



"I'm Amy your VP Activity 2023-24!

We can help you learn new skills and make new friends. Pursue your passion; discover who you are.

We have all sorts of opportunities delivered by our clubs and societies. All our activities are led by students, meaning they are designed with students in mind.

Being involved with our activities makes you a more employable person; we're proud of that. With us, you can learn more and do more!"

Union Day Trips



Brighton | Saturday 7 October Leaving from AP Plaza at 09:30 and returning at 19:00 Tickets on tixtu.com



Oxford | Saturday 21 October Leaving from AP Plaza at 09:30 and returning at 19:00 Tickets on tixtu.com



Scan to visit tixtu.com





Bath | Saturday 4 November Leaving from AP Plaza at 09:30 and returning at 19:00 Tickets on <u>tixtu.com</u>



Windsor | Saturday 2 December | Leaving from AP Plaza at 09:30 and returning at 19:00 | Tickets on tixtu.com



Stonehenge and Salisbury
Saturday 18 November
Leaving from AP Plaza at 09:30
and returning at 19:00
Tickets on tixtu.com



Winchester (Christmas Markets) | Saturday 9 December | Leaving from AP Plaza at 11:30 and returning at 18:00 | Tickets on tixtu.com



Thorpe Park Fright Night Coming Soon!

Voice Zone Activities

Surrey Decides Bye-Election

Nominations: Monday 23 -Friday 26 October

Get stuck into student life at the Union this year as a Support Zone Part-Time Officer or Societies Chair!

Due to three vacancies in our officer teams, the Union is holding a bye-election in Semester one which gives you the opportunity to lead the Union alongside other parttime and full-time officers on all issues relating to both student support and societies.

You'll get the chance to help shape Union decisions and organise events, campaigns, and projects throughout the year to improve the lives of students at Surrey.

If you would be perfect for this role, nominate yourself as a candidate!

You will be able to nominate yourself from Monday 23 – Friday 26 October.

If you're running for election or want to vote on who represents you, tune into Question Time where you can hear from the candidates about what they want to achieve as an officer.

Find out more: surreyunion.org/surreydecides

Student Voice Forum





All students are invited to attend Student Voice Forum, a large online gathering of students led by the VP Voice, with an expert panel of University Senior Management in attendance to answer your questions and respond to the issues that matter most to you. Why not give it a go and come along to make your voice heard and help shape your education? All students will receive a calendar invite with a joining link.

Student Equality Network

25 October, 22 November and 24 January

All meetings 13:00 - 13:30, on Teams.

The Student Equality Network is a community of students who are passionate about promoting equality at Surrey, and hold meetings where volunteers can share their views and help shape how we support students throughout the year.

All are welcome to attend! Please email -

ussu.vpvoice@surrey.ac.uk
to receive a calendar invitation
and joining link or visit surreyunion.org/voice/
student-equality-network
to find out more or to sign up

to find out more or to sign up as a Network member.

Speak Week

Monday 20 – Friday 24 November

Your Voice Zone will be running Speak Week each semester, and your officer team will be found across campus wanting to hear directly from you about what you love or would love to see changed at Surrey.

Please take this opportunity to make your voice heard, as what we learn from Speak Week will directly influence how we represent you this year.
Keep an eye out on surreyunion.org/voice/
campaigns for more details about how you can share your views.



Support Zone Activities



Wobble Week

25 - 29 September Wellbeing events, to help you settle into Surrey!

Walk n' Talk

26 September, 12:00-13:00 Students' Union common area

Crafternoon

27 September, 14:00-16:00 Kate Granger (24HSM00)

Speed Mate-ing

28 September, 18:00-19:00 Hari's Bar (Rubix)

Sexual Health Awareness and Guidance (SHAG) Day 29 September, 11:00-15:00 Location TBD

Financial Literary Week

9 - 13 October

Financial advice and support.

Wellbeing Week

23 - 27 October

A week of wellbeing activities to support you at Surrey.

Crafternoon

24 October, 11:00-12:30 Location TBD

Dog Therapy

24 October, time and location TBD

Wellfair Event

25 October, 10:00-16:00 The Hive

Active Listening Training

25 October, 14:00-15:00 Location TBD

Crafternoon

26 October, 14:00-15:30 Location TBD

To find out more about any of these activities please visit: surreyunion.org/support

Student Minds

Positive Minds

Positive Minds is a peersupport group for students experiencing low mood, loneliness or depression whilst at University. The group is led entirely by trained student volunteers and offers a non-judgemental, safe and confidential space for peers to discuss their thoughts and feelings with each other.

Every Monday 18:30-20:00 30 October - 4 December

Visit: <u>surreyunion.org/support/</u> <u>student-minds</u>

Eating Difficulties Support Group

Run by students for students, our Eating Difficulties
Support Group sessions provide support to students experiencing difficulties around food and eating.

