

WELCOME WEEK GUIDE

WELCOME TO SUSSEX



US
UNIVERSITY
OF SUSSEX

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WELCOME

Congratulations, you made it to Sussex!

You may be feeling excited, curious about what to expect, and perhaps a little unsure where to start. This guide is here to help you discover everything that's on offer and find out what you need to do, including where you can go to get help and advice on anything you need.

We are running many events throughout Welcome Week to help you settle in at Sussex. Events are listed on the SussexMobile app (see page 4), or pick up a What's On guide at information points around campus.

In this booklet, you can find practical information about facilities, support, getting online, getting around, and things to do in Brighton.

Not sure where to start? Complete the Essentials Checklist on the next page to help you get started.

Got questions? Our staff and students are on hand to help – you'll spot them around campus. Look out for the orange **Ask Me** signs.



ESSENTIALS

YOUR TO-DO LIST

ONLINE REGISTRATION (if you haven't done so already)

Completing Online Registration makes you an official member of Sussex and gives you access to our facilities. If you haven't completed your registration, you can complete it by selecting 'Before you arrive' at student.sussex.ac.uk/new-students

If you are an international student on a visa, don't forget that you will need to complete in-person registration.

GET YOUR STUDENT ID CARD

Your ID card covers the University and the Students' Union, and also grants you access to the Library. Scan the QR code to find out when and where to collect your card:



DOWNLOAD THE SUSSEXMOBILE APP

This practical app helps you record your lecture attendance, check your timetable, access email, check your upcoming assessments and manage your library loans and lists.
student.sussex.ac.uk/mobile-app

ATTEND YOUR ACADEMIC INDUCTION

Academic inductions run every day, 9am–6pm. Scan here for more details:



JOIN IN WITH WELCOME WEEK EVENTS

Events are running every day – check the SussexMobile app for listings or grab a guide from your nearest information point.

REGISTER WITH A DOCTOR

We have an on-campus NHS health centre. Register as soon as you can – don't wait until you're ill. In the event you need healthcare, you must be registered to make an appointment.
student.sussex.ac.uk/new-students/when-you-arrive/register-for-healthcare

Keep in mind that once you register with our surgery, it changes your status with your GP back home. You might need to access medical services there as a 'temporary visitor'.



THE RECHARGE

Chill + Create + Connect

11am–4pm
Student Centre
22–26 September

GETTING ONLINE

LOGGING IN

Download the **SussexMobile app** or the **Microsoft Outlook app** to access your email.

GETTING ONLINE

There are two Wi-Fi networks at Sussex: **eduroam** and **wifinity**.

Eduroam is the campus-wide Wi-Fi. We recommend that you set up eduroam on your devices as soon as you arrive. You should download the correct eduroam installer for your device.

Wifinity is only available in our halls of residence. Wifinity is primarily for connecting games consoles and other devices.

For more information on how to set up eduroam and wifinity, visit: sussex.ac.uk/its/eduroam or scan the QR code below.



To find guidance for your phone, tablet or computer, visit sussex.ac.uk/its/eduroam

YOUR SUSSEX USERNAME AND PASSWORD

When you register online, you will be given a unique username and password. The username is made up of your initials followed by a number. You will need this to access your Sussex email, campus Wi-Fi and other IT services.

You will only be contacted on your Sussex email from this time onwards, so it's a good idea to log in to your email straight away, check for messages, and remember to check it each day.

HELP

If you have technical issues, the IT Service Desk is here to help you all year round. You can visit the IT Service Desk in the Shawcross Building (9am to 5pm) or use the self-service portal to log any issues you may have: sussex.ac.uk/its/help

BEWARE OF SCAMMERS!

Scammers often target students, so please be vigilant of suspicious emails or questions. We will never ask you for your UCAS number when you're signing up for an event.



YOUR STUDENT EXPERIENCE

There are many ways to enrich your time with us as part of Sussex's vibrant community.

