Hello and welcome from UPSU, your Students’ Union.

We are very excited to welcome you to Plymouth University and the University of Plymouth Students’ Union. UPSU is an independent charity run by students for students. We facilitate student representation at all levels, host the sports clubs and societies, manage campus sports facilities and provide volunteering opportunities, independent advice, entertainment and accommodation.

We operate with high standards and have received awards for our performance, including the Students’ Union Evaluation Initiative (SUEI) Bronze, Investors in Volunteering, Green Impact Excellence Outstanding and Investors in People – Gold Award.

Though you may be studying away from the main Plymouth campus, UPSU is still dedicated to supporting you through your time as a Plymouth student. This guide should help you understand a little bit more about what UPSU can do for you!
our vision
To transform lives through experience.

our mission
To make a positive impact on the lives of all our members, through understanding, empowering and delivering on their needs.

our values

Student Led:
We place students at the heart of everything that we do, so that all of our decisions are made for the benefit of our students and the organisation.

Progressive:
Providing a democratic decision making structure that enables students to develop their citizenship qualities.

Fun:
We want to ensure that your time with us is as enjoyable as possible.

Empowering:
We provide opportunities for our staff and students to develop their life skills, to use their initiative and make a positive difference to their lives and communities.

Democratic:
We are student led through strong democratic structures. We believe in the principle and power of democracy.

Sustainable:
We make sure we have, and will continue to have, resources available to protect our ability to meet our members’ needs now and in the future.
Our six Executive Officers are elected by you to represent all Plymouth students for one year. Any student can stand for one of the positions, including you, our partner students. See upsu.com for more details throughout the year. The successful students either take a year out from their studies or do an extra year at the end of their degree, all to improve your student experience.

The Executive Officers focus on specific areas of the student experience. For example; education, sports, activities, student welfare and international students. There is also a role that is focused on you, our partner students, to ensure your voice is being heard and you are being represented at the highest decision making boards at the University and Students’ Union.

Our Executive Officers are also trustees of UPSU, so the whole organisation is led by our students.
SU President
Ruth Titmuss

Ruth is responsible for leading the Executive Officer Team and representing Plymouth students nationally and across the University. She supports UPSU's organisational communications and is the first point of contact for external press enquiries.

@ ruth.titmuss@su.plymouth.ac.uk  @UPSU president  01752 588372

VP Sport & Deputy President
Matthew Dark

Matthew is responsible for representing the views of Plymouth students involved in sporting activities and student clubs, supporting their short and long term development and improving their experiences. As well as developing sporting partnerships, strategies and opportunities in the University and local community.

@ matthew.dark@su.plymouth.ac.uk  @UPSU sport  01752 588379

VP Welfare
Jessica Small

Jessica is responsible for representing Plymouth students and improving their experience in all areas related to welfare (health, wellbeing, equality and diversity etc.) and students in the community (housing, environment, safety etc.).

@ jessica.small@su.plymouth.ac.uk  @UPSU welfare  01752 588379
VP International & Outreach
Dave Bertelli

Davide is responsible for representing and improving the experience of our non-traditional students. These include International, Postgraduates, and Mature students, and those that are studying at one of our Partner Colleges.

@davide.bertelli@su.plymouth.ac.uk  @UPSUintOut  01752 588378

VP Education
Steph Wearne

Steph is responsible for representing Plymouth students and improving their experience in all areas related to education (feedback, course costs, placements etc.). She also works to support the course and school rep system.

@steph.wearne@su.plymouth.ac.uk  @UPSUeducation  01752 588372

VP Activities
James Stoner

James is responsible for representing the views of Plymouth students and improving their experiences and breadth of opportunities in all areas relating to student media, fundraising, volunteering and societies.

@james.stoner@su.plymouth.ac.uk  @UPSU_activities  01752 568263
Did you know that you are part of one of the UK’s largest and longest established academic partnerships? Plymouth University and UPSU are proud to work alongside 13 academic institutions across the whole of the South West and the Channel Islands, supporting over 5,000 students studying for a Plymouth Award.

Despite all the fantastic opportunities the Students’ Union can offer to enhance your student experience, you are primarily here to learn. It is important that you remember that although you are based away from the main campus, you still have access to all of our learning facilities, including the four storey state of the art library, over 2.5 million online e-resources, the ability to borrow 20 books for up to 6 weeks, 24/7 library access and inter-library loans to name a few!

One of your key resources is: www.studywithplymouth.ac.uk for more information about the University and library services.

Catherine Tetreault | Outreach Coordinator

Catherine is responsible for providing links between our off-campus students and UPSU.

☎ 01752 588392
@UPSU_Partners
/UPSUPartnerInstitution
@ partnershipstudents@upsu.com
Our partners are:

- Bridgwater College
- City of Bristol College
- City College Plymouth
- Cornwall College
- Exeter College
- Highlands College
- PETROC
- Somerset College
- South Devon College
- Strode College
- Truro & Penwith College
- Tor Bridge High
- Weymouth College
As a student of Plymouth University, you have your own student email account. It is important that you keep checking this account to ensure you don’t miss out on any opportunities or news. If you don’t want to worry about checking multiple accounts, don’t worry, you can set up a forward onto an email account of your liking!

