun. We compete all year round in the National League, at uni tournaments and internationals – this year we're heading to Ireland and Belgium. Everyone welcome, no experience required!

Fencing

Engarde! Try your hand at the exciting sport of fencing. Come and play with swords. Need we say more? No, but we will: Inexpensive fencing, friendly atmosphere, legendary socials. Experienced fencers welcome, but no experience or equipment is necessary. Regular sessions Tuesdays from 7pm in the Upper Hall at ULU.

Gymnastics

Ever fancied being able to do the splits, a backflip, or just get fit and have fun too? We cater for everyone from complete beginner to competition standard. We train trampolining 19:00-20:00 and gymnastics 20:00-22:00 Tuesdays at a fully fitted gymnasium with sprung floor, tumble track, foam pit and apparatus (Talacre Community Sports Centre). First session 3rd October – come along and try it out!

Hockey

2005 ULU Club of the Year, the University of London Hockey Club welcomes players from every UL college and both the men's and women's teams play to a high standard, in a competitive but fun atmosphere. Having achieved successive



promotions in recent years, the women's team plays in Surrey Division One with the men's team also in Surrey Division One.

The Club trains once a week with high quality coaches at the Indian Gymkhana Club in Osterley. The social side of the club includes Christmas dinners, nights out and the end of season ULU Ball.

Ice Hockey

ULU Ice Hockey Club provides undoubtedly the best hockey experience for students in London. The club caters for all abilities, with a defending national champion A team, a B team for starters, and a teaching programme for those who have only just considered joining the fastest sport on earth.

Jitsu

Ju-jitsu, or just 'Jitsu' for us lazier types, is a martial art developed on the field of battle in medieval Japan. At ULU Jitsu we practice a style subtly adapted for practical and contemporary self-defence using a system of strikes, locks and throws against unarmed, armed and multiple attackers.

Judo

Judo is great fun as a sport, effective for self-defence

and brilliant for general fitness. We train Sundays 12:00-14:00 & Fridays 19:00-21:00 in Energybase. All levels welcome. £1 per session.

Men's Lacrosse

Men's Lacrosse is a physical game that can be taken up by anyone. The game of lacrosse involves players catching and throwing a solid rubber ball with the use of lacrosse sticks. The aim of the game is to throw the ball into the opponent's goal whilst preventing your opponent's scoring in your goal. If you want to play a fast and furious game encompassing speed, skill and fun or wanna try something new, Men's Lacrosse is for you!

Women's Lacrosse



Join the chicks with sticks! ULU Lacrosse is a friendly and fun club with training, matches and socials for players of all levels; from beginners to advanced. One of the top university teams, we reached the BUSA quarter finals last season.

Lifesaving

Swimming in your pyjamas? No! Come and see the real, vibrant sport that is Lifesaving. We have an exciting social life, travel widely to competitions, and run a range of awards where you can learn pool and land "life saving" skills. Come and see what you can gain from us!

Orienteering

Orienteering is a sport of navigation, using a map and compass to follow a route marked by check-points. ULOC enters local events on a weekly/fortnightly basis, and also holds regular training sessions in parks throughout London. The focus for the more serious members of the club is the BUSA championships held towards the end of the year, which includes Great Britain team selection.

Polo

ULU Polo Club: Come and play this exciting and challenging sport. No previous polo/riding experience necessary. All equipment, including horses, provided with quality coaching for all levels. Competitive matches played throughout the year. Hugely reduced price lessons throughout the week at a top club near Windsor, Berkshire. Fantas-

tic social scene and friendly, enthusiastic club.

Rifle

The Rifle Club (ULRC) is the best university rifle club in the country. We have current members who have just started shooting and ex-members who have won gold in the 2006 Commonwealth Games.

We shoot every Saturday indoors in the winter and in the summer we go to Bisley, the UK national shooting centre. We regularly have matches against other universities and we have a strong social side to the club. Shooting is great fun and very challenging and learning at university is by far the best and cheapest way to do it.

Sailing

One of the most successful clubs in the country, ULSC is based at the Welsh Harp in North London and caters for team, match and

fleet racing. The squad boasts both mixed and ladies teams which compete on the university and national circuits, whilst more informal sailing is run at the Harp in conjunction with neighbouring clubs.

The club owns two flights of boats, a rescue boat and uniquely for a university its own clubhouse. Sailing takes place every Wednesday afternoon and at weekends with regular socials either in the club or ULU.

Ski & Snowboard

If you are interested in skiing or thinking about trying something new then give us a go. Everyone is welcome from complete beginners to race pros.

Swimming

The London University Swimming Team, aka LUST is one of the largest and most successful sports teams in ULU. We offer high quality training to competitive and non-competitive

swimmers and compete at friendly and BUSA competitions throughout the year.

Tennis

ULU Tennis is a competitive squad, comprising of the top players from all the UL colleges, with standards ranging from high club to national. Free training and coaching for squad members takes place at Queens LTC on Sundays and matches are played against Oxbridge, Dublin and the top London clubs.

Volleyball

The ULU Volleyball Club caters for players of a high competitive standard with considerable previous experience as well as for beginners and intermediate players. The first teams – both men's and women's – compete in the BUSA Championships, in London League's top divisions, in the London Elite Challenge Trophy and in the EVA Student Cup.

Water Polo

Men's team BUSA Champions 2005 and 2006. We train Wednesdays 19:00-20:30 and Sundays 14:00-15:00 in the ULU Pool.

Women's team BUSA finalists 2004 and 2006. We train Thursdays 20:00-21:00 and Sundays 15:00-16:00 in the ULU Pool.



SOCIETIES

AGAPE

Agape is an Evangelical Christian Society for all! Whether you simply want to find out more about Christianity or develop as a disciple of Jesus, this society would love to welcome you. Diverse workshops are put on to equip, train and support students as Christians. Agape also has socials, weekends away and action groups.

Art

We run life drawing classes every Wednesday 18:30-21:30 during term time. There's a very friendly atmosphere and the class is suitable for all abilities from beginners to very advanced. We have a professional tutor who takes the classes. Students should bring their own materials such as sketchpads, charcoal, pencils etc. Classes are extremely cheap at £4 and we run them in a "drop-in" style, so students can come whenever they want to. We also have discounted gallery trips throughout the year to various exhibitions around London!

BALADS

Put on your dancing feet (or 2 left feet) and learn to dance Ballroom and Latin American. Meet attractive

dancers, have fun, strut your stuff and even compete! Ballroom dancers do it all night; where else can you swap partners all night and not catch anything?

Breakdance

Ever heard of the World Bboy Championships? Ever wanted to learn? We offer beginners breakdance lessons (from scratch!) and practice sessions for more experienced breakers! We will be taught by the best – an old-school veteran who has been breaking and DJ-ing for over 20 years! Come and check us out!

ULUBUDA

ULU Buddhist Association (ULUBUDA-Best new society 2004) holds annual Interfaith Forums, hosting religious speakers from different faiths under the UK Interfaith Council. It started an online Buddhist student journal; advised by an international panel of reputable advisors.



ULUBUDA holds weekly meditation sessions and dharma (Buddha's teachings) discussion. It organises meditation retreats, temple visits, lunches, community services and lectures.

Capoeira

Capoeira is a Afro-Brazilian martial art which blends traditional music, acrobatics and dance into one of the world's most unique fighting forms.

Chamber Choir

The ULU Chamber Choir offers the opportunity for singers from across the University and to rehearse and perform a wide variety of music in public concerts. Future activities will include choir tours.

Gamesoc

A society for those who enjoy roleplaying, war games, board games (traditional and new), collectable card games and wider games in general. We have an active membership, a welcoming atmosphere and regularly attend events around London and beyond.

Jazz

The Jazz society is the home of upcoming jazz musicians in London, giving students a chance to perform all over London. They suc-

cessfully toured to Portugal in March 2006. The Big Band is the main ensemble with a number of spin-off groups (from jazz trios to funk bands to ska).

Koinonia

Koinonia exists for students in Central London to help them discover the call of God on their lives and to provide environments which allow them to respond to the challenge of that call. The result is an extremely diverse community of people from many different backgrounds, races and traditions.

Mountaineering

The Mountaineering Club is active in rock climbing, walking, scrambling and indoor climbing. All levels of experience welcome. Climbing equipment provided. Cheap trips. An opportunity to escape London and go somewhere new at the weekend!



Orchestra

The University of London Symphony Orchestra (ULSO) is London's top ten student orchestra. Attracting players from all the UL colleges, we perform a challenging repertoire to the highest standard. Recently we performed Shostakovich's 8th Symphony and toured Italy this summer.

OCF

At OCF, we're just a bunch of students from all over our small world, brought together by a common faith and love for Christ. Friday meetings include bible study, worship in song, and amazing fellowship. We welcome anyone and everyone to what we feel is a home-away-from-home - do join us!

Shaolin Kung Fu

Our style encompasses practical self-defense, traditional forms and sequences, sparring, conditioning, weapons training and specialisations in various animal styles prevalent in Shaolin Kung Fu. We also complement our physical fitness with the practice of chigung breathing exercises.

Shorinji Kempo

Shorinji Kempo is the largest single school of martial arts in the world; its varied syl-

labus combines hard strikes, soft throws and meditation with a concise and practical philosophy. Our classes are both rigid and enjoyable, and aim to challenge students both mentally and physically. We regularly arrange social events, from hitting the bar after training to trips to Japan.

Singapore Medical

The Singapore Medical Society of London consists of a diverse group of individuals, coming from Singapore and the neighbouring countries, who are studying medicine and the life sciences in the UK.

SMSL serves as a platform for networking amongst members, as well as a liaison body between students and the various health care groups, keeping them up to date on health care developments and career opportunities, both in Singapore and the UK.

St John Ambulance LINKS

LINKS is the student branch of St John Ambulance - we offer first aid for many different events in London. So if you fancy helping people and going to Arsenal, Chelsea, Twickenham or the West End theatres (for free), then LINKS is the place for you!

LINKS offer training up to Emergency Ambulance Attendant so there are always lots of ways to improve your skills. Whether you are an existing member of St John or someone new to our organisation we will help to further and develop your abilities.

Sub Aqua

ULSAC offers free instruction for those wanting to learn how to scuba dive. It is one of the largest societies in ULU with over 100 members, including nearly 30 instructors.

We dive throughout the summer around England starting with an Easter Training extravaganza and culminating in a two-week summer trip, this year to the Isle of Man. Meet: Mondays 18:00-19:30 3rd floor ULU.

**ULU
FRESHERS
FAYRE
2006**

**FRIDAY 6TH OCTOBER
12 NOON - 5PM**

Join over 60 ULU Clubs & Societies and collect your FREE ULU Membership card, along with loads of giveaways and competitions!

Visit www.ulu.co.uk for more information and to see who will be there.

