Welcome

LIVING AND LEARNING AT ESSEX

Southend 2016-17
WELCOME HOME

YOUR NEW HOME IS A PLACE OF WONDERFUL CONTRASTS. LIVING AND LEARNING AT OUR VIBRANT SOUTHEND CAMPUS MEANS YOU’RE GETTING THE DELIGHTS AND FUN OF A COASTAL ENGLISH TOWN, ALONGSIDE ULTRA-MODERN TEACHING FACILITIES. WELCOME TO OUR INCREDIBLE COMMUNITY. WELCOME HOME.

So now what?

It’s time to get your head around all the help, guidance and advice that’s on campus – with one aim in mind: that you get the degree that we know you’re capable of getting.

Because, what you learn now will prepare you for the best experience any student could wish for.

But you’re not just any student. You’re an Essex student.

That means it’s your turn to keep the Essex Spirit alive – as thousands of Essex students have since 1964.

Let’s get started....
LEARNING

Your studies
You’re here for an excellent education, based on research-led teaching by our leading academics. You’re also on a journey of personal development. We’ll help you along the way. We’ll support you in demonstrating your full potential, in questioning why and not just how. You’re here to get the knowledge you need to equip you for life as an Essex graduate, and it all starts with your subject.

Your home department
The three schools at Southend Campus are Essex Business School, our School of Health and Human Sciences, and East 15 Acting School. The Centre of Psychoanalytic Studies is also based here. Each is responsible for teaching and research on a smaller scale.

Personal tutors
As an undergraduate or taught postgraduate student you’ll have a personal tutor who will meet you soon after you arrive and throughout your course. If you’re a postgraduate research student your research supervisor will take on this role. Your personal tutor helps you connect with your department, school or centre; they’re someone you can talk to if you have questions about your course or encounter any difficulties that affect your studies.

The Forum Library
Our library offers more than 140,000 books, with access to over 65,000 e-books and 33,000 e-journals online. With silent and group study spaces, and networked PCs, it’s a fantastic environment for you to work in. It’s open 8am to 10pm Monday to Friday, 8am to 7pm Saturday and 11am to 5pm Sunday. You can also access all materials at our Albert Sloman Library, Colchester Campus - and your library card gives you access to all public libraries in Essex.

Peer Mentoring
Whether you’re an undergraduate or postgraduate student, you can have a peer mentor – a fellow student who can answer your questions about life at university and help you settle in.

Undergraduate students:
E peermentor@essex.ac.uk
Postgraduate students
E pgmentor@essex.ac.uk

Module enrolment
You can select your optional module choices for your course via eNROL.

Develop your talent
Unleash your potential and visit our Talent Development Centre, delivering workshops, 1:1 sessions and weekly classes on study planning, time management, essay planning and writing, reading, researching and referencing skills, English language support for International students, and many other study-related topics. Find us in TF2.19 on the second floor of The Forum.

Moodle
Moodle is our online learning environment. It lets you get to course materials, and has smart features to enhance your learning, including discussion forums, chat facilities, quizzes, surveys, glossaries and wikis.

FASER
You can use FASER to submit your coursework online, produce a watermarked copy of your work and receive feedback all in one place.

Listen Again
Did you miss something? Our Listen Again service lets you listen to lectures again (see what we did there?) so you don’t miss a thing.

Timetables
Once you’ve chosen all your modules and they’ve been confirmed, they’ll appear on your personal timetable. You can see your timetable online – just login with your Essex username and password. If you’re at East 15 your timetable will be provided by your School.

Find your way around campus
Find Your Way is our interactive campus map app. Download it to help you find any location on campus and get directions quickly and easily. There’s also a handy web version.

Pocket Essex app
Pocket Essex is our official mobile app for students. It gives you instant access to lots of useful information such as computer availability, Moodle, library catalogues, voting polls, our ‘What’s on?’ calendar and much more. Search for Pocket Essex on your app store.

MyEssex
MyEssex is our student portal that you used during your application process. Once you’ve registered you can use it to update your personal details and as a quick reference guide to other handy webpages.

Count me in
Record your attendance at teaching events using the electronic reader in the teaching room. Just ‘tap in’ to your lectures using your registration card.

Talk to the world
Learn a language at Essex to increase your global and cultural awareness. Language learning can give you the confidence to work and travel internationally, expand your options for studying abroad, and get a competitive edge when you’re looking for a job.
Student accommodation, University Square
Tech world

Our digital campus gives you the tools you need to study where you want, when you want and how you want.