BELONG AT SUSSEX ACTIVITIES PROGRAMME

Belong at Sussex aims to support all students to build a sense of belonging, offering inclusive activities open to all throughout the academic year. We also offer a range of more targeted activities designed to support students from underrepresented groups to find their support network and community. Find out more about the Belong at Sussex programme at student.sussex.ac.uk/experience/belong

THE SPIRIT OF SUSSEX AWARD

The Spirit of Sussex Award celebrates the activities you take part in outside of your degree such as part-time work, co-creation, society memberships, or regular sport. You can collect points towards a Bronze, Silver or Gold award, which you will receive at your graduation ceremony as a University-accredited certificate. You have the whole length of your degree to complete it at your own pace.

Sign up today by scanning the QR code or visiting student.sussex.ac.uk/experience/award



Follow our Instagram: [@sosasussex](https://www.instagram.com/sosasussex)

THE CONNECTOR PROGRAMME

The Connector Programme employs students to work alongside Sussex staff, collaborating to improve the student experience at Sussex.

As a Student Connector, you'll develop professional and personal skills, and become part of a community of students and staff who want to make positive change. Connectors are paid for their work, and hours are flexible to fit around your studies.

Find out more by visiting student.sussex.ac.uk/experience/connectors and following us on Instagram [@connectorprogramme](https://www.instagram.com/connectorprogramme)

FIND YOUR COMMUNITY

Feeling part of the community and finding people that you have common ground with can really help you to settle in. It's easy to find people from similar backgrounds at Sussex – for example, by joining an international student meet-up, or attending our weekly Language Café.

Our Students' Union has over 180 student-led societies across areas including sports, international communities, theatre, music, games and more. There is something for everyone. Find out how to get involved at sussexstudent.com/your-community

JOBS AND WORK EXPERIENCE

The Careers and Entrepreneurship team is here to help you throughout your degree and beyond. With our support, you can build up your work experience, work towards securing a graduate role and find part-time work to fit in with your studies.

FIND PART-TIME WORK

- Log in to CareerHub with your student credentials to explore hundreds of vacancies including volunteering, internships and part-time jobs
- Attend our Student Jobs and Volunteering Fair on 9 October to meet local and on-campus employers who are hiring for part-time jobs

**LEARN MORE
ABOUT JOBS
AND CAREERS**

student.sussex.ac.uk/careers



DEVELOP YOUR SKILLS

Our year-round programmes, events and opportunities include:

- Career Lab work experience opportunities including summer internships and student consultancy
- Skills boost sessions
- Careers fairs and employer events
- Professional Placement Year planning
- Instant CV feedback with our CV360 tool
- Interview practice with our Big Interview tool

Access CareerHub to browse vacancies, book appointments, access resources and events:
careerhub.sussex.ac.uk

LIFE AT UNI FAIR

**Meet the student services
that can help you**

11am–3pm, Student Centre
22–26 September



MONEY

Student loans are activated once you have completed registration and collected your ID card. It can then take three to five days for funds to transfer to your chosen account. The earliest possible payment date for most students will be Monday 29 September.



BANKING

If you are an international student, we recommend that you open a UK bank account so you can manage your finances safely and effectively. Find out more about how to open a bank account on the Student Hub at student.sussex.ac.uk/new-students/when-you-arrive

There is a cash machine (ATM) on campus in Bramber House, opposite the Co-op.

HARDSHIP FUNDING

Hardship funds are available to help students who fall into financial difficulty during their time at Sussex. Find out more about emergency funding at student.sussex.ac.uk/money



BUDGETING AND FINANCIAL RESPONSIBILITY

For some of you, coming to university is the first time that you will be living independently. You will have financial responsibilities, which could feel a bit overwhelming. To help you, you can access Blackbullion: an online money management programme.

Register for free using your Sussex email address. Access it through: student.sussex.ac.uk/money/platform

- ✓ Develop financial confidence
- ✓ Gain confidence in decision-making
- ✓ Access help on all aspects of finance (loans and bursaries, budgeting, pension planning, investing and crypto-currency)
- ✓ Learn about scholarships and bursaries

 **blackbullion**

LIVING ON CAMPUS

Your student house is your home away from home. Living with new people in a new place can take some adjustment, but our Residential Life Connectors are here to support you to succeed at communal living. You will meet your Residential Life Connector in your first few weeks on campus.