WHAT ELSE DOES ULU SPORTS OFFER?

The ULU Leagues

As well as all the other Sports and Activities that you can join in with, ULU also run a number of Inter-Collegiate Leagues and Tournaments.

In the 2006/07 year, there will be 38 leagues varying from Waterpolo to nine different Football leagues and 22 tournaments – which run through the Easter term. We have also run a couple of one-day tournaments; including indoor Cricket, and we are always looking to expand the programme.

The ULU finals days are always well attended and are a fun day out, whether playing or not! If you are interested in participating then you should contact your college Sport's Officer or Administrator.

We have leagues of all standards. In 2005/06 the Royal Veterinary College (RVC) won the overall Inter-collegiate Championship! For more information about the leagues, contact Toby Emmerson (ULUs' Sports Administrator) on leagues@ulu.lon.ac.uk.

Sports Development Days

ULU run development days throughout the year where any UL student can sign up to learn more about their sport through these FREE coaching sessions! Come with your team mates or by yourself, you don't even need to be a member of a ULU club to come along!

Free Refereeing and Umpiring Courses

PWC Evolution, run in conjunction with Price Waterhouse Coopers, is a programme of Refereeing and Umpiring Courses for University of London Students. Free courses are offered in Hockey, Rugby, Football, Netball and Basketball; and the scheme is expanding to include coaching courses! They are a great way of gaining a qualification, learning more about your sport, and maybe even earning some extra cash!

Also if you are interested in doing a course in a sport that ULU does not offer, then ULU can help finance you to do it! Just contact the Sports Development Officer at clubs@ulu.lon.ac.uk.

Important dates for the Diaries

11 October 2006 - Development Days (beginners coaching for free) – Women's Football & Women's Rugby

14 October 2006 - ULU Intercollegiate Leagues begin

24/25 February 2007 - ULU Intercollegiate Indoor Finals (Finals of Netball Cup and Reserves Cup; Mixed Badminton; Mixed Volleyball; Men's and Women's Basketball)

4 March 2007 - ULU Intercollegiate Hockey Finals (Bank of England)

10/11 March 2007 - ULU Intercollegiate Football Finals

2nd/ 3rd Week March 2007 - ULU "Purple's Ball"

18 March - ULU Intercollegiate Rugby Finals (Teddington)

PURPLES AND LAURELS...

Purples Ball: A University Sporting Purple or Half-Purple is awarded by ULU to the University's top sports men and women and those who have performed at the highest representative level, in a similar way to Oxford and Cambridge Blues.

These prestigious honours are awarded at the annual Purples Ball, which is held every spring and is the social highlight of the year for the University of London sports men and women. The purpose of these awards are to acknowledge sporting achievement but don't be put off if you prefer the social side of sport to the competitive aspect. Many of the clubs welcome beginners and most have an active social life.

If you would like to get involved in the organisation of this legendary night contact Mike Neville, VP Sports & Societies Officer, by email at m.neville@ulu.lon.ac.uk

Laurels Ceremony: Have you made a difference to your fellow students' lives at University? Have you demonstrated outstanding achievement in or out of the public eye? Have you shown notable continued commitment to your students' union, Union Council, club or society? Or have you even had to overcome great difficulties to succeed in your study?

If you have, this is your chance for your achievements to be recognised at the highly prestigious ULU Laurels Ceremony. You can be nominated for a Student Action Award, Society Shield, ULU Laurel, Honorary Life Membership or even the Waterstone's London Student of the Year Award, which has a prize of £2,000. Details will follow in the third term but if you can't wait, contact Vicki Slater, President of ULU, by email at v.slater@ulu.lon.ac.uk



Teach First's graduate programme is a unique opportunity to be different and to make a difference. It's an innovative combination of teaching with management skills training and leadership development, plus unparalleled internship, networking and coaching opportunities.

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Be the first to know.

Be a part of *LondonStudent*

London Student is the capital's biggest student read, with the latest breaking student news, diverting features, fresh opinion pieces and the finest coverage of sport from around the University.

Inside the newspaper is *Play*, your essential cultural bible. *London Student* is printed fortnightly during term-time. You'll find copies of the paper at ULU in Malet St. and at your college Students' Union building.

Being a writer, sub-editor, photographer or illustrator for

London Student is a rewarding activity. In the last year, we've done everything, even sending a writer on a trip to discover Egypt, with mountains of gigs, CDs, DVDs and books to review too.

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ULU Reception.

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Europe's largest student newspaper - The campaigning voice of over 120,000 students

'facebook can have my babies!'
Page 24

FREE

THE BOYCOTT BITES
Employers play games as exams postponed last-minute

THINLY VEILED FIASCO

UCL in crisis, Creationism controversy, Mayor Ken on China

LondonStudent

UNIVERSITY OF LONDON

At the start of 1800s the only universities in England were Oxford and Cambridge. Entry was restricted to sons of the rich who were members of the Church of England.

The founding fathers of London's university set out to provide an institution that was open to all, irrespective of race, religion or political belief. During the 1820s a group led by Thomas Campbell, a poet, and Lord Brougham, a politician, raised money to build what is now University College London, but their hopes that this would be the University of London were dashed when the Government refused to grant them a charter to award degrees.

At the same time another group, led by the Archbishop of Canterbury, Robert Peel and the Duke of Wellington, set up a rival 'university' in the strand to be known as King's College, which admitted its first students in 1831.

In 1836 the government established the University of London by Royal Charter. At first the University solely consisted of University College and King's College, but these were soon joined by other approved institutions.

The University, through its colleges, became the first to teach many subjects now taken for granted, including geography and English, and was the first to inaugurate laboratories in physics, chemistry and physiology. London was also the first in the United Kingdom to award degrees to women, when 4 female students graduated in 1880.

In 1900 the University became more than just a degree awarding body when it was given the federal and collegiate structure that, by and large, it still retains today. At present, the University of London consists of 20 self-governing Colleges of outstanding reputation, together with the prestigious School of Advanced Study and a number of other central academic activities.

Each of these colleges has its own Students' Union and Student Representatives. You can find out more about these unions in the next few pages.



BIRKBECK COLLEGE

4th Floor Extension
 Malet Street
 London
 WC1E 7HX
 T 020 7631 6335
 F 020 7631 6349
 www.bbk.ac.uk/su



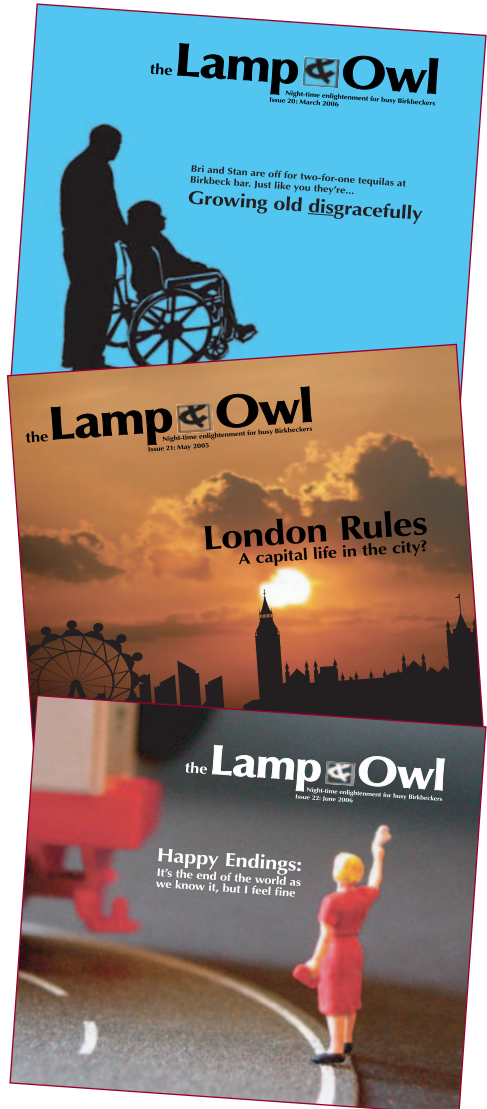
The purpose of the Students' Union is to provide services for students by students – and we do this by focusing on Representation, Resources, and Recreation (the 3 R's).

The Union provides a variety of resources ranging from photocopying to the Union Shop. We maintain the C&S/Television Room, and we hold a file of useful contacts for Clubs & Societies so that they can focus more on what they want to do rather than on how to find someone to do it.

We operate an Advice Centre 3 nights a week so that students don't have to take time off work when they have a problem and need to find helpful information quickly, and our Counselling Service is once again being expanded by one counsellor in order to offer help to more students.

We have also expanded the range of courses offered by our 'Skills for Study' programme to include Saturday workshops.

Birkbeck's bar has just this year had a huge redevelopment so do come and have a look on the 4th floor of the Birkbeck building, Malet Street.



CENTRAL SCHOOL OF SPEECH AND DRAMA

64 Eton Avenue
London NW3 3HY
T 020 7559 3944
F 020 7722 4132
www.centralSU.co.uk



Central's Student Union provides you with an NUS card and ULU card, as well as the possibility of getting free tickets for London West End and Fringe theatres and galleries; a wide range of societies for you to join; active links with top London nightclubs, and the Union's termly ball.

The work of the Student Union is focused on four key areas:

- appropriate representation of all students within CSSD
- campaigning with the ULU and NUS on a local and national basis for student rights in general
- ensuring equality of opportunity for all students
- providing the voice for student opinions.

Students are encouraged to get involved in as many ways as possible by utilising the skills that they learn on their course. You can help us to organise a campaign or project manage the end-of-year ball. Since summer 2005, when Central gained

membership of the University of London, all Central School of Speech and Drama undergraduate and postgraduate students have automatically been full members of the University of London Union, ULU, gaining access to all the Clubs and Societies, bars and sports facilities that ULU members are offered. This includes access to Senate House library, the University's centralised Careers and Accommodation services and access to Energy Base, a £2 million pound Health Club in Central London for only £25 a month.



COURTAULD INSTITUTE OF ART

Somerset House
Strand
London WC2R 0RN
T 020 7848 2717
www.courtauld.ac.uk

The Courtauld Institute of Art provides a university experience unlike any other. A student at the Courtauld has the opportunity not only to study art history to a high level but to study in the heart of one of the most stimulating and cosmopolitan cities in the world.

The small student body creates an exciting atmosphere that promotes cross-year social interaction between undergraduates and postgraduates.

The Students' Union aims to provide all students with the opportunity to make the most of living in London as well as to organise student activities within the Institute, including parties, quiz nights, musical and (amateur) sporting events and an end of year Ball.

We hope to foster a strong sense of community amongst the student population of the Courtauld and students are always welcome to make their own suggestions for societies or activities. Most students also become members of the University of London Union, which provides a wider range of activities such as sports clubs, societies, bars and a great music venue.