The groups are confidential, maintain a pro-recovery focus and keep conversations supportive by following a set of ground rules.

The groups have an informal atmosphere and are a great opportunity to meet people with similar experiences.

Every Tuesday 18:30-20:00 31 October - 5 December

Visit: surreyunion.org/support/ student-minds

Nightline

Become a Nightline Listening volunteer and help to run our non-judgemental, non-advisory service run by students, for students. Attendance at all three trainings days is required.

October Training Cycle:

- Thursday evening (12 Oct)
- o Saturday day (14 Oct)
- o Sunday day (15 Oct)

November Training Cycle:

- Thursday evening (16 Nov)
- o Saturday day (18 Nov)
- Sunday day (19 Nov)

Visit <u>surreyunion.org/Nightline</u> and <u>surreyvolunteering.com</u> for more information.



RNB, HIP HOP, BASHMENT, URBAN & MORE



















Margarita Monday

Two for £10 mix 'n' match on Margarita pizzas and cocktails

Chooseday

You choose the deal of the day via Instagram

Wednesdays are Wild

We roll the dice and repeat one of the other day's deals!

Thirstday

Buy one, get one half price on all draughts and selected drinks

Flirty Friday

Deals on spirts, shots and more!

Sabb Saturday

One of the Sabbs will choose the food/drink items to go on offer

Sunday Bunday

Build-your-own-burger menu, alongside our regular menu



Sports Club and Society Events and Sessions

American Football

ussu.americanfootball@surrey.ac.uk

Training Sessions

Date: Tuesdays **Location:** AGP 3

Cost: Membership Start Time: 20:00 End Time: 22:00

Date: Fridays **Location:** AGP 1

Cost: Membership Start Time: 17:30 End Time: 18:30

Date: Sundays **Location:** B1

Cost: Membership Start Time: 11:00 End Time: 14:00

Play Sport Session

Date: Friday **Location:** AGP 1

Cost: Free Start Time: 16:30 End Time: 17:30

Our Playsport/flag session.

Anime and Manga Society

Instagram: @unisamsoc



Date: 27 September

Location: TBC

Cost: Free Start Time: 18:00 End Time: 22:00

Come along and play icebreaker games with other anime fans, and

then settle in for a movie! We'd love to see you there!

Archery

Returners' Social

Date: 18 September **Location:** Wates House

Cost: N/A Start Time: 18:00 End Time: 21:00

A relaxed social at Wates House for returning members of the Archery Club. Come along for a drink and food or just to say a quick

hello - whatever you fancy!

Ballroom

www.surreybldc.com

Training Sessions

Date: Mondays, Wednesdays, Thursdays and Sundays

Location: TBC

Cost: Membership Start Time: TBC End Time: TBC

Monday evenings, Wednesday afternoons, Thursday evenings, Sunday evenings. From beginners dancing their first steps to top

level competitors working on their technique.



Baseball and Softball



ussu.baseball@surrey.ac.uk

Training Sessions

Date: Tuesday, Friday and Saturdays

Location: Tuesday Arena C at SSP, Friday AGP 2 and Saturday AGP3

Cost: First three sessions are free, then £35 for the entire year!

Time: Tuesdays 18:45 until 20:00, Fridays 19:00 until 20:30 and

Saturdays 13:30 until 15:30

Whether you prefer softball, baseball or rounders feel free to come

join us at our weekly sessions.

Active Freshers'

Date: 25 September

Location: AGP1

Cost: Free Start Time: 13:15 End Time: 14:30

Active Freshers' Fair is the opportunity for students to try out

many sports for free!



BioSoc

Instagram: @surreybiosoc/ Email: m00709@surrey.ac.uk

Thinking Future Thursdays

Date: Thursdays

Location: Online & In-Person (Campus) **Cost:** Free **Start Time:** TBC **End Time:** TBC

Thinking Future Thursdays is back! Join us for exclusive talks with guest speakers from a variety of backgrounds. If finding out more about different employment within science interests you, don't hesitate to get involved.

Meet & Greet

Date: TBC

Location: On Campus

Cost: Free entry for all but pizza meal deal can be purchased

Start Time: TBC End Time: TBC

Come along and meet new friends and fellow BioSoc members. FREE to attend for all and pizza will be available. Compete with others in fun games and maybe win some prizes.

Discord Study Groups

Date: TBC

Location: Discord (online)

Cost: Free Start Time: TBC End Time: TBC

24/7 BioSoc Study Channels (Discord) – want motivation and productivity? Join us and other students in our very own BioSoc study channels. It's 4am? Don't worry, you'll probably find someone there too!

Cantonese Christian Fellowship

Facebook @Surrey.USCCF / Instagram @ussu. ccf

Fellowship Bible Study

Date: Sundays

Location: Guildford Baptist Church (Millmead) **Cost:** Free **Start Time:** 14:00 **End Time:** 16:00

All are welcome to discuss God's word together. Meanwhile, we organise events in the likes of yum cha, visiting Christmas market.