Your IT account and password

Once you’re set up with an account, you can access email, log on to lab computers, connect to wi-fi and much more. If you haven’t got your login name and password yet, go to:

► www.essex.ac.uk/welcome/getaccount

You must change your password within four weeks of starting, and then once every four months after that. The easiest way to change your password is online at:

► www.essex.ac.uk/welcome/password.

Get IT help

Visit the IT Services website for helpful information, including how-to guides, answers to frequently asked questions, and links to video screencasts.

► www.essex.ac.uk/welcome/it

If you need IT support, our friendly staff are at the Info Point on floor 2 of The Forum, Monday to Friday 9am-5pm.

E it.southend@essex.ac.uk
T +44 (0)1702 328341

Wi-fi on campus

Our campus wi-fi network is called eduroam. It’s free to use and you can connect to it with your Essex email address and password. For help setting up your device go to:

► www.essex.ac.uk/welcome/wifi

Get Microsoft Office - free

As an Essex student you can download Microsoft Office 365, for free. You can install it for free on up to five computers, and up to five mobile devices (also for free). You can get your free software online about one week before your official start date. P.S. Did we mention it was free?

► www.essex.ac.uk/welcome/office365

Email and Office 365

All of our students get a Microsoft Office 365 email account that gives you your very own Essex email address and plenty of space to store your emails. We use email to contact you about important stuff, so make sure you check it regularly!

► www.essex.ac.uk/welcome/email

Lynda.com – grow your brain

At Essex we care about your personal development, so you have free access to Lynda.com, a massive online video library offering thousands of courses and tutorials on a wide range of topics. Develop skills at your own pace, build confidence, discover your interests and beef up your CV.

► www.essex.ac.uk/welcome/lynda

IT labs

Our IT labs are the perfect place to study or work.

The Learning Hub on the second floor of The Forum features an open study space with forty-two PCs, with islands of computers and seating, six group working pods with an interactive projector, a quiet reading space with six PCs and power points for charging laptops, and a separate media space providing three Mac suites.

At the Gateway Building, IT Lab 1 (room GB.3.53) has forty PCs; this can sometimes be used as a teaching area so please check information on the door before entering. IT Lab 2 (room GB.2.34) has ten PCs and this floor also has two group working pods. In addition, the student common room has three PCs for drop in use.

Clifftown Studios has six PCs, located in seminar room J on the ground floor. Touchdown points are also scattered throughout The Gateway Building and The Forum.

You can scan, copy and print your work from the Info Point, open study space, student common room and seminar room J. Large capacity printers are located in IT Lab 1 & 2.

For computer lab locations, opening hours and real-time availability visit:

► www.essex.ac.uk/welcome/computers

Saving your work

As part of your Office 365 email account you get 1Tb of cloud storage space for all your documents with OneDrive. OneDrive lets you create, edit, and share documents online. You also get at least 300 MB of local storage, known as your M: drive. You can access this by going to ‘My Documents’ on any lab computer.

Sign-up for news

When you start you’ll be added to a number of University email lists. We’ll use these to send you important information about your course. You’ll also be subscribed to a small number of opt-out lists, used to send useful information, and, while some of this may be about events, marketing or other opportunities, we try to avoid sending too much. You can also join lists to find others who share your interests, thoughts and passions.

► www.essex.ac.uk/welcome/news
Staying healthy and happy

You’re surrounded by new people and friends. You’re juggling things like assessment deadlines, a busy social life, and setting aside enough study time to prepare for exams. With so much to do, it’s fair to say student life isn’t always easy. That’s why we’re here to support you throughout your time at Essex. All you have to do is ask.

Student Services Hub
If you need practical advice, a confidential conversation, or general information and guidance on University life, no matter what the issue is, the Student Services Hub, on the second floor of The Forum, is the place to go. The Hub, home to Student Administration, Income, and Student Support, is normally open from 10am to 4pm, during term time.

Student Administration
We’ll guide you through your registration, be here to oversee your exams, undertake your DBS checks, and be on hand when you need official documents during your education.

Student Support
We’re here for you if you need emotional support, welfare or funding advice, as well as providing guidance on health and wellbeing. We also offer a comprehensive disability service. You can access general support information and guidance at the Hub counter during normal opening hours or book in to see an adviser to discuss confidential or complex matters. Take a look at our webpages or drop us an email for further information.