GOLDSMITHS COLLEGE

Dixon Road
 New Cross
 London SE14 6NW
 T 020 8692 1406
 F 020 8694 9789
www.gcsu.org.uk



"I'd have to say that those who may be put off by New Cross's gritty urban exterior are truly missing out on a unique and fantastic living experience. With central London 15 minutes away, beautiful Greenwich park on its doorstep, an innovative music scene, and a thriving, eclectic and close-knit artistic and activist community, I feel that New Cross can really offer something for everyone. And, for London, the rent ain't bad either!"

Jennifer Huseman, SU President

As always, it is imperative that every London student makes it down to Goldsmiths Students' Union on a Wednesday night at least once during the year. Why? It's Club Sandwich of course, offering the tastiest delights in pop, disco, r'n'b and indie from 9 until the early morn. Look out also for our diverse range of entertainments, including regular live music nights for which The Independent recently awarded us a whopping 5 out of 5 stars!

This coming year, Goldsmiths Students' Union will set its sights on the completion of our ground-breaking governance reform



after resounding approval of the proposed changes via a referendum of the student body in May 2006. The new system will ensure greater representation, empowering our students to influence change with greater ease, while securing a stronger political and financial future. The intention is that it will be fully implemented by August 2007.

Whilst working extensively on a wide breadth of campaigning activity throughout the year, with student involvement driving the agenda, the student-officer team will be delivering on the following Union-led campaigns:

- 1) **Childcare:** Ensuring all students with childcare commitments are supported and so that childcare provision is accessible and affordable for all who need it.
- 2) **Access All Areas:** Ensuring all students have equal access to learning resources and support services no matter what their mode of study (especially to the library, the VLE and IT resources).
- 3) **Fair and Green:** Ensuring the College fulfils environmental best practice in all matters affecting the running of the institution and becomes a recognised fair-trade university. This will build on the success of last year's campaign, for which we received an Environmental Excellence Award from Lewisham Council.

HEYTHROP COLLEGE

Heythrop is a specialist college, offering undergraduate and post-graduate degrees in Theology, Philosophy and Psychology degrees. All degrees awarded at Heythrop College are degrees of the University of London.

Kensington Square
London
W8 5HQ
T 020 7795 4255
F 020 7795 4248
www.heythrop.ac.uk

The College has among its lecturers some of the leading thinkers in their fields and its Library is possibly the finest of its kind in the U.K.

By virtue of its specialist character, Heythrop can offer a unique learning environment.

In particular, the college offers an unusually high level of personal supervision through the running of a tutorial system. This provides an invaluable complement to lecture courses by giving students the opportunity to discuss their work in detail with their teachers.

Like most of the colleges at Britain's oldest universities, Heythrop was originally a religious foundation, set up in 1614 by the Society of Jesus (the Jesuits) to train its own members. Since 1970 it has been a college of the University of London, open to all.

After many moves in its nearly 400-year history, Heythrop is now situated in Kensington Square, an oasis of calm in one of the world's busiest capital cities, yet within a minute's walk of the underground, buses, cafes, bars, cinemas, and high-street stores.



IMPERIAL COLLEGE



**Beit Quadrangle
Prince Consort Road
London SW7 2BB
T 020 7594 8060
F 020 7594 8065
www.imperialcollegeunion.org**

Imperial College is a very strange place. Perhaps it's because we are 65% male, perhaps it's because we all study technical and scientific courses from astrophysics to zoology, or perhaps it's because we own the largest student science fiction library in Europe.

Either way, you can't escape the fact that Imperial is geekier than every other university in London. This is not a bad thing - Imperial is leading the world in research into malaria treatment, invisibility cloaks and renewable energy technology. We don't just sit around and talk about the world here; we actually try to save it.

It's fair to say that our students work hard and clichés such as “sleep is for wimps” and “work hard, play hard” are common here. As the best technical college in Europe and the highest ranking college in London, it's also fair to say that many of our students harbour mildly irritating superiority complexes. Please don't let this put you off; this is merely our way of dealing with our geekiness.

Our main campus is based in South Kensington, the cultural heartland of London, about 40 minutes from Bloomsbury. Our estate borders Hyde Park, Kensington Gardens, the Royal Albert Hall, the Victoria & Albert Museum, the Science Museum and the Natural History Museum yet somehow only a minority of students ever actually visit these great attractions.

The Imperial College Union building is, architecturally speaking, one of the most attractive buildings in the College estate largely because we chose not to demolish and rebuild it in the

1960s. Instead we have chosen to refurbish it in more sensitive manner and we are revamping our main venue, Da Vinci's, as I write (August 2006). We also run a heritage bar, which is particularly popular with students from across all of London when the sun comes out, and a night-club venue, which is usually empty.

At Imperial the word “politics” is considered obscene. This rather pragmatic attitude has resulted in a Union devoid of party politics, anti-war council motions and NUS affiliation. That said, thanks to our vast number of well resourced clubs (279 and still rising) and our wacky federal union structure, we have some of the highest student election and club involvement rates in London. Last year 75% of our undergrads were members of at least one club and election turnout hit 50% in our medical faculty.

Outside Central London we have students based at several West London hospitals, our Silwood Park campus near Ascot and our Wye campus in Kent. Apparently we also own a tin mine in Cornwall, a farm in Ealing, and a Nuclear Reactor in Berkshire.

So in summary: if you are a geeky girl who likes science fiction novels, a culture vulture in search of a cheap drink after a visit to the museums, or a lover of fine ales and poor architecture then this is the place for you! Do come down and say hello from time to time, just remember that we are more likely to be scared of you than you of us.



INSTITUTE OF CANCER RESEARCH

17A Onslow Gardens
London SW7 3AL
T 020 7352 8133
F 020 7225 2574
www.icr.ac.uk

The Institute is a small, specialist establishment situated on two campuses in Chelsea and in Sutton. Our students are from many different scientific disciplines within the Biomedical and Clinical Sciences. Our Union is small, reflecting the size of The Institute, and has a membership of approximately 150 full-time and part-time PhD and MD(Res) research degrees and around 80 part-time taught postgraduate students.

Only research and taught postgraduate degrees are offered at The Institute therefore making our Union particularly unique within the University of London. We are research-led and are the only College for just postgraduate students! Yes, we have no undergraduates! This means that within our academic year we have no set terms and our research degree students work all-year-round.

Social activities for students are organised by members of the Student's Committee for students based on both sites. Last year, our annual cross-site Christmas dinner was held in central London and was an excellent opportunity for students of both sites to meet. The annual PhD Student Away Day is also organised by the Student's Association. There are also events and facilities aimed at students on the individual sites:

Chelsea Site

At the Chelsea Site students enjoy all the trappings of a central-London location. As

members of ULU, you are able to make use of the Union's facilities at Malet Street. A number of clubs also run on a regular basis, such as the highly successful Cricket Team and the recently created 5 a-side Football Squad. On the social side of things London is second to none and the Chelsea students make the most of the entertainment on offer. The sheer plethora of pubs and clubs in the Village means you can never visit them all – but we certainly try!

Sutton Site

There is a range of sporting facilities which we have access to including a swimming pool, a gym and tennis/squash courts. Sports clubs such as yoga, karate, circuit training and ultimate Frisbee are available and all students are free to join.

During the summer, a "Mini-Olympics" sporting competition between teams from different buildings takes place. Traditionally, the students organise a 6' barbeque to celebrate the sporting event at the Finals Night.

We also have our own onsite bar: "The pH Bar" at Sutton. The pH bar is open every Thursday and Friday and we all like to head down for a cheap drink or two, and enjoy a game of pool, snooker or even table football. It is provided as an amenity for everyone at The Institute and is run entirely by student and staff volunteers.



INSTITUTE OF EDUCATION

20 Bedford Way
London
WC1H 0AL
T 020 7612 6181
F 020 7612 6183
www.ioe.ac.uk

The Students' Union is a central part of student life at the Institute. It is also one of the Institute's main social centers, since our lively atmosphere and range of facilities attract staff as well as students from the Institute and from other colleges of the University of London.

Founded in 1913 to promote and safeguard the interests of its members, the Students' Union is also the voice of all students at the Institute. Our elected representatives sit on the Institute's main academic and welfare services committees and ensure that your voices are heard.

Our services, which include a newly refurbished bar, cafeteria, shop, locker room and the counselling service, are designed to make your life as a student as pleasant as possible. A meeting room is available for you to book and use for social events, festivals and exercise classes. We are always looking to improve our services so that they meet the needs of all students and enhance the students' academic and social experience in London. For the meantime, don't miss out on the cultural festivities celebrated by our societies throughout the year at our bar and café!

All students automatically become members of the Students' Union, though you are legally entitled to opt out if you wish. All members are entitled to vote and stand in elections for the Union sabbatical posts and delegations to Union conferences as well as representative positions on Institute committees and the Student Representative Council.

All students are encouraged to participate in Union societies which are set up and organized by students and given financial and administrative support by the Union. In addition to the busy academic life at the Institute, students find many ways to enhance the social life through celebrating cultural diversities.

The Union works closely with the Institute in supporting and maintaining an efficient and effective student course representative system encouraging members to become actively involved. The healthy functioning of representative systems allows for student issues to be addressed effectively and consistently.

The Students' Union is run by three elected student sabbatical officers and by a team of permanent staff members who are available on a daily basis to deal with any issues or queries that arise or to refer you to the appropriate person for advice and/or action when necessary. Further to this, we can represent you directly in your dealings with other Institute departments.

For more information about us and how to get involved, please visit the Students' Union either from the entrance at Level Four or from the rear of the building or visit www.ioe.ac.uk/studentlife.



KCLSU : leading the way

Campaigns

Empowering our members and offering them a platform to voice student issues across campuses and at all levels

Clubs & societies

KCLSU funds over 100 clubs and societies, which are fully led and overseen by students

Club nights

Garage, hip hop, r n b, cheez, disco, indie, dance, rock and more

Gigs

Hosting shows for the latest up and coming global talent

Media

A coherent programme of publications, events and online content ensures that, whatever they have to say, KCLSU helps our members to say it

Representation

Creating positive change for students in partnership with King's College London

Volunteering

Whether they want to join an existing project or start their own, we provide all the support our members need

And if you want to know why KCLSU is leading the way for students' unions, visit kclsu.org/governance



student life support
kclsu.org

in partnership with **ULU** and **n u s**



LONDON BUSINESS SCHOOL



How do you define the Student Association of The London Business School (the "SA")? Simple.

The SA is YOU , and every other student on campus. It is the organization that represents and coordinates student activities and interests throughout the school.

As a representative body, the SA provides students with a vehicle to voice their interests and concerns and to work with the faculty, administration and alumni to improve the experience of every student at the school. With direct involvement with many of the schools coordinating bodies, including a seat on the school's Governing Board, the SA provides students with high impact representation on campus.

