



# GETTING INVOLVED

### STUDENT AMBASSADOR SCHEME

**Be an inspiration to young learners -** become a student ambassador. Visit [westminster.ac.uk/ambassadors](http://westminster.ac.uk/ambassadors)

#### What is the scheme?

The Student Ambassador Scheme is part of the University's outreach work and is intended to encourage learners/young people, some of whom do not have a family background of higher education, to consider study opportunities in higher education.

#### Who can join and what does it involve?

If you are a good communicator, enthusiastic about your life and studies at the University of Westminster, and interested in enhancing your CV with valuable work experience and transferable skills, the scheme offers you the chance to share your knowledge and passion with young people across the UK.

As a Student Ambassador you will represent the University in a variety of activities, with the opportunity to attend higher education fairs and events, visit schools and colleges, and deliver talks on student life and courses at the University.

#### What are the benefits?

In exchange for your time and energy, you will receive training to develop and enhance your skills and confidence, as well as payment for the work you do. The hours will be ad hoc hours to fit in with your study schedule.

#### How do I join?

If you are interested in becoming a Student Ambassador, contact the Ambassador Coordinator, Ms Jennifer Rich. Application forms will be available from August 2011 and recruitment will take place from September 2011.

Jennifer Rich  
Ambassador Coordinator & Outreach Assistant  
T: +44 (0)20 7911 5000 ext 6251  
E: [j.rich1@westminster.ac.uk](mailto:j.rich1@westminster.ac.uk)

### MAKING YOUR VOICE HEARD

#### Student surveys

There are a variety of ways to give us your feedback, but online student surveys play a critical role, providing an important opportunity to have your say and influence changes in University policy and practice. Your feedback helps us monitor, improve and enhance our performance and, ultimately, helps ensure that all students have the best possible experience at Westminster.

The surveys, which are administered by or on behalf of the University, are issued at set times during the year to undergraduate and taught postgraduate students. International and Research Degree students will receive a number of tailored surveys during their studies.

#### Module Feedback Questionnaire

The online Module Feedback Questionnaire (MFQ) is sent to all undergraduate and taught postgraduate students and aims to provide a convenient, secure and confidential way of giving us your feedback on your taught course modules. Your feedback offers academic staff a valuable insight into your expectations and needs, and helps shape any appropriate future developments and enhancements. The survey is administered by the Student Surveys Team. For more information visit [westminster.ac.uk/mfq](http://westminster.ac.uk/mfq)

#### Student Experience Survey and National Student Survey

The online Student Experience Survey (SES) and National Student Survey (NSS) are equivalent course/University experience surveys that are designed for different student groups.

The SES is an annual survey issued to non-final year undergraduates and taught postgraduates. The survey asks students to reflect on their academic experience and related resources and support. The survey is administered by the Student Surveys Team.

The NSS is sent out to final year undergraduates only and is a unique opportunity to give us your opinions on your overall course and University experience. Undergraduates across the UK take part in the survey and the results provide essential comparative information for universities and student unions. The survey is commissioned by the Higher Education Funding Council for England



(HEFCE) and is conducted by an independent body, Ipsos-Mori. The results of the NSS are published in the Autumn Term on the Unistats website, at [unistats.com](http://unistats.com)

For more information visit [westminster.ac.uk/coursesurveys](http://westminster.ac.uk/coursesurveys)

## STUDENT REPRESENTATIVES

**Become a student representative**  
[westminster.ac.uk/student-representation](http://westminster.ac.uk/student-representation)

Student representatives, who are elected each year by fellow students on their course, ensure that student views and comments are heard and acted on at course committee meetings and school-level committees.

Each course has a course committee which is made up of lecturers, support staff and students. Its role is to examine and discuss the course and its development. Student representatives play a crucial part at the committee meetings, providing student feedback on the course and raising any issues that are affecting students. In addition, student representatives are nominated to the School Board and School Learning, Teaching and Quality Sub-Committee.

If you are interested in becoming a student representative, speak to your course leader. If elected, you will receive training and support in preparation for your role and will also have the opportunity to develop and practise useful transferable skills.