SU Advice
Our SU advice centre offers free, confidential, independent and impartial advice on any issue that might be affecting you. Our friendly, trained staff are on hand to support you throughout your time at Essex. Open 11am–3pm on Tuesdays and Fridays and 12pm-5pm on Thursdays. Find us above the Students’ Union Lounge.

International students
As well as all the advice and support that’s available to you on-campus, you’ll find everything you need to know about pre-arrival guidance, visas, useful information on living in the UK, and additional information and support on our website.

Nightline
Established at Essex in 1970, Nightline is a friendly help and support service run by students, for students, located at Colchester Campus. We work under strict confidentiality ensuring complete anonymity, and we’re always willing to listen.

Dignity and respect
We are Essex. We encourage a culture of dignity and respect. We’re committed to upholding an environment that’s free from any form of harassment or bullying. Though rare, these incidents can occur, and if they do our network of trained harassment advisors are on hand to help.

Staying safe
Stay safe, stay happy. Follow some common-sense tips whether you’re living on or off campus.

- Avoid walking or cycling alone in isolated areas or until or poorly lit footpaths
- Arrange to walk with others at night and keep to well-lit streets – avoid shortcuts
- Lock your room when you leave and don’t let strangers in to your building
- Don’t use ATMs if anyone suspicious is hanging around
- Don’t carry large sums of money around, or store large sums in your room – use banking facilities
- Get a personal alarm, available at SU Advice Centre

Fire safety
Remember three important things to stay safe in the event of a fire: shout out, get out, stay out. Please read the emergency evacuation notice in your accommodation, work or study location for fire safety procedures. If you have a permanent or temporary disability that may mean you have difficulty in evacuating one or more areas, you can arrange for a Personal Emergency Evacuation Plan (PEEP).

Health matters
If you’re studying on a course for more than six months, you’re required to register with a local doctor. You can use the NHS Choices postcode finder to find your nearest doctor.

About meningitis
You’re going to be living communally and meeting new people from all over the world. Whatever your age, you should be vaccinated against meningitis before coming to university. Please speak to your doctor and get immunised as soon as possible. The vaccination is free and won’t make you unwell.

Alcohol and drugs on campus
University life is about discovering new social opportunities, some may involve alcohol, and many won’t. We encourage students to act responsibly when using alcohol and acknowledge that using illegal drugs on our campuses is not permitted. Our Student Support advisers offer confidential, on-campus support if you have concerns about alcohol or drug use. Meanwhile, get the facts.

Mature and part-time students
Mature and part time students are automatically members of our Students’ Union Mature and Part-time Students Association (MAPSA). To find out about support and guidance, including opportunities to meet other mature and part time students, check out the MAPSA website.
Students with caring responsibilities
If you are a student who is caring for a partner, family member or friend you may need extra support. Sometimes caring responsibilities combined with the pressures of studying can affect your emotional, mental or physical health. Our student support advisers are there to provide advice, guidance or support:
> www.essex.ac.uk/welcome/carer

Council Tax
Most full-time students are exempt from Council Tax. If you’re a student living in University accommodation at our Southend Campus, you’ll automatically be exempt. If you’re not in student accommodation, you can order a council tax exemption certificate from Student Services, using our online Student Documentation Ordering System.
> www.essex.ac.uk/welcome/accommodation
> www.essex.ac.uk/welcome/studentdocs

Electrical safety
Your safety is our priority and to keep you safe from fire and electric shock, we have rules on the use of certain electrical items. Please read our electrical safety guidance online.
> www.essex.ac.uk/welcome/electricalsafety

Our security officers
You’ll find our security staff in University Square, The Forum and The Gateway Building. They’re here to help you 24/7, 365 days a year. A friendly, approachable team, they’re always willing to assist and all are first aiders.
T 07827 988085 (University Square)
T 01702 328408 (University Square)
T 01702 328508 (The Forum)
T 01702 328208 (The Gateway Building)
T 01702 328325 (Clifftown Studios)
T 01702 328326 (Clifftown Studios)

Emergencies
In an emergency, please contact security. Our security staff will contact the emergency services and make sure they get to the right place. In the event of sudden illness or collapse, call 999 directly then inform security.
> www.essex.ac.uk/welcome/emergencies

Keep your stuff safe
Keep your valuable goods safe; get them security marked by our security team. Also, please remember to secure your belongings and accommodation by closing windows and locking doors whenever you’re going out – even if you’re just popping to the kitchen or next door. The University buildings are accessible by the general public, so always keep valuables close by and safe.
You are advised to use lockers provided by your School, or one of the many coin-operated lockers available around campus.