The SA provides funding, coordination and support to over 60 Clubs on campus, as well as a wide array of Student Events, such as Tattoo and the Summer Ball.

To achieve our objectives, the Student Association is comprised of a few key constituencies:

Student Clubs

Students Clubs are the heart and soul of the London Business School experience. An integral part of the SA, our Clubs provide a vibrant, collective and fun community to suit the needs of our diverse and international student body. Whether you are interested in career, cultural or sports

Sussex Place
Regent's Park
London
NW1 4SA
T 020 7262 5050 Ext 3314
www.london.edu

clubs, there is always more going on than you could ever have time for. Clubs provide students with an opportunity to explore areas of interest and provide important networks to alumni and the wider community.

Student Clubs also provide important leadership opportunities within the school community. Club leaders willingly devote a lot of time and energy to the school community in a way that visibly enhances the experience of every student at the school.

Executive Committee ("EC")

The Student Association Executive Committee is the coordinating body of the SA. Elected directly by students in the spring of each year, the EC's primary responsibility is to ensure that the SA meets its clearly defined objectives. The EC provides students with an effective channel of communication to represent their interests and concerns with the wider school community. In addition, the EC helps to coordinate and supports both Club led and major student events on campus.

The EC also provides students with a unique leadership opportunity. Over 80% of students at the London Business School come outside of the United Kingdom, we come from over 60 countries and speak over 40 languages. EC members are committed to the difficult, but ultimately rewarding task of effectively representing an extremely diverse and international student population.

LONDON SCHOOL OF ECONOMICS



East Building
Houghton Street
London WC2A 2AE
T 020 7955 7158
F 020 7955 6789
AU 020 7955 7161
www.lsesu.com

The Students' Union of the London School of Economics and Political Science has a long history of active representation on behalf of LSE students, and is proud of the services it offers to its membership.

Crush is the LSESU's Friday student night, which welcomes 1300 party-goers in 3 rooms, with music to suit all tastes and great student prices. Popular Crush themes include Foam Party Crush, Sexy Traffic Light Crush, and the legendary School Disco Crush. If you haven't tried Crush yet, we look forward to seeing you this year!

Current campaigns of our student union include London-wide initiatives such as expanding Transport For London discounts for students, securing a Living Wage for London, and the Coalition 2010 campaign for access to education. We are always looking for new ways of working with other London universities on these campaigns.



3 bars, shop, copy shop, cafe, gym

The London School of Economics Students' Union

Accessibility Home UGM Sabbatical Advertising Media Contact FAQ LSE Email Elections

Representation Societies Sports Services Education Welfare Equality Accommodation Campaigns

powered by YAHOO! SEARCH

Search Site

SUB MENU Part-time Work

QUEEN MARY COLLEGE

432 Bancroft Road
 London E1 4DH
 T 020 7882 5390
 F 020 8981 0802
www.qmsu.org



Welcome to Queen Mary Students' Union. We are situated in the East End of London, only five minutes from the Brick Lane and Hoxton areas and only ten minutes from Canary Wharf.

The College itself has now been rated in the top 100 Colleges in the world and is steadily improving year upon year. Even with the national downturn of applications due to top up fees, QM's application rate has once again risen for the 2006/07 academic term.

We are the biggest campus University in Central London with 2000 students living on site. Queen Mary is one of the most culturally diverse campuses in the University of London and is represented by the vast range of societies we have on offer. We also have a large international student base which means we have one of the most truly multi cultural campuses in the UK.

Currently, the Union is undergoing a mas-

sive redevelopment worth over £4 million. This involves the transferral of offices to a brand new Students' Union building, the construction of a health and fitness centre and the entire redesign and rebuilding of Drapers, the Union Bar. This will turn it into a state of the art club and bar with a capacity of over 500. All these facilities are to be ready for Freshers' Week 2007.

Currently, we offer all sorts of different activities for our students. These range from a wide variety of club and bar nights right through to Provide, our Student Volunteering service, which last year enabled students to undertake well over 2000 hours of volunteering.

Our sporting facilities are very good. Rugby and Football games are played at Chislehurst in South East London with very good quality pitches. More local facilities are available for other clubs, including two astro turf pitches five minutes walk from campus. The standard of our sports teams are also high, with Basketball finishing in the finals of the national BUSA championship, and Men's football winning the ULU premier League twice in the last four years.

Overall, Queen Mary, University of London is a great place to study, live and have a great time. If you're ever in the East End of London and you need something to do, there will always be something going on around campus. Please get in contact if you have any further questions about the services we offer.



ROYAL ACADEMY OF MUSIC

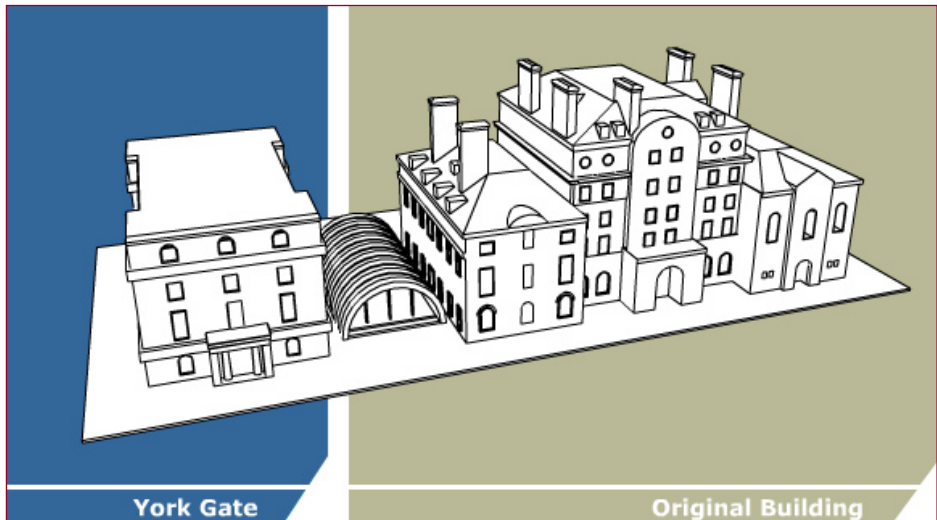


Marylebone Road
London NW1 5HT
T 020 7873 7337
F 020 7873 7337
www.ram.ac.uk

The Royal Academy of Music is the only conservatoire to be a member of the University of London.

It's not just all classical at the Academy; we have a range of diverse departments: all the traditional instrumental and vocal disciplines, as well as Historical Performance, the very prestigious Jazz department, Composition, Media & Applied Music and intensive one year Musical Theatre course.

With less than 650 students, RAMSU is a small Union. We pride ourselves on charity work – putting on charity concerts with some of the greatest conductors in the world and most talented performers in the industry – in 2002 RAM collaborated with ex-Alumni Sir Elton John at the Royal Opera House and raised over £1million for the Elton John Scholarship Fund.



York Gate

Original Building

ROYAL HOLLOWAY

Egham Hill
 Egham
 Surrey TW20 0EX
 T 01784 486 300
 F 01784 486 312
 E reception@su.rhul.ac.uk
www.su.rhul.ac.uk



Royal Holloway, University of London is situated in Egham, Surrey, approximately half an hour away from Waterloo Station on the train. The Students' Union is located at the centre of a leafy campus that was officially opened by Queen Victoria in 1886.

The Students' Union at Royal Holloway is extremely active, offering our students entertainment every night of the week. Students are welcome to make use of the full club facility or Tommy's Bar in our main building. You can also pop in for a drink and a bite to eat in Medicine and the Stumble Inn, two fantastic bars that vary greatly in style. Medicine celebrates its second birthday this year after undergoing a large refurbishment, propelling it to be voted into the finals for 'best bar' by the British Entertainment and Dance Association.

SURHUL prides itself on its Student Activities Department which last year saw over half of our 6,600 students take part in our 35 sports clubs and 50 societies that range to suit every interest possible. The SURHUL Athletic Union has seen

some great successes this year, including coming second in the ULU leagues.

The Students' Union's Radio Station, *Insanity*, broadcasts between 8am and 1am every day during term time. Last year, *Insanity* was proud to receive the Silver Award for Best Student Radio Station for the second year in a row at the BBC Radio 1 Student Radio Awards, officially remaining the best student radio station in London.

The *Orbital* is the Students' Union's glossy and successful lifestyle magazine that publishes frequently to a readership of over 6,000 and has often been short listed for the Guardian Student Media Awards.

The Students' Union at Royal Holloway enjoys very strong representation to the College, and a tremendously experienced Student Advice Centre. We have an Executive team of eighteen looking out for the best interests of our students at every level. If there is ever any point where you feel you may be losing out, then feel free to drop by and we'll be only too happy to help!



ST BART'S & THE ROYAL LONDON

**Old Medical College Building
Turner Street, Whitechapel
London
E1 2AD**

Why is Barts and The London the best student association? We hoped that everybody already knew. But let us refresh your memory.

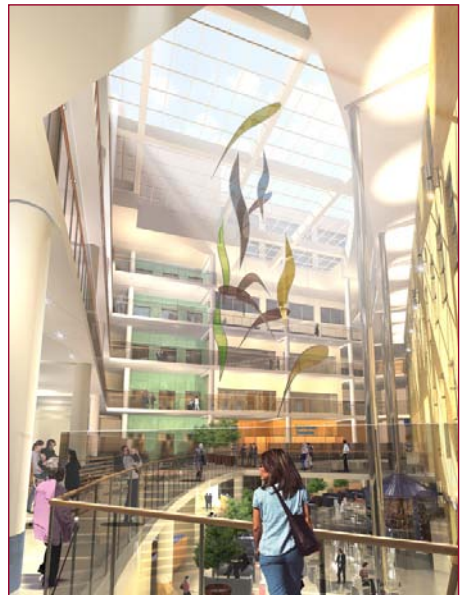
First of all, BL has 2 student union bars: one behind Bart's hospital (the oldest hospital in the land) and one behind The Royal London (the oldest medical school in the land). These can be transformed into Caribbean beaches, school discos, naughty nurse dwellings, comedy clubs, burlesque houses and of course a place where you can feel comfortable in a toga and sipping tequila.

But we're more than just a bar! We've got the ER (Eating Room) which serves all the medical and dental students at The London, we have a clubs' resource room, we have a computer lab, a mixed common room, two meeting rooms, a band rehearsal room, a swimming pool that is free to students at all times and, most importantly, possibly the most expensive toilets in the world!

But it's not the buildings, computers, food, drink, music, dancing, comedy and freedom to urinate in luxury that make BL great. It's not even the head of the bar that has been there since before most of the students were born and the staff that keep

the association alive ... It's the students that make BL the greatest student association in the world! It's the students that raise the most money through RAG in London for charity every year (over £139,000!).

It's the students that run and take part in more than 40 clubs and societies giving BL one of the highest percentage of student involvement and it's the students that make us the friendliest and funnest place to be!