TOP TIP

Unpack early! Make your room comfortable from the start, so you can focus on exploring our wonderful campus, making lifelong friends and enjoying Welcome Week events.



MAKE IT YOUR OWN

You can help yourself settle into your space and make it a place of your own. Some great places to find items are:

- The Open Market and London Road shops, which sell cheap homewares, second-hand books and records
- Falmer Quad for poster and plant sales
- The North Laine area in central Brighton, which is full of independent shops.

You can find out more information by selecting 'Settling in' at student.sussex.ac.uk/new-students

GETTING AROUND

Campus is well connected, making it easy to get around.

BY BIKE

At Sussex, we care about making it easy for students to travel to campus sustainably. There are cycle lanes across Brighton, including along Lewes Road (the main route to campus from the city), the seafront, Grand Avenue and The Drive.

BY BUS

You can catch a direct bus (number 25) from Brighton to the heart of campus. It takes around 20–30 minutes off peak. Be aware that peak-time buses can get very full, especially during Welcome Week, so you may wish to consider alternative transport options or leave extra time for your journey.

If you're heading for town, you could get off the bus at St Peter's Church for the North Laine area, or stay on for the shops at North Street/Churchill Square.

On your return journey, simply look out for buses that stop at the University of Sussex or Falmer Station.

You can get a night bus (**N25**) back to campus from Old Steine (central Brighton). Keep in mind that services are limited to two per hour after midnight.

The easiest way to buy a bus ticket ('Student City Saver') is through the **Brighton & Hove Buses app**. Alternatively, you can pay-as-you-go via contactless on board the bus.

BY TRAIN

Falmer Station is about 150 metres from campus (around a two-minute walk for most people). You can cross over to platform 2 to catch a direct train to Brighton (a 10-minute journey) or take a train from platform 1 to get to Lewes (a seven-minute journey). Visit **[nationalrail.co.uk](https://www.nationalrail.co.uk)** for timetables and routes.

For accessibility advice, visit **[southernrailway.com/accessibility/assisted-travel](https://www.southernrailway.com/accessibility/assisted-travel)**

BY TAXI

Brighton has several local taxi companies, and there's a taxi rank located behind Brighton station. If you are travelling late at night, travel in groups when possible, use registered taxis, or take reliable public transport.





JOIN US FOR A DAY OF CELEBRATION!

10am–4.30pm
Friday 26 September

Enjoy faculty welcomes, live performances, tasty treats and some special furry guests on campus!

Don't miss out!



Access

-  Primary pedestrian route
-  Other pedestrian route
-  Road with pavement
-  Cycle route
-  Step-free route
-  Entrance (wheelchair accessible unless wheelchair-user entrance label on building)
-  Wheelchair-user entrance
-  Step slope (gradient)
-  Steps (number of steps)
-  Lift