Future career starts here
Start preparing for your future today. No seriously. The time will fly by. We’re here to help you boost the skills and get the experience needed to make your CV shine.

Employability and Careers Centre
Our careers specialists can give you valuable advice throughout your time at Essex and beyond. We offer one-to-one individual advice and guidance, job-hunting workshops, CV and job application reviews, and online access to graduate and part-time job vacancies. Make sure you take advantage of our lunchtime workshop sessions as well as our regular drop-in clinics for on the spot advice.
> www.essex.ac.uk/welcome/careers

Big Essex Award
Stand out from the crowd and get University recognition for all your extra-curricular experience, with the Big Essex Award. Our employability award will help you identify and sell your skills and experience to employers.
> www.essex.ac.uk/welcome/bigex

HEAR
When you leave us, you’ll receive a Higher Education Achievement Report, or ‘HEAR’. Your HEAR will be nationally recognised by employers and other universities and will present a complete picture of your time at Essex, from extra-curricular achievements to academic results.

Frontrunners
Frontrunners is our unique placement scheme for students. We’ll give you challenging employment opportunities on campus and help you develop the skills you need to compete for the best jobs. We’ll even give you on-the-job training and pay you, too.
> www.essex.ac.uk/welcome/frontrunners
> /EssexFrontrunners

Essex interns
Essex interns create paid internships exclusively for you as an Essex student. They’re flexible too; part time during term time or full time in vacations.
You can even take part up to three years after you graduate, as part of our Essex graduates support package.
> www.essex.ac.uk/welcome/interns
> /internshipessex
> @EssexInterns

Essex abroad
Want to teach English in France? Or work in Shanghai over the summer with an internship? From Thailand to Columbia the world is your oyster, so go on and get out there.
> www.essex.ac.uk/welcome/essexabroad

CareerHub
Browse hundreds of top jobs and graduate vacancies, sign up to exclusive careers events, book CV reviews and one-to-one careers advice, and connect with employers on CareerHub, our online jobs portal.
> www.essex.ac.uk/welcome/careerhub

Work for the SU
Our Students’ Union is the first Students’ Union to be awarded the Investors in People Gold Standard. Working for the Students’ Union provides a fantastic opportunity to excel in a vibrant, professional and fast-paced environment. Take a look online for current vacancies.
> www.essexstudent.com/southend/jobs

Be an ambassador
Essex students know best. And it’s on that premise we invite current students to be ambassadors for our University, to help out on visit days, school talks, open days and campus tours. We recruit student ambassadors at the start of the autumn term, so keep an eye out for up-coming opportunities.
> www.essex.ac.uk/welcome/ambassador

Volunteer with the vTeam
The vTeam is a fantastic opportunity to meet new people, make friends, give something to the local community, and gain valuable skills.
> www.essexstudent.com/southend/volunteering
The Gateway Building
Hello wonderful person,

We're the Students' Union (or SU) and you're our newest member. We're a group made up of every student at Southend, and a couple of full-time staff. Together we all work to make life at Essex even more awesome, for everyone. We're an unconventional family made up of people from every background imaginable. Because we believe that together we can do amazing things, to be whoever or do whatever.

1. WE PROMISE TO HELP YOU GET AN AMAZING DEGREE AND JOB
   The two most important things to you are the two most important things to us. We're here to inspire and motivate you, to cheer you on as you walk into exams and to help you absolutely destroy the competition in interviews and land your dream job.

2. WE PROMISE TO GIVE YOU A KICK-ASS MEMBERSHIP
   We will give you a Students' Union experience that's good enough to make all your friends who aren't at Essex jealous.
   We've given students the tools to set up societies, and sports clubs for whatever they're interested in.

3. WE PROMISE TO SHAPE EVERYTHING AROUND YOU
   You choose what drinks we serve in our venue and what products we stock. Just let us know and we'll do our absolute best to get it in stock for you ASAP.
   All you need to do is come and see us, Tweet or Facebook us and we'll get on it.