ST. GEORGE'S MEDICAL SCHOOL



**Cranmer Terrace London
SW17 0RE
T 020 8672 9944**

Many of you may not have heard of St George's, until now! St George's, University of London is a health and social care institution of over 3,600 students.

We are the country's only free-standing institution for healthcare, and we are the only university in London attached to a hospital. We've a rich 250 year-long history, with famous alumni being Edward Jenner (who invented the vaccine), John Hunter (who founded surgery) and of course, Harry Hill!

Boasting a brand new bar and new union facilities, St George's really is the diamond of the south.

Set in beautiful Tooting, St George's is best known for its infamous "St. George's Discos", with the longest (and cheapest!) bar in London, serving the very best in classic cheese, rock, pop, dance and alternative in the Main room and Big Booty Rhythm and Bass in the second, so there's a little something for everyone. Our discos are themed, ranging from the world renowned "Back 2 Skool" to Beach Parties, Bling!, and much more. Everyone gets dressed up and has a great time.

As if that wasn't enough, we also have hugely successful Sports nights, Quizzes, Acoustic



nights, and entertainers on a regular basis, plus new promotion nights and much more due to begin this year, St George's is a hotbed of up and coming music talent, and our acoustic nights are yet to be rivaled.

Managing to beat off all other medical institutions in the ULU sports league and coming third overall, St George's is full of top talent, and highly successful (but not too competitive!) sports teams. Clubs and Societies alike are flourishing here at St George's, with our Revue Society receiving great accolades and critical acclaim at this year's Edinburgh Fringe Festival, Wilderness Society mountain-climbing in Bolivia, and last year's hugely successful musical society rendition of "Little Shop of Horrors", there really is so much to see and do here.

So when you get bored, feel free to meander south of the river and pay us a visit. You won't be disappointed!



SCHOOL OF ORIENTAL & AFRICAN STUDIES

Thornhaugh Street
Russell Square, London WC1H 0XG
T 020 7898 4996 F 020 7636 8376
www.soas.ac.uk



Being the 'Top Specialist Institution in the WORLD', SOAS SU, as you could imagine, hosts a wide array of activities, discussions, music events, food fayres and the such like. We invite you to come and participate, contribute, debate and party with us—just make sure you come with an open mind and an open spirit.

This year we are expecting and planning massive changes: amongst other things our bar will now open til 11pm and we are going to open an outside smoking area to bring back the SOAS vibe. We are also having a bit of a spruce up (don't worry, we wont lose our uniqueness and there definitely won't be a single shiny chair in sight!). Our main aim is to create an atmosphere which will encourage creativity and ensure a strong and active union.

Our first terms' diary looks a little like this:

Mon: '(Lefty) Movie Mondays',
Tues: 'Socials with a Conscience',
Wed: Quiz
Thurs: Political Discussion/debate,
Fri: Live Music in JCR (Look out for the home-grown Portico—we love you Portico).

Here's a snippet of events that we have planned already:

Oct 3rd: Mark Steele (of BBC's Mark Steele Lecture series) on *Che Guevara-More than Just a T-Shirt* in JCR.
Oct 4th: First UGM presented by Tony Benn.

Oct 19th: *Why is Africa poor?* With Paul Gilroy, *Friends of Africa* and SWSS

Oct 24th: *The Burma campaign/society social to recognise Dau Aung San Suu Kyi's 11 years under house arrest.* This evening will be a short presentation followed by Burmese music and food.

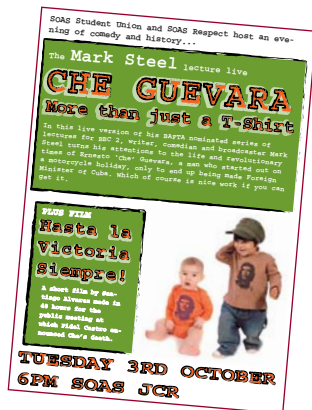
Nov 2nd: *The Suez Crisis-50 years on, Nasser and his legacy* with Sami Ramadani (& others), *Respect Soc* & *the Palsoc*.

Nov 23rd: *Victoria Brittain & Phillipe Sands, 'Guantanamo-America's Gulag' & 'Lawless World' with Stop the War & the Law Society.*

Dec 7th: *The Rise of Raunch Culture & the Commodification of Sex with Women Soc & SWSS plus lots more... comrade*

Check out www.soasunion.org.uk for a full calendar. This year certainly looks to be an exciting, and at times controversial, year. If you have any ideas for events that you would like to do at SOAS, please contact us to discuss. We hope that together we can revive the spirit of solidarity-Viva la Revolución!!!

P.S. We have a long-standing tradition of campaigning with people who face hardship—contact us if/when you need support on demonstrations, rallies, fundraisers etc.



SCHOOL OF PHARMACY

29-30 Brunswick Square
 London
 WC1N 1AX
 T 020 7753 5809
 F 020 7278 0622
 E student.union@ulsop.ac.uk
www.pharmacy.ac.uk



The Students' Union of the School of Pharmacy is run by an elected council of student officers, all of whom are usually undergraduates on the MPharm degree course.

The Students' Union of the School of Pharmacy facilities include the Junior Common Room (JCR), which is in the basement of the School. Both undergraduate and postgraduate students are free to use the JCR as a place to meet, eat, socialise or study during the day. The JCR Bar opens on Friday evenings to all Students' Union members and their guests.

The Students' Union of the School of Pharmacy organise a number of social events throughout the year, including annual boat parties and the Midsessional Ball in February. The Students' Union also arrange a variety of career-related events, some of which are organised in partnership with the British Pharmaceutical Students Association (BPSA). There is also a Postgraduate Society which organises regular social events specifically for postgraduate students.

The Students' Union of the School of Pharmacy supports a number of clubs and societies. The two Sports Representatives on the Union Council are responsible for the

various School of Pharmacy sports teams, including a successful football team. There are also several cultural and religious societies that are extremely active in terms of organising and promoting regular social, educational, and charitable events, all of which are open to all members of the Students' Union.

During Freshers' week, the Students' Union welcomes new students to the School of Pharmacy by holding a Freshers' Fair and putting on social and sporting ice-breaker events. Second and third year students participate in a Big Brother/Big Sister programme, supported by both the School administration and the Students' Union, to mentor first year students in their first few months at university. In recent years the Students' Union has also run a series of competitive events for both freshers and more established students called the Florence Cup Challenge, which has been designed to foster a sense of involvement and community.

Representatives from the Students' Union Council sit on many of the School of Pharmacy's committees, and are an integral part of the School's decision making processes, having their say on matters that affect all students in the day-to-day running of the School.

UNIVERSITY COLLEGE LONDON

25 Gordon Street
London WC1H 0AH
T 020 7387 3611
F 020 7916 8533
www.uclunion.org



UCL Union is England's oldest students' union, with the mens' union being founded in 1893 (and the women following four years later) in the interest of 'the promotion of social intercourse and of the means of recreation, physical and mental, of the students of University College, and the financial successes of students' clubs'.

Today it still exists to provide UCL students' with everything they need outside of academia, and is run by an Executive of sixteen elected members (six full-time sabbatical and ten part-time) and employing over 100 permanent staff.

UCL Union life starts on Gordon Street, WC1; at No. 15 we have the Bloomsbury Theatre Building, comprising a 500 capacity professional auditorium, in which our members perform twelve weeks of the year and also our outstanding Rights & Advice Centre on the first floor.

Further still, on the second floor is the purpose-built Clubs & Societies Centre (CSC) where our 150 different clubs and societies can meet, organise and administrate themselves, plus the innovative Voluntary Services Unit. The third floor houses our

million-pound Bloomsbury Fitness Suite, including a gym, dojo, dance studio and squash courts.

Further up the road, the real hive is the building at 25 Gordon Street, which keeps our two bars, café, hair salon, shop (there's another one in the basement of the Bloomsbury) and sabbatical office from falling out into the road.

Come down on Mondays for bhangra and shisha, Tuesday for live music and jazz jamming, Thursday night for our infamous quiz and monthly Fridays for resident LGBT night *Aspire*. Don't forget to go and say hello to the medics at our *Huntley Street* bar, and get the laughs in at the *Ministry of Comedy* on Wednesdays.

Outside Bloomsbury, we also have an impressive sports facility at *Shenley*, near *St. Albans* (comprising over thirty different pitches and the training space of Premier League side *Watford FC*) which, together with our indoor *Somers Town Sports Centre* in *Camden* helped UCLU sports teams win no less than 17 leagues and trophies last year.

Required reading is our newly rejiggered website, www.uclunion.org which is a turbo-charged repository of UCLUness, and up-to-the-second information on what's going on around Gordon Street.



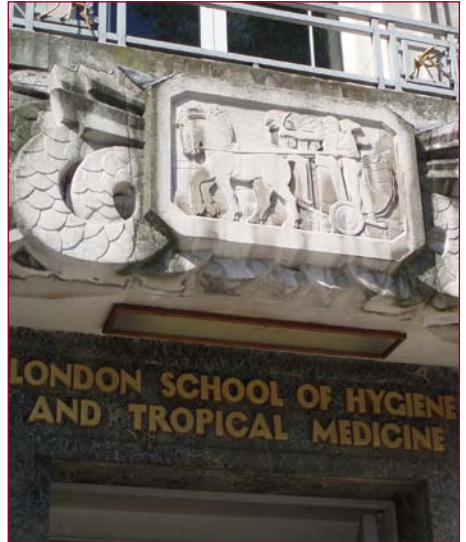
LONDON SCHOOL OF HYGIENE & TROPICAL MEDICINE

50 Bedford Square, London WC1E 7HU | T 020 7299 4646 | www.lshtm.ac.uk

The LSHTM is a leading institution in Europe for public health and tropical medicine, and is associated with the World Health Organisation.

It was first established by Royal Charter in 1924, incorporating the London School of Tropical Medicine founded in 1899. The school was established to provide the UK's major resource in postgraduate teaching and research on health in the tropics and to be the British national school of public health.

Today the LSHTM is an internationally recognised centre of excellence in public health, international health and tropical medicine with a remarkable depth and breadth of expertise.



ROYAL VETERINARY COLLEGE

Royal College Crescent, London NW1 0TU | T 020 7368 3791 | F 020 7388 2342 | www.rvc.ac.uk

The Royal Veterinary College has approximately 1,500 students, all training to be vets, curiously enough. The Veterinary College of London was founded in 1791 making it the country's first and largest veterinary school.

The impetus behind founding the Royal Veterinary College was to discover what made the greatest racehorse of all time, a horse called Eclipse, unbeatable on the racecourse.

The college received its first Charter of Incorporation from Queen Victoria in 1875, and was admitted as a school of the Uni-

versity of London in the Faculty of Medicine in 1949.