1. Decide which of your email accounts you use most often
2. If this is going to be your Plymouth account, then you are done! If not, move onto step 3
3. Select ‘set up a forward’ in your account settings, under the file tab
4. Enter your most used email address, this may be your college address
5. Stay updated and informed on all things Plymouth University and UPSU!

Get a university card from your college HE Office or equivalent
Fill in the form and hand back to the office with a passport photo
Collect your card when ready

Plymouth University have collated all your need to know information about studying away from the main University campus in one handy place. Find out more by visiting studywithplymouth.ac.uk
SSTAR Awards

The Student & Staff, Teaching & Representation (SSTAR) Awards are our way of highlighting all the fantastic work being done by staff and student reps across the university. Every year students can nominate lecturers, support staff and student reps in a range of categories from Most Inspirational Lecturer to Most Innovative Teaching.

Last year, the partners were incredibly well recognised and were even the largest nominating faculty across the whole University! Staff from Cornwall College, City College Plymouth, South Devon College and City of Bristol College were all worthy faculty winners whilst South Devon College also clinched the top spot with overall winners in the ‘Best Feedback’ & ‘Outstanding Support Staff’ categories.

Any student can nominate and there are no limits on entries so look out for more information in the second term to make sure your staff and students are getting the recognition they deserve!

Plymouth Award

The Plymouth Award is designed to recognise and celebrate student achievements outside the curriculum. Many Plymouth University students already make significant contributions to university life and to the communities in which they live and work, The Plymouth Award is one way of recognising these contributions as well as the learning and personal growth that students gain from these actives.

This is a fantastic way of receiving recognition for your hard extracurricular work. Find out more by visiting: www.plymouth.ac.uk/plymouthaward.
**:student voice**

* get your voice heard and make changes

**:UPSU visits**

We aim to ensure that you are making the most of every opportunity provided by UPSU. That is why we have a dedicated member of staff whose role it is to visit you on your campus’s. The Outreach Coordinator will plan a number of different visits throughout the year to promote activities such as; Induction and Fresher events, full and part time officer elections, SSTAR awards and many more. They will also be on hand to hear your views, organise events and ultimately to build strong links between all partner students and UPSU.

To see when UPSU are planning on visiting your campus check out upsu.com.

**:course reps**

Your academic experience should be as good as it can be. To make sure this happens, UPSU supports elected student volunteers called Course Reps to communicate the student voice and work with University, College and Students’ Union staff to improve your experience. We offer training and support to help reps achieve improvements, as well as champion change for your course. Your Course Reps are a crucial contact for you to pass ideas and feedback to, as they will represent your views at meetings across the year. They are also a fantastic link to UPSU, helping us to understand what issues are cropping up across the board.

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**studentvoice@su.plymouth.ac.uk**

**@upsuvoice**

**/UPSUstudentvoice**

**01752 588380**
Your University experience isn’t just limited to your course! This is why we also have 15 student forums in place that tackle the other aspects of student life. These forums focus on a wide range of topics and issues and are here to represent the enormous diversity of students that we have here in Plymouth. Each forum is chaired by an elected student who then represents their forum in the highest level of decision making at UPSU. Any student can come along to the forums, get their voice heard and influence positive change. We are proud to host the Partner Institution Forum, this is a space for you to meet with other partner students, discuss ideas and influence change for future years.

For more information on becoming a member of the forums, visit upsu.com.
All students face issues while at University from difficulties with teaching practices to falling out with your landlord. However, you never need to face these problems alone and in most cases UPSU Advice is here to help.

The UPSU Advice Centre is an independent, confidential and impartial advice centre available to students regarding any aspect of their life. The advisors are available for students to drop in and see, or an appointment can be made.

The centre is open from 9.30 – 4.30pm Mon – Friday, but this can change outside of term time (check upsu.com for opening times).

The service can be described as the ‘Citizens Advice Bureau for students’ with advice on student funding, academic issues, housing, welfare benefits, legal, debt being the key areas that students access the centre for.

However, students can access the service for any reason as the advisors work within a network both within and outside of the University.

We offer advice on a range of issues, including:

- Academic Issues
- Student Finance
- Consumer
- Welfare Benefits
- Debt Problems
- Housing
- Legal Advice and much more!

advice@su.plymouth.ac.uk
@upsu_advice
01752 588380
0800 953 0155
:Advice

studying away from the main Plymouth campus?

you still have full access to UPSU:Advice services!

contact us remotely:

✉ advice@su.plymouth.ac.uk

📞 01752 588380 // 0800 953 0155

in the area?