4. WE PROMISE TO BENEFIT ALL STUDENTS
   At Essex the Students' Union is here for everyone, no matter your age, gender, nationality, faith, sexuality, year of study, or shoe size.
   In our family there's no pretentious cordoned off VIP area, we're open to everyone.

We're making four promises to you and we won't rest until we've made them happen. We promise to:
10 REASONS WHY THE SU IS THE BEST THING ABOUT SOUTHEND

NOT ONLY DO WE GIVE YOU A KICK-ASS MEMBERSHIP, WE ALSO RUN A TON OF GOOD STUFF, LIKE:

1 THE SU LOUNGE
The coolest place to hang out in between lectures. It’s your space to eat, drink, study, hang out and basically treat like home.

2 SU HEIRLOOMS
Every student at Essex gets their own heirloom. It’s a handmade charm that you get to customise. The really cool bit is that the number on your charm gets passed down through the generations so that you can give advice and network with past Essex students.

3 JUST PLAY
Just Play is our incredible sports programme that means you can have a go at as many different sports as you want for free. It doesn’t matter if you’re rubbish at them. It’s a great way to meet new people and reduce stress.

4 SU EVENTS
We run events all year long. With students leading the organisation and planning.

5 SOCIETIES
University’s all about trying new things, so you can get involved in one of our societies while you’re here. The best bit is anyone can set their own society up.

6 SU JOBS
We’re staffed by students. From running the SU Lounge to something office-based. They’re a great way to earn money and fill up your CV.

7 COURSE REPS
Course Reps are here to represent you and your course. If you’ve got any problems with your course, talk to them and they’ll bring it to a fancy meeting with the University and your department.

8 VTEAM
Volunteering is a really great thing to do while you’re at uni. It means you can meet new people, get some extra stuff on your CV and give something back to where you’re living.

9 SU ADVICE
SU Advice is like your very own Citizens’ Advice Bureau. If you’re even in a jam with things like Extenuating Circumstances, immigration, or anything really we can help you out. Our email is suacsou@essex.ac.uk.

10 LUX HOT CHOC
The SU space has INCREDIBLE Hot chocolate. No amount of words or capitalisation can explain how life-changing it is.

...AND LOADS MORE
VISIT ESSEX.SU/SOUTHEND TO FIND OUT MORE.
Welcome home

Southend-on-Sea stretches along seven miles of award-winning coastline, famous for its beach resort and pier. Our Southend Campus is part of a vibrant town centre and all of our accommodation is within walking distance of The Forum, The Gateway Building and our Clifftown Theatre and Studios. You’ll be sharing your new home with people from all over the world, so there are plenty of opportunities for you to make lots of new friends.

The Forum

The Forum offers library space, a state-of-the-art 200-seater lecture theatre, and a dedicated Learning Hub, alongside open study spaces. The Students’ Union offices, the Learning Hub and Student Services are also based here.

The Gateway Building

The Gateway Building has bright and airy teaching and study spaces, plus a Business Hub. Here, you’ll find, Essex Business School, our School of Health and Human Sciences, East 15 Acting School and The Centre for Psychoanalytic Studies.

Clifftown Theatre and Studios

A renovated Victorian gothic church, Clifftown Theatre houses five rehearsal studios and a dynamic theatre and performance space. It hosts regular public performances by our own East 15 Acting School students. There are also workshops, summer schools, community events and professional touring productions. Students are able to attend productions at reduced prices.

 Reserve your room

You may already have reserved your University-provided accommodation, but if you haven’t and you’re thinking about living at University Square, there may be some availability. With more than 500 ensuite single study bedrooms and studio rooms, University Square is just minutes from Southend town centre and all its facilities - everything is on your doorstep.

New home packs

We want to make moving in as easy as possible, so you can order stuff before you arrive that’s delivered to your room, including household essentials. Alternatively, there are several supermarkets close to campus to stock up on household things when you get here.

Get connected to Wi-Fi

There is internet access in all rooms, provided by StudentCom. You don’t need to bring anything with you, everything is provided, but you will need to register. Find out more online, including how to register for your internet service.

Get a TV licence

StudentCom provides a television service through the portal, and a selection of free-to-view channels are available. You’ll also have the option of paying for additional channels. If you use this service, have a TV in your room, or if you watch TV on your laptop, you must buy a TV licence.

Sport and more

Southend Leisure and Tennis Centre at Garon Park hosts sports classes including swimming, basketball and tennis. Free transport is available at specific times. Check with your Students’ Union for details.