The College's main site is situated in Camden where we spend two years falling over minor indie bands and over eye-linered types every time we go down the pub. In the following years we move out to the tranquil countryside of Hawkshead, a country estate and farm acquired by the College in 1955, to do our clinical study.

The Royal Veterinary College continues to develop its distinctive role as the UK's first, largest, and only self-governing veterinary school.

SCHOOL OF ADVANCED STUDIES

The School of Advanced Study is comprised of ten prestigious research institutes in the humanities and social sciences.

The University of London founded the School in August 1994. The Institutes already functioned as international centres

of excellence in their respective fields but it was felt that creating a federation would act as a catalyst and support individual and collaborative research in the humanities and social sciences, not just in London, but throughout the United Kingdom and beyond.

UNIVERSITY OF LONDON INSTITUTE IN PARIS

The University of London Institute in Paris, formerly the British Institute in Paris, was founded in 1894 as the Franco-British Guild.

The Institute trains professional translators of French and English and English language teachers to Certificate, Diploma and MA level. It publishes an academic journal, Franco-British Stud-

ies and offers a BA Honours course in French Studies, leading to a University of London degree taken entirely in Paris.

At MA level it specialises in Contemporary French Studies as well as translation and foreign language teaching. A range of specialised diplomas in English and French are awarded under the aegis of the University of London.



UNIVERSITY MARINE BIOLOGICAL STATION, MILLPORT

The Station's origins can be traced back more than a century to the earliest days of organised marine biology in Scotland.

The University Marine Biological Station, Millport (UMBSM) is located on the eastern shore of Great Cumbrae Island in the Firth of Clyde.

It is ideally situated for marine biological teaching and research, being sheltered and close to examples of a variety of marine habitats, such as rocky, sandy and muddy shores, salt marshes, a large estuary, and deep water with soft mud, gravel and rocky bottoms. The station provides marine biological teaching support to the University of London.

COMPUTER AND LAPTOP SPECIALIST

What we do:

- Sale of PCs and Laptops
- Sale of computer parts
- PC / Laptop Diagnostics
- PC Repairs & Upgrades
- Laptop Repairs & Upgrades



See page 65 for how to find ULU - www.yoyotech.co.uk

STUDENTS in MIND
Promoting Positive Mental Health



Advice, Advocacy & Empowerment for
Students who have or are experiencing
varying degrees of mental distress

www.studentsinmind.org.uk



HELPING YOU WITH HOUSING

University of London Housing Services

Our aim is to help students of the University to find good quality, safe and affordable housing and to support them if they run into difficulties.

We try and take some of the anxiety out of looking for and living in housing in the private sector.

We have a large database of registered landlords and agencies advertising accommodation in the private sector. In order to register, landlords and agencies have to agree to abide by our Code of Good Practice.

We also offer the opportunity for students to make use of the computer terminals and telephones in order to contact landlords.

We also have 4 dedicated housing advisors offering comprehensive housing advice. This is designed to make sure that students make informed decisions about their housing and if students do run into difficulties then we can advise and support them through their concerns and issues and if necessary, we can also rely on our firm of retained solicitors.

For the 3rd consecutive year we have worked alongside the GLA and with the support from the Department of Communities and Local Government we have produced the London Student Housing Guide, tips and advice on housing issues. These can be found in most college accommodation offices, as well as the 4th Floor of ULU, or alternatively you can visit the London Student Housing website www.studenthousing.lon.ac.uk/cms

We also offer University managed self-catering flats and houses for around 242 full-time students through the Property Management Unit. These are situated in North London and South East London and will be an option for those students wanting to have the University as their landlord. The Property Management Unit can be contacted on pmu@accom.lon.ac.uk or 020 7862 8881

The Housing Situation in London

In a recent survey of students, 88% said that they were either satisfied or very satisfied with their current housing however, we have found that the biggest problem that students always have with their

landlords is with the return of the deposit after the end of the tenancy. We are pleased to say that this statistic will be hopefully changing from April 2007, with the implementation of the Tenancy Deposit Scheme.

Another fundamental issue affecting students with housing in London is probably its cost. Average rents in London are still very high. Although it is still possible to find housing in London on a budget of £75 per week, if students want to live centrally, they can expect to pay over £120 per week.

And some final advice, Don't Panic!

Don't make snap decisions because you feel under immense pressure to find somewhere quick, as this may cloud your judgement and can often involve making the wrong decision.

There are a number of invaluable sources to search for accommodation and we are happy to advise and support you in your search.



ENERGYBASE



Energybase is operated by the University of London Union for the benefit of all students and staff of the University of London and the surrounding community.

Facilities include:

- 53 station fitness suite
- 33m swimming pool
- Up to 40 classes per week
- Remedial treatments
- Sports hall
- Multi purpose studio

Membership of Energybase includes unlimited use of the fitness suite, swimming pool - the largest swimming pool in central London - and classes. Inductions, fitness testing and programmes are carried out by fully qualified instructors at no extra cost.

Remedial treatments including Physiotherapy, Alexander technique, and Sports massage are available at an additional cost. We also have a hairdresser on site 2 days per week, the cost of this varies depending on the type of cut.

Our swimming pool, sports hall and multi purpose studio are all available for hire. Uses for the sports hall include volleyball, badminton, basketball and 4 a-side football.

Prices vary depending on length and type of membership, please visit the club for a tour of the facilities and a break down of the pricing structure.

Opening times

Monday-Friday 7.30am – 10pm
Saturday & Sunday 9am – 7 pm

General swimming times

Monday – Friday 7.30 am – 7 pm
Saturday 9 am – 5 pm
Sunday Closed



CLASSES TIMETABLE

What better way to get a full aerobic work out than on of our fitness classes?

With a varied timetable all year round you're bound to find something to suit you, whether you want to relax, tone, shape up or have an all round work out we have the class for you.

MONDAY

Complete Core
Yoga
15 minute Abs
Belly Dancing
Circuits
Stretch & Tone
Total BC & Abs!

TUESDAY

Complete Core
Aerobiking
Yoga
Aerobic Kick Boxing
Pilates
Dance Aerobics
Legs, Bums & Tums
Hip Hop Dance

WEDNESDAY

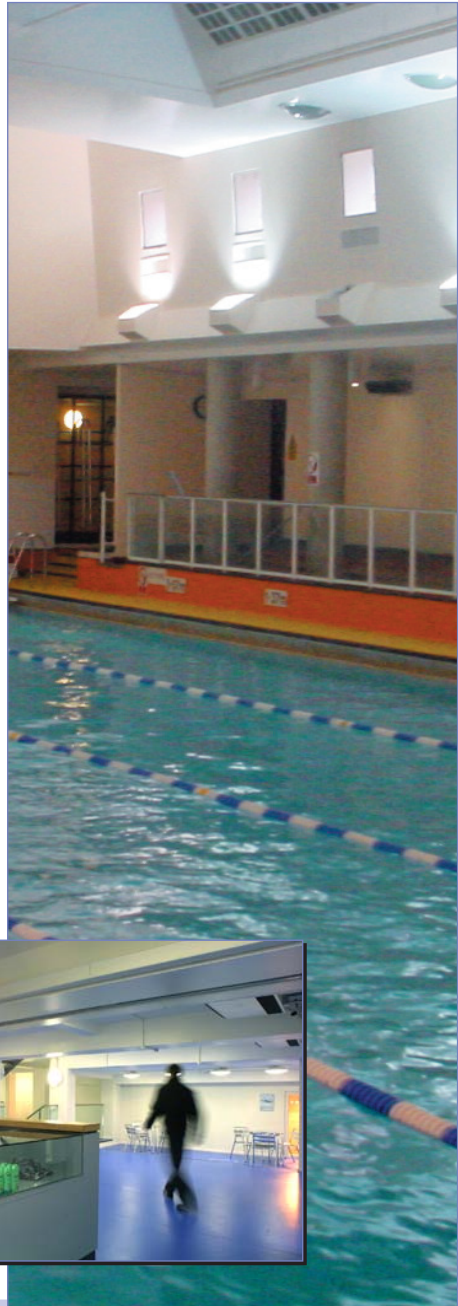
Stott Active Pilates
Complete Core
Jazz Dance
Body Conditioning
Legs, Bums & Tums
Aerobiking
Cardio Box

THURSDAY

Complete Core
Pilates
Step
15 minute Abs
Yoga Stretch
Yoga Sculpt
Body Conditioning

FRIDAY

Body Conditioning
Pilates
Aerobiking
Circuits
Dance Aerobics



Correct at the time of print but subject to change, please check www.ulu.co.uk for an up to date version.

STUDENT SHOP & PRINT CENTRE

ULU's Student Shop is the one stop shop for all your needs.

Located on the right as soon as you walk in the ULU building, the Student Shop sells a wide range of stationery, phone cards, USB flash drives, drinks, sandwiches and snacks at great prices. You can pick up a copy of a selection of national newspapers for as little as 20p, or even the weekly Time Out guide to London with 70p off of the cover price!

The Student Shop is the only official retailer of branded University of London merchandise, such as t-shirts, hoodies, mugs and scarves.

You can also buy online at www.ulu.co.uk/shop and have the products delivered directly to your door.

Need to do some photocopying or make your work look more presentable? Then just come along to the Student Print Centre for professional quality printing services to help you present your work to the highest standards.

You can use either the self service copiers (3p a copy), or for more complicated or bulky requests, our trained staff offer an assisted service between 9am and 6pm during term time.

Other services available at the Print Centre include spiral binding, thesis binding, film developing, colour laser copying and printing from floppy disk, CD or USB.

LUNCHBOX

If you're in a hurry but need a snack or don't want to skip lunch, then pop into ULU's coffee shop Lunchbox, on the ground floor.

Lunchbox is a contemporary cosmopolitan outlet which offers students a speedy, friendly service with a range of sandwiches difficult to beat in central London.

You can sit and relax with one of our premium fair trade cappuccinos and lattés, or sample one of our wide range of herbal and fine teas, whilst snacking on our freshly baked sweet pastries, crumbling muffins or mouth watering waffles.

Lunchbox offers a range of speciality breads and fusions of flavours from world cuisines -including kosher, halal and vegan ranges.

Or why not try some of our sushi, oriental salads, fruit drinks or organic, fair trade and specialist snacks.

For those cold days, there's always a selection of hot foods including savoury rolls, pies and lattices - as well as freshly home-made soup and bread rolls. You can use the in-store microwave to heat up meals or snacks from our extended refrigerated section.

Term time opening hours:

8.30am - 8pm from Monday - Friday
 9am - 7pm on Saturday
 10am - 5pm on Sunday



STUDENT JOBS @ ULU

Looking for work in London that will be flexible and understands your study commitments?

ULU could be just what you are looking for. ULU has many flexible part-time jobs which offer you the opportunity to gain practical work experience in a student friendly and fun environment.