## SPORT AND LEISURE

**Join one of our sports teams**  
Visit [uwsu.com](http://uwsu.com) and click on 'sports and societies'

The University aims to provide a professional and affordable health and fitness service to staff, students and members of the public throughout the

year. All levels are provided for, from beginner to advanced, and there are a variety of clubs you can join.

The University of Westminster Students' Union (UWSU) has many active sports teams and clubs, from football and basketball to cheerleading and taekwondo. Many of the teams play in the national student league, which sees universities compete against each other.

### Facilities

The Regent Street Gym and Harrow Sports Hall offer services that include fitness assessment, exercise prescription, body composition measurement and one-to-one personal training.

### Regent Street Gym

Regent Street Gym boasts state-of-the-art facilities:

- cardio theatre entertainment system
- free weights
- large, multi-function hall
- silent spinning suite
- two studios.

Changing rooms are available and there is full wheelchair user access to facilities and equipment.

T: +44 (0)20 7911 5892

E: [unisportregent@westminster.ac.uk](mailto:unisportregent@westminster.ac.uk)

### Harrow Sports Hall

The hall accommodates a broad mixture of sports:

- badminton
- basketball
- cricket nets
- five-a-side football
- hockey
- netball
- table tennis
- volleyball
- various fitness/martial arts classes.

There is also a fully equipped fitness suite with modern resistance and cardiovascular machines.

T: +44 (0)20 7911 5965

E: [unisportharrow@westminster.ac.uk](mailto:unisportharrow@westminster.ac.uk)

### Chiswick Sports Ground

The sports ground at Chiswick was established over a century ago in commemoration of the University's founder, the philanthropist Quintin Hogg. The boathouse features a bar and balcony overlooking the River Thames and marks the finishing line of the Oxford and Cambridge Boat Race.

The water-based and sand-based Astroturf pitches at Chiswick can be used for either hockey or football. The water-based pitch is a specialist, international-standard hockey pitch. Changing facilities, function rooms and bars are incorporated into the main pavilion that overlooks the grounds and further changing rooms can be found in the boathouse.

A range of facilities are available, including:

- all-weather tennis courts
- cricket pitch
- football pitches
- netball courts
- rowing
- rugby pitch.

T: +44 (0)20 8995 6863

E: [unisportchiswick@westminster.ac.uk](mailto:unisportchiswick@westminster.ac.uk)



## UNIVERSITY OF WESTMINSTER STUDENTS' UNION (UWSU)

When you enrol you automatically become a member of the University of Westminster Students' Union, an organisation that is run by students, for students. UWSU champions students' views and needs at University boards and committees, ensuring that the student voice is heard when important decisions are made.

In addition to its representational function, UWSU plays a crucial role in organising and facilitating a variety of extra-curricular events and activities for students throughout the year. The Union is home to a broad array of society groups and sports clubs that meet regularly – from basketball and jujitsu to politics and break-dancing. And if you have an idea for a new club or society, the Students' Union can try and set it up for you.

### Academic advisers

If you have any concerns relating to your studies, UWSU's team of academic advisers is able to assist.

UWSU Senior Welfare Adviser  
Suzanne Leach  
Harrow Campus  
Watford Road  
Northwick Park  
Harrow HA1 3TP  
T: +44 (0)20 7911 5000 ext 4022  
E: leachs@westminster.ac.uk

### Freshers' Fortnight

To welcome new students to Westminster and to help them settle in and make new friends, the Students' Union organises the Freshers' Fortnight – a two-week calendar of social events and activities held across the different campuses, including a range of events at UWSU's bars and cafe. There will also be a Freshers Fair, which gives you the opportunity to find out more about how to participate in the sports clubs and societies and how you can get involved in Smoke magazine or Smoke Radio.

### Fancy growing your own food?

Get involved in the allotment project at Marylebone Campus by contacting UWSU President Robin Law – r.law1@westminster.ac.uk

### Smoke Radio and Smoke magazine

UWSU's award-winning *Smoke* magazine and Smoke Radio station are always on the lookout for new talent and contributors. If you would like to write or take pictures for *Smoke* magazine, have some ideas for Smoke Radio, or would like to get involved in some other way, get in touch with [uwsuadmin@westminster.ac.uk](mailto:uwsuadmin@westminster.ac.uk).