Residence Life operates outside of office hours when other University support services are closed. To contact an RA, get in touch with security on 01702 328408.

Welcome to Sport at Essex

Into competitive sport, or just fancy kicking a ball around with a few friends? Sport at Essex welcomes everyone.

Evolve Gym

Packed with state-of-the-art equipment and based at University Square, Evolve makes it easy to help you get fitter. Prices are very competitive and great value, and classes run every weekday and come free with membership.

Just Play

Have a go at something new. Our social sport programme, Just Play, lets you play alongside students, staff and members of the public in informal, friendly sporting activities throughout the year, on weekdays and weekends.

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Clubs and societies
Clubs and Societies at Southend Campus are growing all the time. Our sports teams compete in British Universities & Colleges Sport (BUCS) competitions, as well as just for fun. Whatever you’re into, we’re confident that there will be a society that’s perfect for you. And if there isn’t, you can set one up.

www.essexstudent.com/southend/societies/

Enjoy yourself
With seven miles of coastline, Southend offers leisure activities aplenty. Getting involved and trying something new is what the Essex Spirit is all about.

Cultural Southend
Southend is a town that thrives on culture, is home to a museum, planetarium, art gallery, several theatres and an eight-screen cinema – there is plenty to see and do! Southend also has a great live music scene with venues hosting a mix of traditional and alternative music.

The town holds many special events throughout the year, including Southend Carnival, a Film Festival in April/May, the Leigh Folk Festival in June and a sailing regatta in September. In the build up to Christmas you’ll also find festive markets along the High Street.

www.visitsouthend.co.uk/

Take the town trail
To get started, you might like to take our town trail which includes some useful shops to know about, some places to relax and watch the world go by, some historical landmarks, and some key local facilities that you might want to use.

www.essex.ac.uk/welcome/trail

Nightlife
Our Students’ Union takes advantage of our town centre location by working with local businesses to pinpoint the best events and deals on offer. There’s also a wide variety of night clubs, live bands in local pubs, sporting events, and a local cinema to name but a few.

www.essexstudent.com/southend

Nearby attractions
Essex is an ancient county; with hidden historical treasures, pretty villages and beautiful coastline. Get there using local buses or trains and enjoy the view. Some suggestions: Leigh-On-Sea, Hadleigh Farm Country Park, Hyde Hall, Westcliff-on-Sea, Audley End House, Colchester Zoo, Hylands House in Chelmsford for V Festival.

www.visitessex.com

Money matters
Part of being a student means looking after your money and spending it wisely – as chances are you won’t have much! There are some simple steps you can take to budget wisely, and there’s help if you get into financial trouble.

Plan a budget
Getting a huge wad of cash in your bank account at the start of the year isn’t the easiest way to plan out your finances for the months ahead. The National Union of Students advises that you plan your budget very carefully. Make sure you remember all your outgoings and be realistic – include:

- rent
- food
- going out
- books
- other bills
- events like Christmas and birthdays

A good place to start is by looking at average living costs for a student on the NUS website. There are also some good money management tips on the NUS finance pages. You’ll also find ‘top ten tips’ for better budgeting online.

www.nus.org.uk/en/advice

Seek help if you need it
If you get into financial difficulty get help and talk to someone as soon as possible. The sooner your problem is identified, the sooner it can be solved. Advisers in our Student Services Hub and our independent SU Advice Centre can listen and talk you through the issues.

www.essex.ac.uk/welcome/budgethelp

www.essexstudent.com/advice/money/

Online money management
Get help planning your finances by registering for free money management and budgeting modules from Blackbullion. You’ll need to register online with your Essex email address.

www.blackbulliononline.co.uk

Top cash tips
Read all the top tips from the Money Saving Expert aimed specifically at students:

www.moneysavingexpert.com/students

Check your entitlements
Student finance can get rather complicated but it’s important to make sure you’re receiving any monies you’re entitled to. Advisers in the Student Services Hub can talk you through what’s available and there is information online. You can also check the NUS website for information about benefits and entitlements.

www.essex.ac.uk/welcome/money

www.nus.org.uk/en/advice/money-and-funding

Make it go further
As well as funds you’re entitled to, there may be other ways of generating income, such as charities and trusts, part-time employment and discretionary hardship funds. We’ve produced a lot of useful information on this, so make sure you take a look.

www.essex.ac.uk/welcome/money
Late loan?
For most UK undergraduates your first payment will be released a few days after you register with the University, so make sure you have enough money to see you through the first week or two. If you haven’t had your first instalment within a week of registering, first contact your funding provider to see if there’s a reason why your funding is delayed. An Adviser in the Student Services Hub may be able to help explain what needs to be done and offer some short-term financial assistance until the problems are sorted out.