Each member of staff can also directly contribute to the success of the Union as all income generated is put back into the organisation.

**Casual positions include:
Health and Fitness**

- Lifeguards
*RLSS Certificate required**
- Receptionists
- Gym Assistants
YMCA certificate required

**Energybase offers RLSS training courses for people who are interested in working at ULU as a lifeguard.*

ULU Retail

- Student Shop Retail Assistants
- Lunchbox Retail Assistants

Queen Mary Retail

- The Village Shop Retail Assistants
- Infusion Retail Assistants

Music and Entertainment

- Venue Stewards.
- Venue Supervisors

Conference and Operations

- Stewards

Catering and Bar

- Catering Assistants
- Bar Assistants

Further information regarding these positions is available on the ULU website www.ulu.co.uk

Benefits

- Pay rates start at £5.35* per hour
- £6.42* for supervisors.
- £8.37* per hour for Lifeguard and Duty Officer Positions.
- Wages are paid fortnightly direct into your bank account.
- Work skills training courses are held throughout the year.
- Free membership of the Energy Base health and fitness club is also provided after your 3 month induction period
(worth over £250 per year).

** Pay rates awaiting confirmation*

To apply for a position, just fill in the application form available on the ULU website and drop it into the London Student Jobs Office on the 2nd floor which is open Monday to Friday 10am to 7pm or contact glyn.drew@ulu.lon.ac.uk or on 020 7664 2051.



DUCK & DIVE

The Duck'n'Dive has been host to some of the wildest and cheapest nights in university history, and is central to student social life! It's a chilled out environment for people to relax in between lectures, get a decent lunch or some bevies after a hard day's work! The emphasis in the "D&D" is on value for money, and a great atmosphere.

Sizematters...

Choose from huge plates of Nachos Grande and Cheesy Chips. Many a friendship has been forged over these mammoth meals! We offer a twist to modern European, Tex-Mex and world favourites, along with pub classics. Get in there early though, lunch gets busy!

Play...

Our digi-jukebox has all the best tunes from every genre, so there's a soundtrack to your evening.

We show live Premiership, Champions League and international matches on the plasma screens and as many games as possible on the HUGE 12 by 9 foot screen in 'The Venue'.



Here's a run down of our standard week:

- MON** *Universally Challenged* pub quiz
- TUE** *2 for 1!* Great offers at the bar.
- WED** *Karaoke and Sports Night*
- THU** *Indie DJs play till MIDNIGHT*
- FRI** *Chart and Dance hits, TILL 2AM.*
- SAT** *"Beano" – a classic student night.*

Football Frenzy has also become a legend, with Carling £1.30 a pint until the first goal is scored on selected live matches – check the website or bar for details.

The D'n'D is open Monday through Saturday 11am 'til late.

The Gallery

The Gallery is not your average union bar.

Clusters of lowslung sofas and coffee tables, it's the perfect place to relax, brunch with friends, and chill out while watching the sun go down.

Work...

For the industrious student, the quiet afternoon atmosphere and WIFI enablement make it the perfect place to get some extra hours in and still maintain that you DO have a social life!

Health and fairtrade conscious...

We embrace diversity & ethical practices. The Gallery is totally non-smoking. We always have vegetarian & vegan options on the menu, as well as organic "Healthy Living" and "Food for Conscience" selections.

Plus...

The Gallery BASE

It's all about JUICE!

This year we have a new Juice Bar as part of the Gallery's alternative to the norm of student life. During the day it's exotic, delicious healthy smoothies, juices and premium Fairtrade coffee and snacks. Enjoy a special selection of innovative cocktails in the evening.

Eat...

The Gallery offers a freshly prepared daily menu. There's pasta, salads and sandwiches at the bar and our deliciously popular stonebaked pizzas, perfect for sharing, or to indulge in on your own.

The Gallery is open 7 days a week, juice and coffee from 9am, food from midday.

ULU *The Venue*

For over 50 years now ULU has played an integral role in the London Music Scene. From Pink Floyd to Coldplay, The Strokes to Bright Eyes, ULU – The Venue has witnessed some truly awesome gigs to sell out crowds.

ULU has a reputation for being the kind of venue that bands play on their way up, with many of the music greats gracing the ULU stage as relative unknowns. The Venue has a fantastic musical heritage and bands always enjoy playing to an audience renowned for their musical knowledge and keen eye for the next big thing.

ULU is in a truly privileged position: we operate within the realms of a normal student union with club-nights and student entertainment (see the next page), we also get to host some of the biggest gigs in London.





The Live Room & Aftershow Party (£5/£4)

Fridays – 8pm until 2am
 Each week, four up and coming bands will rock out on our fantastic stage in the Venue. Once a

month, an extra special Live Room will feature a band on the cusp of big things. Missed the bands? Not to worry because The Aftershow Party runs from 11pm to 2am and features the best new indie disco tracks. *Carling only £1.50 a pint all night.*



The Caravan Club (£3/£2)

Tuesdays – 7pm until 11.30pm
 The Caravan Club features performances by some of the most talked about acoustic artists of the moment. Set in a wonderful chilled out atmosphere with tables and candles in the Venue. Come along and experience it for yourself. Open mic 7pm – 8pm, acts feature after. *Glass of wine £1.50, Bulmer's Original Cider £2.*

Pre-AMP (£FREE)

Saturdays – 8pm until 10.00pm
 Start off your evening early with various fun and games, including speed dating, cocktails, a

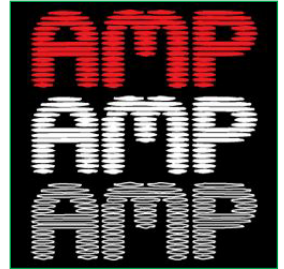
Christmas Santa's Grotto and your favourite Saturday night TV moments, such as The X-Factor Finale. *Guest shooters each week for £1! Cheap as chips beer and spirits until AMP starts.*

AMP (£5/4)

Saturdays – 10.00pm – 3am

This is the place to be on a Saturday night if you love live music, only the best indie to dance to and cheap drinks in the heart of London. Oh yes, we have it all!

Every week a fantastic band will entertain you, followed by resident DJ Jeff Automatic to keep you dancing for hours. Once a month, AMP will bring you the best act of the moment. *Carling pint £1.50, Grolsch pint £2. Great deals on Jagermeister and absinthe. Double vodka and shark (DVS) only £3.*



AMP Presents... The Decade Series!

Saturdays monthly – 10.00pm – 3am

The Decade series is AMP with a twist! Once a month, we will have a popular tribute from the likes of Johnny Cash, The Beatles, T-Rex and even some original bands, such as Erasure, The Bluetones playing everyone's favourite classics. For a chance to win prizes, dress up from the era - so dig out those flares now!

- | | | | |
|----------------------|---------------------------------------|---------------------|--|
| October 21st | AMP presents the 50s... Walk The Line | December 9th | AMP presents the 70s... Saturday Night Fever |
| November 25th | AMP presents the 60s... The Graduate | January 27th | AMP presents the 80s... Back To The Future |



DJ Swap Shop (£FREE)

Thursdays monthly – 7.30pm until 12am

Once a month, you will have the opportunity to bring along your old CDs and either swap them or sell them to fellow music lovers in the Duck & Dive. The night will continue with a DJ head to head – the ipod vs. Vinyl. Bring along your favourites on either format and see how much you can get the crowd going!

Great deals on Brahma Brazilian beer, Absolut vodka flavours and Bulmer's Original Cider.

Ultimate Xposure (£2/£1)

Thursdays – 8.30pm until 11.30pm (occasional)

This will be an opportunity for new bands to prove their worth to A&R . If you want to be one beat before on the pulse of new music, this is the night for you and you'll be able to say 'I saw them first!'. And mean it. The night will feature 5 bands each playing 3 songs... the crowd will be industry heavy – this night is about the opportunity for exposure and showcasing the talent that we get at ULU. Watch this space for Ultimate Xposure dates coming up. *Carling £1.50 all night.*

Musicians

We are always looking for bands to play our weekly Live Room night and fortnightly Caravan Club. Any artists wanting to play should send their myspace address to charlotte.arnold@lon.ac.uk or submit demos to: **DEMOS** (The Live Room/Caravan Club), ULU, Malet St, London, WC1 7HY

In the past year alone we saw performances from a range of diverse acts including:

The Strokes
Arcade Fire
Babysambles
Maximo Park
Patti Smith
The Kooks
Razorlight
The Zutons
The Futureheads
Conor Oberst
Keane
Death Cab For Cutie
Electric 6
'Trail of Dead

The UK's definitive careers resource.

Who are we and what can we do for you?

The Careers Group, University of London is the largest careers service in the country. We organise major national careers events, such as The London Graduate Recruitment Fair, Graduate Select: Finance & Consultancy, Graduate Select: The IT Business and a variety of career specific courses. Our excellent Online Careers Library and essential publications on numerous topics provide you with information and help develop your skills to use in the future and successfully manage your career. In addition to this, our Vacancy sites contain hundreds of job vacancies, updated every day to help you find the job you're looking for, whether it's part-time, temporary or career related. Signing up to JobAlert ensures that all the latest jobs and events, which are specifically selected to match your preferences, are emailed directly to you. Wherever you're headed, we've got something to suit your needs.

The careers service at your college is your first point of contact for careers advice and information. Find out more at www.careers.lon.ac.uk. Once you have graduated, you may be eligible to join GradClub, which gives you free and discounted access to your careers service for up to two years after you finish your course.

We are the parent body of: Goldsmiths University of London Careers Service, King's College London Careers Service, Queen Mary University of London Careers Service, Royal Holloway University of London Careers Service, School of Oriental and African Studies Careers Service, St Mary's College University of Surrey Careers Service, University College London Careers Service, Specialist Institutions' Careers Service (including Birkbeck College, University of London Institute in Paris, The Institute of Education, Heythrop College, The Royal Veterinary College, The School of Pharmacy, The Institute of Cancer Research, London School of Hygiene and Tropical Medicine, Marine Biological Station Millport, St George's University of London, School of Advanced Study).

Be ambitious and switch onto the extraordinary this autumn.

This autumn, we bring you three major events. Whether you know where you're headed or haven't got a clue, there'll be something to suit you.

Be Ambitious



The London Graduate Recruitment Fair – Autumn

23 October 2006
12 pm*-7 pm

Business Design Centre, Islington
Free to attend

Meet top graduate recruiters, explore postgraduate training courses and gap year programmes, get free one-to-one CV and application checks, attend employer presentations, workshops and much more. *Pre-register now for fast track entry from 12pm.

Extraordinary.



Graduate Select: Finance & Consultancy

30 October 2006

Business Design Centre, Islington

The best companies in Finance and Consultancy want to meet the best graduates. If you've got the talent for an extraordinary career, apply online now. Closing date: 16th October 2006. Free to attend, but by invitation only.