Listen to Smoke Radio at [smokeradio.co.uk](http://smokeradio.co.uk) and download the magazine at [uwsu.com](http://uwsu.com)

### UWSU's sabbatical officers

The sabbatical officers are elected student representatives with specific portfolios, who have either completed their degree or chosen to take a year off from their course to fulfil this role.

The Sabbatical Team are elected to support and represent the student body at University level and champion student issues, in partnership with the National Union of Students, at national level. There are four sabbatical officers, each with a different role:

- President
- Vice President Activities
- Vice President Communications
- Vice President Education.

More information about the University's sabbatical officer roles and campaigns can be found at [uwsu.com](http://uwsu.com)

### UWSU Offices

UWSU has two offices - one at Harrow near the Refectory and one at Marylebone on the first floor.

Harrow UWSU office  
T: +44 (0)20 7911 5000 ext 4413  
E: [uwsuadmin@westminster.ac.uk](mailto:uwsuadmin@westminster.ac.uk)

Marylebone UWSU office  
T: +44 (0)20 7911 5000 ext 5454  
E: [uwsuadmin@westminster.ac.uk](mailto:uwsuadmin@westminster.ac.uk)

### Inter:mission bar, Marylebone

A stylish bar with dance floor, pool table and plasma screens providing a range of music nights and live performances. Serves hot and cold food throughout the day.

Open Monday 11am-12pm, Tuesday to Friday, 11am-11pm, Saturday 12pm-12.30am and Sunday 12pm-11.30pm. It is sometimes open until 3am for special events.

### Inter:mission lounge, Marylebone

A cafe serving hot and cold drinks and snacks, with a pool table, wi-fi and books to read. Open Monday to Friday, 8.30am-6pm.

### Undercroft bar, Harrow

A busy student bar with beer garden and live music. Hot and cold food are served throughout the day.

Open on Monday from 11am-1am and Tuesday to Friday 11am-11pm.

### Area 51 nightclub, Harrow

Hosts a range of social events, including club nights, live music and dance acts, and fancy dress parties. Every Wednesday 9.30pm-2.30am

### Students' Union Shop, Cavendish

The shop is stocked with a range of items, including snacks, stationery and Halal sandwiches. Open Monday-Friday 9am-5pm

### Students' Union Shop, Harrow

The shop sells a variety of student essentials, from snacks and Halal sandwiches to stationery, blank CDs and DVDs. There is also a free cash machine next to the shop.

Open Monday to Thursday, 9.15am-7pm. Friday 9.15am-6pm. Saturday 11am-5pm.



Right: Inter:mission bar, Marylebone

### STUDENT DISCOUNTS AND MONEY SAVING TIPS

Many students worry that London will be a very expensive place to live and study, but you will find that the city is actually very student-friendly, offering a vast array of student discounts on everything from transport to shopping, entertainment and eating out. By doing a bit of research, making the most of available discounts and shopping wisely, you will be surprised at how far your money can go. As a fully enrolled student you automatically become a member of the National Union of Students (NUS), an organisation that represents the interests of all students in the UK. Once you are a member you will be able to purchase the NUS Extra card, which makes you eligible for a wide range of discounts. If you have any plans to travel abroad you may also wish to invest in an International Student Identity Card (ISIC), allowing you to take advantage of worldwide student discounts.

#### **NUS Extra card discounts**

[nus.org.uk/en/NUS-Extra](http://nus.org.uk/en/NUS-Extra)

#### **ISIC card discounts**

[isic.org](http://isic.org)

#### **Student discounts**

[studentbeans.com](http://studentbeans.com)

#### **Free e-books**

[gutenberg.org](http://gutenberg.org)

#### **Cheap books**

[amazon.co.uk](http://amazon.co.uk)

#### **Money-saving tips**

[moneysavingexpert.co.uk](http://moneysavingexpert.co.uk)

#### **Compare prices**

[megashopbot.com](http://megashopbot.com)

#### **Compare broadband prices**

[ukbroadbandguide.com](http://ukbroadbandguide.com)

#### **Compare mobile phone deals**

[onecompare.com](http://onecompare.com)

[mobilephonechecker.co.uk](http://mobilephonechecker.co.uk)

#### **Find out what's going on in London**

(including free events)

[timeout.com/london](http://timeout.com/london)