Transport

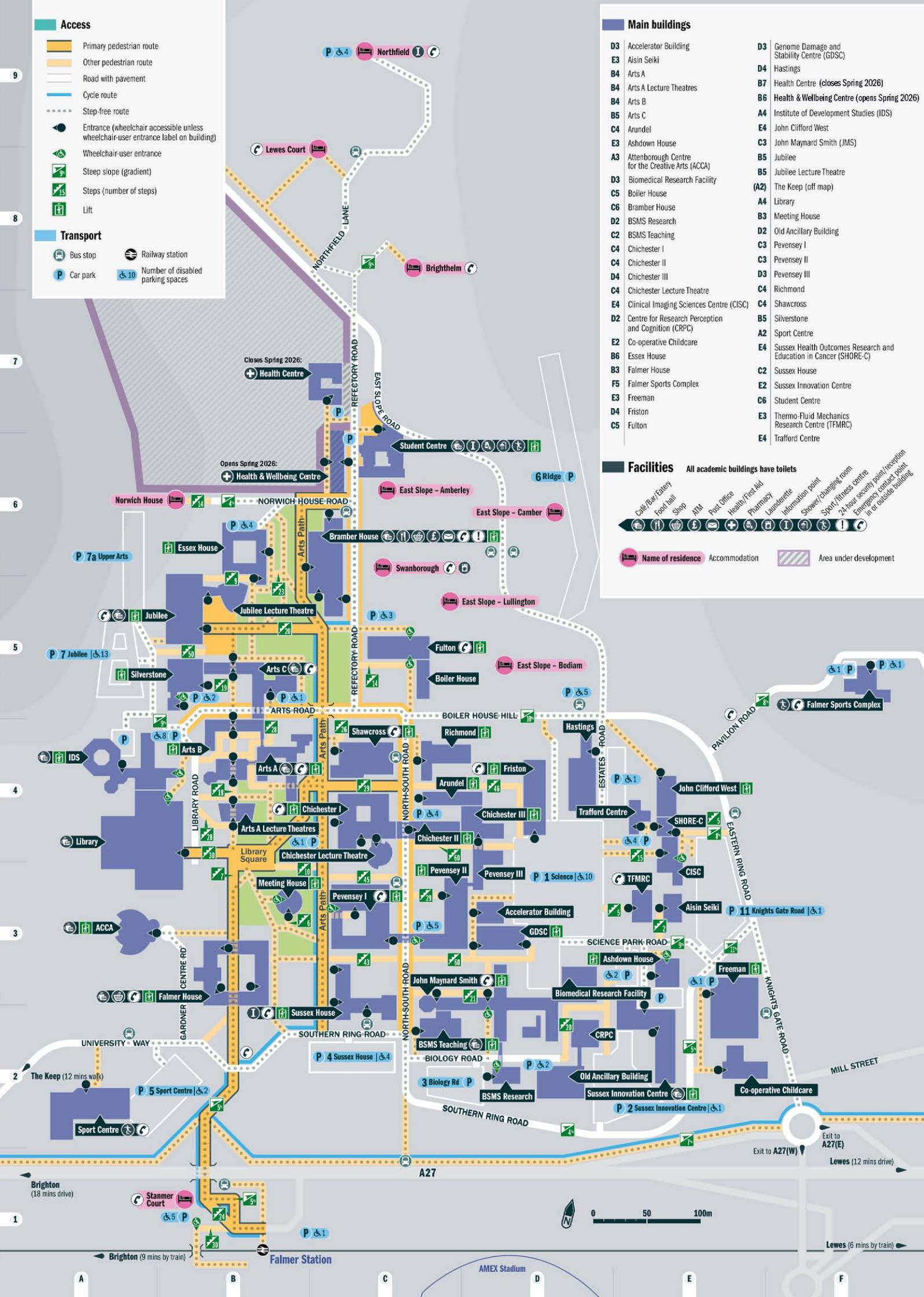
-  Bus stop
-  Railway station
-  Car park
-  Number of disabled parking spaces

Main buildings

- | | |
|--|--|
| D3 Accelerator Building | D3 Genome Damage and Stability Centre (GDSC) |
| E3 Aisin Seiki | D4 Hastings |
| B4 Arts A | B7 Health Centre (closes Spring 2026) |
| B4 Arts A Lecture Theatres | B6 Health & Wellbeing Centre (opens Spring 2026) |
| B4 Arts B | A4 Institute of Development Studies (IDS) |
| B5 Arts C | E4 John Clifford West |
| C4 Arundel | C3 John Maynard Smith (JMS) |
| E3 Ashdown House | B5 Jubilee |
| A3 Attenborough Centre for the Creative Arts (ACCA) | B5 Jubilee Lecture Theatre |
| D3 Biomedical Research Facility | (A2) The Keep (off map) |
| C5 Boiler House | A4 Library |
| C6 Bramber House | B3 Meeting House |
| D2 BSMS Research | D2 Old Ancillary Building |
| C2 BSMS Teaching | C3 Pevensey I |
| C4 Chichester I | C3 Pevensey II |
| D4 Chichester II | D3 Pevensey III |
| D4 Chichester III | C4 Richmond |
| C4 Chichester Lecture Theatre | C4 Shawcross |
| E4 Clinical Imaging Sciences Centre (CISC) | B5 Silverstone |
| D2 Centre for Research Perception and Cognition (CRPC) | A2 Sport Centre |
| E2 Co-operative Childcare | E4 Sussex Health Outcomes Research and Education in Cancer (SHORE-C) |
| B6 Essex House | C2 Sussex House |
| B3 Falmer House | E2 Sussex Innovation Centre |
| F5 Falmer Sports Complex | C6 Student Centre |
| E3 Freeman | E3 Thermo-Fluid Mechanics Research Centre (TFMRC) |
| D4 Friston | E4 Trafford Centre |
| C5 Fulton | |