📍 find us on the first floor of the SU
UPSU’s Volunteering Department is here to develop and promote student volunteering within the local community. We can help you find an opportunity that will enhance your studies, as well as see you learn new skills, meet other students, try new things and have fun!

The Volunteering team work with numerous community partners who provide volunteering opportunities for students. Opportunities include, working with the elderly, volunteering in schools, conservation, charity shops, sport and many others.

- Administration and Computing
- Human & Civil Rights
- Animals
- Mental Health
- Arts & Culture
- Mentoring
- Community Development & Events
- Older People
- Gardening, Conservation, Environment & Wildlife
- RELAYS@UPSU
- Disabilities & Special Needs
- Retail Outlets
- Education, Children & Young People
- ViP Student Led Volunteering
- Fundraising
- Sports

volunteer@su.plymouth.ac.uk
@UPSUVolunteers
@UPSUVolunteers
You can sign up and browse opportunities online at www.upsu.com/volunteering, or feel free to come and visit us in the Hive, UPSU for a chat.

**Student Led Volunteering**

The Student Led Volunteering group organise volunteering throughout the academic year. Projects include ground work and enrichment projects at the Monkey Sanctuary and Dartmoor Zoo, volunteering with the Special Olympics, conservation projects across Devon, maintaining and beautifying rural branch line stations and many others. Last year the Student Led Volunteering group organised 59 projects, engaging 262 students, contributing 2750 voluntary hours to the local community.

**Fundraising**

Are there local charities in your area that you are passionate about or want to help a community group near you? Volunteering and fundraising isn’t limited to the Plymouth areas, last year our partner students raised money for causes close to their heart and close to their locations. For more information or to discuss any ideas speak to your Outreach Coordinator.

@fundraising@upsu.com  
@UPSUfundraising
We have a number of award winning bars that operate throughout the term; we offer a wide range of drinks with value for money prices and a safe environment for students to enjoy the time when they aren’t studying. We stock many products from the market leaders to new ranges, and we also have locally produced ales. We are always open to suggestions for new products, so if you think we are missing out on the latest trends then let us know.

Every day of the week sees a range of drinks offers available from our Pint of the Day to our Soft Drinks Special so there’s always a drinks offer for all of our customers whatever your tastes may be.

We are involved in many events throughout the year from Freshers’ week, to the Sports and Societies Fair and the Freshers’ Ball at the start of the year and the grand finale that is the Summer Ball at the end of the year. There is so much more inbetween including Halloween, St. Patricks Day and our great UPSU Beer Festival where we source local ales and ciders as well as international bottled beers and ciders.
Enjoying a good social life can be a great way to meet new people and provide a valuable break away from the stresses of academic life.

This offer is only extended to our partner students; a good excuse to enjoy a course social! Just email partnershipstudents@upsu.com before midday on Thursday to confirm your place on the guest list.

Past performers have included:

- Muse
- DJ Fresh
- Professor Green
- Wretch 32
- Modestep
- Ben Howard
- Nero
- You Me At Six
- Roots Manuva
- Ella Eyre
- Labrinth
- Blonde

and more!
Don’t let not studying on the main Plymouth campus prevent you from telling the world you are a Plymouth University student! The shop is jam packed with fair trade Plymouth University clothing; from hoodies to shorts to baseball caps.

The shop even offers an online clothes personalising service so why not visit the website today and get you and your course mates a course hoody or even a sports team you may be part of! The best thing being that the money you spend in your shop is reinvested back into your Students’ Union to offer you and fellow students events, advice and much more!

@shop@upsu.com
@UshopUPSU
/UPSUshop
It may seem a long way off but for those of you thinking of progressing onto Plymouth for your final year, relocating to the city can be daunting especially if you don’t know the local area. Our accommodation service looks to take the stress out of the search by offering a wide range of accommodation options supported by a team with specialised local knowledge.

Owned and run by UPSU, Plymouth Students’ Union Accommodation is committed to ensuring that students find a quality home, sourced, inspected and accredited by the team.

With an extensive range of resources and experience, this refreshing accommodation service offers student living at the highest level. All properties will be managed by the office with an efficient and pragmatic approach to student needs during their tenancy.

info@psuaccommodation.com
www.psuaccommodation.com
@info@psuaccommodation.com
/f/upsuaccommodation
01752 588381
Join the SU today!

visit

upsu.com

- sign up to clubs, societies, and volunteering
- log volunteering and student voice hours
- buy tickets to events
- vote in elections and referenda
- buy University merchandise
- stay up to date with current campaigns
- book places on our sports sessions
- learn about job opportunities at the SU
- browse available properties to rent
...and more!

mobile tablet computer
the SU app
Save money and never miss an event

Scan to download or search your app store for: The SU App

save money

Over 170 discounts on everything you need

First for student discounts on all the stuff you need and all the stuff you love, £12 for 12 months

nus extra discount card

on sale at UPSU

All details correct at time of printing July 2015
to transform lives through experience