NUS Extra
You can save large amounts of money when you shop in town and online by using the NUS Extra student discount card. This card is available to all students and offers amazing discounts on clothes, food, music, entertainment and travel from national and local companies including Amazon, Odeon, Pizza Express, Superdrug, ASOS, and Spotify. The sooner you apply the sooner you’ll start to save money!

Eat, drink, buy
Love variety? You’ve got it at Southend Campus, with a fantastic choice of places to eat and drink – depending on what tickles your fancy.

Food and drink
Cold drinks and snacks are available in vending machines in The Gateway Building and The Forum. Both food and drink is provided by Nosh at The Forum. Our town centre location provides instant access to the High Street and surrounding area, which offers a full range of places to eat – from coffee shops and sandwich bars, to value-for-money restaurant chains.

Supermarkets
There is a ‘My Local’ supermarket on the High Street, and Tesco Express supermarket is located in Heygate Avenue – only a few minutes away. There’s also a large Sainsbury’s supermarket on London Road, just across the road from our University Square accommodation.

Banks
Southend has all the major UK banks, including HSBC, NatWest, Lloyds TSB, Barclays and The Cooperative, each with an ATM (cash point machine) along Southend High Street. These ATMs will take cards from all the major providers.

Shopping
If you love shopping, then as well as the High Street stores Southend offers you’ll find some larger shopping centres not far away. These include intu Lakeside at Grays, Westfield in Stratford, East London and the Eastgate Shopping Centre at Basildon.
Maps
There are three ways to stop getting lost. First, ask someone. They may not know either, but it’s always good to say hello to someone new. Second, download the Find Your Way app – details in this guide. Third, use these maps and explore. We have a simple room numbering system: letters denote the building and the first number tells you the floor. So TF.2.14 is located in The Forum on the second floor.

Campus map
> www.essex.ac.uk/welcome/map
News and media
Find out what’s going on. Subscribe to e-bulletins, follow us on social media, read Essex Spirit. Get involved.

Essex spirit
Keep up-to-date with important news, events and offers from across the University with our Essex Spirit blog. Go to our email lists to subscribe to the fortnightly e-bulletin.
▶ http://blogs.essex.ac.uk/essexspirit
▶ www.essex.ac.uk/welcome/news

Social media
We have more than 60 Facebook pages. There’s one for each school or department, plus the Southend Student Services Hub page. You can find us on Twitter too.
facebook /southendstudents
twitter /uniofessex
twitter /Uni_of_Essex

Student webpages
Featuring a wealth of student information. Make this your homepage. Forever, if you like.
▶ www.essex.ac.uk/welcome/students

What’s on?
Our ‘What’s on?’ calendar brings together all the events happening across our three campuses, so you can make the most of your time at Essex.
▶ www.essex.ac.uk/welcome/events

Find your voice
We run a series of surveys to get your feedback, some of which feed into national university league tables, so speak up!
▶ www.essex.ac.uk/welcome/surveys

Use your vote
If you’re eligible to vote in UK local and general elections, make sure you’re on the electoral register once you’ve settled into your accommodation, using your new address. Don’t miss your chance to have your say. You can join the UK electoral register online.
▶ www.gov.uk/get-on-electoral-register

Essex is for life
Your time will fly by. But Essex is forever, not just for a few years, and you’ll be part of this place for life.

Get the card
When you graduate, you’ll get an alumni card, which gets you access to all alumni events.

Get the good stuff
Your alumni membership will give you:
- JSTOR – free access to thousands of academic journals and books
- Discounts – apply for your first period of postgraduate study here and get up to 33% off your first year tuition fee
- Careers support for three years after you graduate
- Monthly email and annual magazine
- A great range of events – from the House of Commons to the London Eye, from Madrid to Kuala Lumpur
- NUS Extra – at £12 for 12 months, this gets you over 160 different discounts
- Professional networking

We’ll help you stay in touch.
▶ www.essex.ac.uk/welcome/alumni