Facilities

- All academic buildings have toilets
-  Cafe/Bar/Entry
 -  Food hall
 -  Shop
 -  ATM
 -  Post Office
 -  Health/Fitness Aid
 -  Pharmacy
 -  Launderette
 -  Information point
 -  Showery/changing room
 -  Sport/Fitness Centre
 -  24-hour security point/reception in or outside building
-  Name of residence  Accommodation  Area under development



EATING AND FOOD SHOPPING

EATING ON CAMPUS

There are cafés spread across the University campus with a range of coffees, fresh grab-and-go or sit-down meals.

- **IDS Bar & Kitchen (Institute for Development Studies):** world food, coffees, and cakes. IDS bar has an urban coffee house vibe, board games, and relaxed music.
- **Eat Central (Bramber House):** the campus food hall where you can grab everything from breakfast to street food on the go. Just turn up or download the Time2Eat (by Compass Digital) app to deliver anywhere on campus.
- **The Students' Union Falmer Market** offers a selection of street food vendors to suit a variety of tastes. It takes place every Tuesday during term time.
- **Falmer Bar, Room 76** and **The Deli:** run by the Students' Union, this three-in-one venue provides a variety of food and drink options. Falmer Bar is the main Student Union bar. Room 76 is a popular cafe, great for bubble tea and cake, and The Deli provides fresh sandwiches.

FOOD SHOPPING

On campus

You can buy your essentials from the **Co-op** supermarket in **Bramber House**.

The **Union Shop** sells a variety of grab-and-go lunches, baked goods, confectionery and a selection of ready meals.

You can do your food shopping online and have it delivered to your accommodation, or you can order last-minute groceries from **Deliveroo**, **Uber Eats** or **Just Eat**.

Off campus

You can catch a direct bus from campus to your local supermarkets. Get off on **Lewes Road** to find Aldi and Sainsbury's, or get the 23 bus to Brighton Marina for the Asda supermarket.

There are more shopping options in **central Brighton**, including the **Open Market**.

Catch bus numbers
23, 25, 28, 29 or
5B to go to the
supermarkets.





To keep up to date with all our exciting foodie pop-ups and events happening around campus, follow [@sussexunifood](#) on Instagram

STUDENT SUPPORT

Starting university is exciting, but it also brings new challenges. It's normal to need extra support sometimes. You can take control of your experience by accessing the University's support services in a variety of ways.

STUDENT ADVICE AND GUIDANCE

Our Student Hub pages provide focused information on a range of topics, with tips and guidance that will help you throughout your student journey. We also have a help tool, My Sussex, which brings student support information together in one place, and provides an online portal where you can get the advice and guidance that you need. To access My Sussex once you've completed registration, visit mysussex.sussex.ac.uk.

The Student Centre puts student support at the heart of our campus, with a dedicated team on hand to help with day-to-day issues and queries – enabling you to find the information you need, and connecting you with an expert for in-person advice and guidance when you need it. You can get information about:

- settling in
- housing and living with other people
- letters to support your study
- health and wellbeing
- disability support
- personal concerns
- visas and immigration



- jobs and careers
- funding and money advice
- attendance issues
- exceptional circumstances affecting your assessments
- changing your degree or withdrawing from your course.

Visit student.sussex.ac.uk/centre or call **01273 075700** between 10am and 4pm. You can also drop by the Student Centre Welcome Desk from Monday to Friday, 8.30am–5pm.

THE STUDENT CENTRE SPACE

The Student Centre is a great place to meet other students and study individually or in groups. The variety of spaces means that you can find places to discuss ideas and talk with friends, while other areas lend themselves to quieter working and calm.