Switched on.



Graduate Select: The IT Business

31 October 2006

Business Design Centre, Islington

The best companies in The IT Business want to meet the best graduate talent. Whatever your subject, if you're passionate about delivering IT solutions for business and can prove it, apply online now. Closing date: 18th October 2006. Free to attend, but by invitation only.

For more events and information visit:

www.careers.lon.ac.uk/autumn

EXCLUSIVE ULU WEST END SHOWS

Daddy Cool



LONDON'S COOLEST MUSICAL

Starring Michelle Collins, Harvey and Javine, and based on the music of BONEY M. (and other Frank Farian artists including Milli Vanilli and No Mercy), this new and exciting musical includes classics such as Sunny, Rasputin, Brown Girl in the Ring, Mary's Boychild & Girl You Know Its True.

Set in multicultural London, Daddy Cool tells the story of music lover Sunny who falls for the beautiful Rose, daughter of the notorious club owner Ma Baker!

IN ADVANCE

£20 BEST AVAILABLE

All performances (excl Sat eves) until 22 Oct.
Call the box office and quote 'FRESHERS'. Subject to availability. A booking fee applies. Please call the Box Office for schedule of valid perfs.

ON THE DAY

£17.50 BEST AVAILABLE

Turn up at the theatre on the day 1 hour in advance to take advantage of this rate. Subject to availability.

020 7379 5399 • SHAFTESBURY THEATRE

210 Shaftesbury Avenue • London WC2

If you have never experienced STOMP then this is your chance to see why this breathtaking show thrills audiences around the world. STOMP is a unique combination of theatre, dance, comedy and percussion: eight performers use boots, bins, brooms and everything including the kitchen sink, to create 'Pure Stage Magic'.

IN ADVANCE

£20 BEST AVAILABLE

(except Thu matinee and Sat eve) until 22 October.
Call the box office and quote 'FRESHERS'. Subject to availability. A booking fee applies.

ON THE DAY

£17.50 BEST AVAILABLE

Turn up at the theatre on the day 1 hour in advance to take advantage of this rate. Subject to availability.



0870 890 0511 • VAUDEVILLE THEATRE

The Strand, London WC2

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'The most surprising, original and entertaining show in London' **LBC**

'Great fun for everyone' **THE SUN**

IN ADVANCE

£20 BEST AVAILABLE

All performances until 22 October.
Call the box office and quote 'FRESHERS'. Subject to availability. A booking fee applies.

ON THE DAY

£15 BEST AVAILABLE

Turn up at the theatre from 12 noon on the day to take advantage of this rate. Subject to availability.

0870 890 0141 • NEW LONDON THEATRE

Drury Lane, Covent Garden, London WC2B 5PW

ULU DISCOUNT FRIDAY

Every Friday from the time ULU opens until 7pm, it's **DISCOUNT FRIDAY!** What does that mean? Well take a peak at the vouchers below and see what it is we have on offer, **EVERY FRIDAY!**

STUDENT SHOP

It's Fairtrade Friday! 10% off of all Fairtrade and E&E products in the Student Shop, including clothing, stationery and snacks.



LUNCHBOX

Buy any sandwich and get a fair-trade bean-to-coffee for 50p!

Or ... Try the Figo Healthy Living deal – buy a sandwich and any piece of fruit and get a FREE bottle of water!



STUDENT PRINT CENTRE

It's FRIDAY ... so come to the Student Print Centre and get **10% off** of all copying, with self service and counter service.

Every Friday from midday (when The Gallery opens) until 6pm (when the kitchens close) have a go at one of our great offers:

- 2 for £5 on ALL Grill items
- 10% off of all Pizzas
- 30p off a pint of Strongbow
- 2 bottles of Brahma Brazilian beer for £4



Start the weekend right on Fridays from 11am (when we open) until 7pm:

- 2 for £5 on Nachos Grande or Cheesy Chips
- Double Vodka Shark (DVS) for just £3
- 20p off a large glass of Jacobs Creek
- 30p off a pint of Grolsch



Every Friday from 9am until 6pm, sample the brand new bar in The Gallery with:

20p off all smoothies and 10p off all coffees bought with a snack.



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and 121 Borough High Street

Shepherd's Bush 13-15 Shepherd's Bush Green

Camden 48-50 Camden High Street

Fulham 498-504 Fulham Road

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- Norton Anti Virus 2006
- 1 Yr RTB + 1 Month Free Collect & Return Warranty



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- Genuine Windows® XP Home
- 2GB CORSAIR DDR2-533 Memory
- ASUS PSW DH Deluxe Motherboard
- 400GB Serial ATA II Hard Drive
- Dual Layer 16x Lightscribe DVD Writer
- 512MB RADEON X1900XT PCI-X Graphics
- SoundBlaster Audigy 4 7.1 (24 Bit Player)
- 2 x Gigabit LAN ports onboard
- 7 in 1 Card Reader with Floppy Disk Drive
- Stylish Silver Aluminium Trigon Case
- Six USB Ports (2 Front / 4 Rear)
- 1 x Firewire port onboard
- 800w (Peak) Super Quiet Dual Rail PSU
- 19" TFT Display (8ms + Digital)
- Logitech® Cordless Keyboard & Mouse
- Creative Inspire 5.1 P5800 Speaker System
- Digital Freeview TV Card
- Norton Anti Virus 2006
- 1 Yr RTB + 1 Month Free Collect & Return Warranty



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Each system we build is as individual as the customer who ordered it. The samples shown here are just 2 of the hundreds of solutions you can build. Our web based system builder will allow you to create. Visit our website & get a quote for your own specification. We aim to concentrate our efforts around our customers and in turn provide an excellent service, excellent prices and excellent after-sales technical support. We aim to educate our customers with an educational website so that our customers not only enjoy our computers, but they also fully understand them.

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† You can buy a computer system from us on finance, which will allow you to pay a 10% deposit on your credit / debit card and the remaining amount on a finance package. At present we offer up to 9 months buy now pay later finance packages, which, providing you pay the remaining balance off over the agreed period, will have no interest chargeable. You can therefore receive a computer from us before having to pay the 90% remaining balance.

other methods of payment include:



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opening times 9-5pm Mon-Fri & 9-1pm Sat - email: enquiries@pcspecialist.co.uk

*prices subject to change

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Keep up with what's happening at ULU ... the LIVE music ... the campaigns ... the special offers ... the sports and other student activities ... the chance to vote in the student elections ... do all of this by simply updating your details online ...

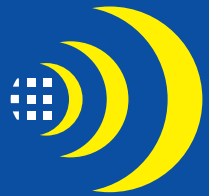


www. **ULU**.co.uk

Under the terms of the Government's 1994 Education Act, students have a right to opt-out of ULU without financial recompense. Any student of the University wishing to take up this provision should contact the office of the President, ULU for an opt-out form (Tel: 020 7664 2001).

University life isn't always plain sailing. Nightline was founded to give an impartial listening ear to students, no matter how big or small the issue.

nightline



Chat, cry, or just find the number for a library or takeaway. Nightline helps over 5000 students a year and listens without judging or lecturing.

Through the night, throughout the term, we'll talk through whatever's on your mind.

Call us: 020 7631 0101 (6pm-8am)
Email us: listening@nightline.org.uk (all emails will be answered within 48 hours)

The Service

London Nightline has offered a telephone helpline, and now an e-mail service, to students in London since 1971.

We receive thousands of calls each year from students, like you, from all over the city, who are looking for information or just someone to talk to. Our calls are about anything and everything, including academic work, relationships, health and depression.

Nightline is based at the University of London Union (ULU), but we are an independent charity, funded by colleges, universities and student unions in the London area. Our activities are overseen by a full-time co-ordinator and board of Trustees, who all have experience in the Higher Education field.

Next time you don't know where to turn, contact us in confidence using the details above.

If you need someone to talk to when Nightline is not open, you can call the Samaritans on 0845 90 90 90, or Get Connected, a free e-mail and telephone helpline for young people on 0808 808 4994.

Volunteering

Are you a good listener? Can you commit to just 3 nights a term to helping other students in London?

As a volunteer for London Nightline, you will receive comprehensive training in listening and helpline skills, plus continuous support from other volunteers and trained support staff. All we ask is that you are non-judgemental, empathetic and can adapt to the vast variety of calls we receive.

If this sounds like something YOU can do, come along to our introductory session in ULU on the 4th of October, and complete an online application form to register your interest at www.nightline.org.uk



Traveling to ULU by tube:

Northern Line to Euston, Warren Street and Goodge Street stations.

Piccadilly Line to Russell Square station.

Victoria Line to Euston and Warren Street stations.

Circle, Metropolitan and Hammersmith & City lines to Euston Square station.

Travelling to ULU by bus:

Gower Street

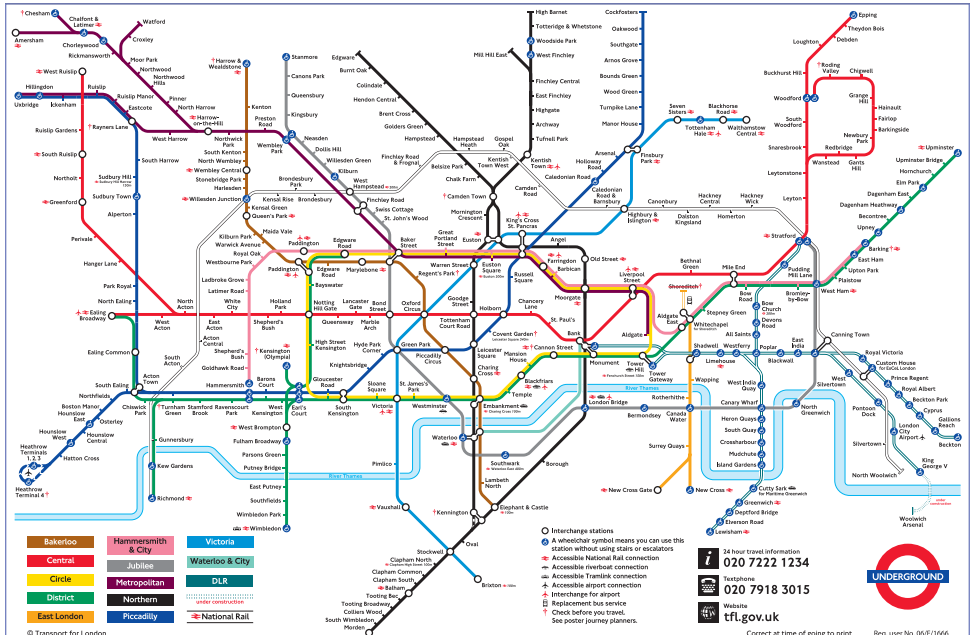
10, 24, 29, 73, 134, 390

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Woburn Place/Southampton Row

59, 68, 91, 168, 188





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