partners

the exec
student voice

advice

volunteering
& fundraising

find out about...

societies  sports  sports centre  jobs

Entertainment
& events

shop

accommodation

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

**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**
We look to the future, seeking new opportunities and partnerships. We are innovative, inclusive, creative and happy to work in collaboration with others.

**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.

**vision**
To transform lives through experience.
Our six Executive Officers are elected by you to represent all Plymouth students for one year, and they get paid to do it. Any student can stand for one of the positions, see upsu.com for more details. 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, societies, welfare, academic partners and international students; as well as working together on the big issues affecting the student body. They are also trustees of UPSU, so the whole organisation is led by students.
President
Lowri Jones

Lowri is responsible for leading the Executive Officer Team and representing Plymouth students nationally and across the University. She supports UPSU’s organisational communications and leads on sustainability, employability and community campaigns.

lowri.jones@su.plymouth.ac.uk
@UPSUpresident
01752 588372

VP Education & Deputy President
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 Reps and is the lead officer for postgraduate students.

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

VP Welfare
Chloe Mills

Chloe 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.). She is also the lead officer for mature students.

chloe.mills@su.plymouth.ac.uk
@UPSUwelfare
01752 588379
VP International & Outreach
Davide Bertelli

Davide is responsible for representing and improving the experience of our International Students and those that are studying at any one of our Partner Colleges. He is also the lead officer with the college Rep system.

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

VP Sport
Philippa Williams

Philippa is responsible for representing Plymouth students involved in sporting activities and student clubs, supporting their development and improving their experiences, leading on campaigns and development opportunities within sport. She also develops partnerships, strategies and opportunities in the University and local community.

philippa.williams@su.plymouth.ac.uk
@UPSUsport
01752 588379

VP Activities
Jessica Vagg

Jess 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.

jessica.vagg@su.plymouth.ac.uk
@UPSU_activities
01752 588378
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 12 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](http://www.studywithplymouth.ac.uk) for more information about the University and library services.

Alec Cockram | Outreach Coordinator

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

- [01752 588392](tel:01752 588392)
- [@UPSU_Partners](http://twitter.com/UPSU_Partners)
- [/UPSUPartnerInstitution](https://www.facebook.com/UPSUPartnerInstitution)
- [partnershipstudents@upsu.com](mailto: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
- Weymouth College
Plymouth email address

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!

• Decide which of your email accounts you use most often

• If this is going to be your Plymouth account, then you are done! If not, move onto step 3

• Select ‘set up a forward’ in your account settings, under the file tab

• Enter your most used email address, this may be your college address

• Stay updated and informed on all things Plymouth University and UPSU!

apply for your university card

• 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
**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.

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!

**Lead Student Reps**

The lead student rep is responsible for being the conduit between their own Institution, UPSU and the student population. They will advocate UPSU campaigns, messages and engagement opportunities for the benefit of UPSU members at your Institution.

**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](http://www.plymouth.ac.uk/plymouthaward)
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.

@ studentvoice@su.plymouth.ac.uk
@ upsuvoice
/ UPSUstudentvoice
01752 588380
student forums

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/studentvoice/forums
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, Monday-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, housing, welfare benefits, legal, debt being the key areas that students access the centre for.

Students can access the advice service for any reason, our advisors work within a network both within and outside of the University to ensure we have a wide range of expertise to support students.

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

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 Team are here to help you get into volunteering within the city of Plymouth and beyond. Whether it’s helping out at a local school or fundraising for a local charity, we can assist you in finding an opportunity that will enhance your studies, see you learn new skills, meet new people, try something different, grow your C.V. and have some fun!

We work with numerous local community groups and charities to promote their suitable volunteering opportunities for students, via our online Volunteering Toolkit. These include the following areas of charitable/community work:

- Administration/Retail
- Human/Civil Rights
- Animals
- Mental Health
- Arts/Culture
- Mentoring
- Community Events
- Older People
- Environment/Gardening
- Disabilities/Special Needs
- Education/Young People
- Fundraising
- Sports
- Technology/Computing

Our Volunteering Toolkit can be found online at www.upsu.com/volunteering, but do feel free to contact us for guidance on how to use the Toolkit.
relays@UPSU

Relays@UPSU is a project which offers a range of creative activities and events focused around sport, culture and education. Run by UPSU, this project provides volunteering and training opportunities for students who would like to work with young people, raising their aspirations through exciting and innovative projects.

fundraising

Last year, Plymouth University students raised an incredible £327,849.76 for charity, supporting local, national and international causes. UPSU’s Volunteering Team can provide support and guidance on raising money for a charity of your choice. We can also get you involved within the student fundraising family that is RAG (Raise and Give), to raise money for a number of charities through fun adventures and activities.

RAG Adventures this year include trekking through Uganda for East African Playgrounds and Cycling from London to Paris for Breast Cancer Now!

student led volunteering

UPSU’s Student Led Volunteering Projects organise an array of one-off volunteering events throughout the academic year. Animal lovers for example, can visit the Monkey Sanctuary and Dartmoor Zoo as part of the outings organised by The Animal Conservation Project. Those with a passion for sport can help the Special Olympics Team to engage people with learning difficulties in sport. There are many other opportunities and all are organised with students in mind, with no ongoing commitment required and all transport/refreshments paid for by UPSU.

fundraising@upsu.com
@UPSUfundraising
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 to the grand finale that is the Summer Ball at the end of the year.

There is so much more in between including Halloween, St. Patrick’s Day and our great 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.

Whilst we know that for some of our partners it is not practical to visit us every week, we do offer FREE entry to any Friday SU club night throughout the year.

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.

@ events@upsu.com
@ bar@su.plymouth.ac.uk
Facebook /upsubar
Twitter @UPSUbar
Past performers have included:

- Craig David
- Muse
- DJ Fresh
- Professor Green
- Noah and the Whale
- 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
Through our accredited landlords, the SU Accommodation office has a full range of rooms, flats and houses for students. We aim to offer reliable, safe and decent accommodation, to meet every students’ needs, a place they can call Home.

We know how stressful dealing with letting agents, landlords and then finding the right property can be, this is why UPSU has our own accommodation service for you.

We are an agency that has our students at the heart of our accommodation, we ensure that you get the best service possible to enable you to enjoy your home whilst at Uni.

We understand the financial burdens that students face and so we do not charge students any agency fees and we have no hidden charges.

Conveniently located on campus, the accommodation office is situated in the entrance of the Students’ Union building next to the Hive.

www.psuaccommodation.com
@info@psuaccommodation.com
/f/upsuaccommodation
☎ 01752 588381
visit upsu.com

• sign up to clubs, societies & volunteering
• log volunteering & student voice hours
• buy tickets to events
• vote in elections & referenda
• buy University merchandise
• stay up to date with current campaigns
• book places on our sport sessions
• learn about job opportunities at the SU
• browse available properties to rent
...and more!
4200 discounts worldwide
PLUS over 200 leading UK brands

Get your student discount card today
nus.org.uk/extra