The facilities include:

- spaces for workshops and group work
- rooms for confidential advice sessions and meetings
- flexible spaces where you can meet and collaborate
- heat and eat facilities
- Atrium Market with food and locally roasted coffee to go
- a courtyard garden.

SEXUAL HEALTH

The C card scheme gives you access to free condoms and sexual health resources on campus, with no intrusive questions. You can get a range of condoms, self-testing kits and other resources from:

- the Student Centre Welcome Desk (24/7 in term time)
- Falmer House, on Wednesdays at the 'Free Wednesdays' stall (in term-time, 12 noon–2pm)



CONSENT AND BOUNDARY SETTING

Our online module, Everyday Consent: Relationships, Boundaries & Action, is designed to help you explore the role of consent in everyday life. It covers how to navigate expectations and pressures in sex, dating, and relationships; how to understand and practise consent in ways that lead to safe and satisfying experiences for all; and how to recognise harassment and safely step in when someone might need support. You'll find it at canvas.sussex.ac.uk/courses/37724

Content warning: this course contains references to sexual violence. There are survivor sensitive options available within the course.

ALCOHOL AND DRUGS

If you have concerns about alcohol, drugs, or smoking, or are worried about friends, you can find help and advice in the 'Settling in' pages at student.sussex.ac.uk/new-students or ask for advice at the Student Centre.



HARASSMENT AND SEXUAL MISCONDUCT

We are committed to providing a safe, inclusive and respectful environment for everyone. Support is at hand if you experience any form of abuse or harassment. If you are worried about or affected by harassment and sexual misconduct, you can find all the information you need here:



REPORT AND SUPPORT

Tell us about an incident of bullying, harassment, sexual misconduct, domestic abuse, hate, discrimination, stalking or spiking on our online platform and get support at reportandsupport.sussex.ac.uk

RESIDENTIAL LIFE

The Residential Life team can offer you support with navigating life in University-managed accommodation between 8am and 6pm, Monday to Friday. You can reach the team on **01273 876600** or via the My Sussex online portal once you've completed registration: mysussex.sussex.ac.uk

Follow us on Instagram:
@reslifesussex

Find out more here:



SECURITY

You can visit the **24-hour Security Office** at Bramber House to speak to the Security team, or you can call **01273 873333** in an emergency.

THERAPEUTIC SERVICES

The University's therapeutic services offer short-term therapy to students who are experiencing mental or emotional distress. Go to sussex.ac.uk/counselling to find out more about what we offer.

If you have a mental health condition or issues with your mental health, you should see your GP (doctor) in the first instance.

DISABILITY SUPPORT

Our Disability Advisors provide confidential information to all students on:

- accessing study support and reasonable adjustments for your disability or long-term condition
- accessing funded support for your disability or long-term condition.

You can contact them via the My Sussex online portal.

Find out more at student.sussex.ac.uk/disability

COURSE-RELATED QUESTIONS

If you have questions about your course or teaching, speak to your School of study. Find the contact for your School here:





STAYING UP TO DATE AT SUSSEX

At Sussex, we want you to be informed, connected and confident throughout your time here. From essential updates to ideas for making the most of student life, there are two key emails that every taught student receives – Student Update and Experience Sussex!

STUDENT UPDATE – YOUR ESSENTIAL WEEKLY READ

Sent every Thursday, the Student Update includes the most important information you need to know for the week ahead – covering teaching matters, deadlines, key events, wellbeing services, changes to campus facilities and much more.

Keep an eye on your Sussex email and take a moment to read it every Thursday. It's an easy way to stay informed and avoid missing important updates.



EXPERIENCE SUSSEX! – INSPIRATION FOR YOUR STUDENT LIFE

Landing in your inbox every other Monday, Experience Sussex! is the University's student magazine. Each edition explores a theme linked to your Sussex journey – from making friends and getting involved to thriving during assessments and making the most of the range of opportunities available to you here at Sussex.

It's full of real student voices, tips on life in Brighton & Hove and beyond, opportunities to try something new, and advice for getting the best from your university experience. You can also find each edition on the Student Hub.

TOP TIPS TO STAY INFORMED

- **Check your Sussex email regularly** – this is how the University will contact you.
- **Bookmark the Student Hub** – your go-to for all things Sussex. From academic info to support services, it's all in one place: student.sussex.ac.uk
- **Follow @sussexuni on Instagram – and @sussexuni on TikTok** – get real-time updates, event highlights, and content made by students, for students.
- **Look out for posters and screens around campus** which will tell you about upcoming events, campus information and security details.

SUSSEX SPORT

Being active is a great way to make new friends and look after your health. Sussex Sport – our sports service – works with the Students' Union to provide a programme of sport, fitness, and wellbeing activities.

You can become a member of Sussex Sport or use the facilities on a pay-and-play basis. We have three on-campus sport areas:

- **The Sport Centre:** indoor sports, group fitness classes, and a brand-new gym
- **Falmer Sports Complex:** sports teams' fitness suite and sports pitches.
- **Active Arches:** a brand new studio in the heart of campus.



MEMBERSHIPS

GOLD

All-inclusive, any-time use

SILVER

All-inclusive, off-peak use only

BRONZE

Reduced price pay and play



You can find more information, including a full list of group fitness classes, facilities, and membership prices, at sussex.ac.uk/sport

THE STUDENTS' UNION

The University of Sussex Students' Union is a big part of life on campus and in Brighton. Once you've completed your Online Registration, you're automatically a member, so you can get out there and get involved.

You can take part in events, sports clubs, and societies, and why not campaign for change and get your voice heard? Connect with the Students' Union on social media to stay in the loop, or visit the Students' Union website at sussexstudent.com

You can get independent advice throughout your time at Sussex from the Students' Union: email advice@sussexstudent.com or visit sussexstudentunionadvice.simplybook.it/v2 to book an appointment.

Visit them at Falmer House, connect with the Students' Union on social media to stay in the loop, or visit the Students' Union website at sussexstudent.com



THE BUDDY SCHEME

The Students' Union also runs the Buddy Scheme, which can help you settle in by matching you with a student already studying at the University. Your buddy can support you through the first few weeks, introducing you to life at uni in Brighton and beyond.

Find out more information and how to sign up for the scheme at buddyscheme.com



@sussexsu





EVENTS
FRESHERS
2025

FRESHERS BEATS AND MEETS

19 SEP

8PM - 12AM

FALMER HOUSE PARTY

20 SEP

8PM - 2AM

SUSSEX FESTIVAL

21 SEP

7PM - LATE

BIG NIGHT OUT

22 SEP

7PM - LATE

BIG NIGHT IN

22 SEP

5PM - 11PM

FRESHERS ROLLER DISCO

22 SEP

FROM 6PM

PIER PARTY & AFTER PARTY

25 SEP

6PM - LATE

TICKETS



PLACES TO GO

There are many great places to spend time around campus and in Brighton. Here are a few of our favourites.

ON CAMPUS AND NEARBY

- **South Downs National Park** – go out for a walk (or a jog) and enjoy the English countryside.
- **Stanmer Park and One Garden** – enjoy a walk through the woods or take a stroll in the walled garden.

- **Stanmer Village** – visit the local café for a cup of tea and a snack.
- **Falmer Bar** – have a drink, eat, or socialise at the Students' Union bar.

IN BRIGHTON AND HOVE

- **North Laine area** – wander the streets and explore local shops while taking in Brighton's atmosphere.
- **Brighton cafés and restaurants** – plenty to choose from to suit all tastes.
- **Royal Pavilion Gardens** – chill out in the gardens of Brighton's palace.
- **Brighton seafront** – take a selfie in front of Brighton Palace Pier. Grab some fish and chips but be aware of the seagulls – they love to steal a chip or two!





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...IA - DUKE'S CINEMA



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#HeySussex

FOLLOW US ON SOCIAL MEDIA

Keep up to date with our latest news,
events, and information.

Use the hashtag to show the world
how you're settling in to Sussex,
and to ask us any questions.

The logo for the University of Sussex, featuring the letters 'US' in a large, bold, serif font.

UNIVERSITY
OF SUSSEX