ChemEng Soc

Meet and Greet

Date: 27 September

Location: TBC

Cost: Free Start Time: TBD End Time: TBD

Meet and Greet to get to know the 2023/2024 committee.

Movie Night

Date: 11 October **Location:** TBC

Cost: Free Start Time: TBD End Time: TBD

Society movie night.



Chemistry Society

Instagram: @chemsoc.uos / Email ussu.chemsoc@surrey.ac.uk

ChemSoc Meet & Greet

Date: 21 September **Location:** The Lake

Cost: Free Start Time: 17:00 End Time: 20:00

First social to meet ChemSoc Committee. Bring your own drinks

and free snacks will be provided.

Christian Union

@surreycu / ussu.cu@surrey.ac.uk

Impact Groups

Date: 25 September

Location: Manor Park and Stag Hill

Cost: Free Start Time: 19:00 End Time: 21:00

Explore Jesus and the Christian faith through the bible. We will have loads of events running throughout Fresher's week and the

weeks after.

Unite

Date: 28 September

Location: Up to date information on the location of each Unite can

be found on the Christian Union instagram @surreycu

Cost: Free Start Time: 19:00 End Time: 21:00

Our weekly meeting where we praise God together, hear a talk

from the Bible and encourage one another.

Christian Union

@surreycu / ussu.cu@surrey.ac.uk

Morning Prayer

Date: 26 September Location: Roundhouse

Cost: Free Start Time: 08:00 End Time: 09:00

We gather at the Roundhouse for a time of prayer, thanks giving, encouraging one another, praying for campus and issues of the

world, weekly.

Walk up the Mount

Date: 18 September

Location: Meet outside Simply Fresh

Cost: Free Start Time: 14:00 End Time: 16:00

Join us for a walk up the Mount to chill and play some games.

Cube Society

Instagram: surreycubesoc

Weekly Sessions

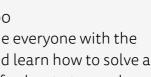
Date: 28 September **Location:** Location TBC

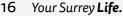
Cost: Free Start Time: 18:00 End Time: 20:00

Our weekly sessions on Thursdays will provide everyone with the opportunity to meet new people, socialise and learn how to solve a Rubik's cube! There will also be other types of cubes to try, such as

the 2x2, 4x4, skewb and pyraminx.







The Speed Cubers Documentary Viewing

Date: 5 October

Location: Location TBC

Cost: Free Start Time: 18:00 End Time: 20:00

Every year we set the tone by watching this heartfelt and motivational documentary about the cubing community and how it's helped people with friendship, growth, generosity, and

overcoming hardships.

Guildford Autumn 2023 - Official UKCA Competition

Date: 11 November

Location: University Hall

Cost: 30 **Start Time:** 09:00 **End Time:** 17:30

Join us for our second official speedcubing competition, planned along with the UK Cubing Association! Sign up to become a

worldwide competitor and meet other cubers.

Disney Society

ussu.disney@surrey.ac.uk

Weekly Movie Sessions

Date: 19 September

Location: TBC

Cost: Free Start Time: 18:30 End Time: 21:00

We show a variety of films, including some lesser-known gems. A great place to hang out, meet new people and talk about all things

Disney and Marvel.

Disney Society

ussu.disney@surrey.ac.uk

Workshops

Date: 21 September

Location: TBC

Cost: Free Start Time: 18:30 End Time: 21:00

On Thursdays we will be introducing workshops where we will discuss the movies in terms of representation, connecting with important events like Black History Month, Movember, LGBTAI+

History Month and Wellbeing Week.

Dodgeball

Instagram @uosdodgeball

Sh*t Shirt Social and Rubix

Date: 27 September Location: Stag Hill

Cost: Free - not including Rubix ticket Start Time: 21:00 End Time: 02:00

Our first social meet of the year aimed at welcoming freshers into the society with a fun pres with a bunch of activities before we all

head to Rubix!

Challenges Bar Crawl

Date: 6 October

Location: In Guildford Town

Cost: £7 Start Time: 20:00 End Time: 03:00

A fun night adventuring through Guildford's many pubs and bars. There are some exciting challenges you must complete and prizes

to be given out.

Cowboys 'n Cowgirls

Date: 18 October **Location:** TBC

Cost: Free Start Time: 18:00 End Time: 23:30

A casual meet up before Rubix that may involve some drinks and line dancing. Aimed at welcoming fresher's to dodgeball - fancy

dress encouraged with prizes for the best outfits!

Weekly Social Sessions

Date: 27 September

Location: University Hall

Cost: Free Start Time: 18:00 End Time: 20:00

Open to all, our social sessions are a great way to meet a wide variety of people and get involved with what uni life has to offer. There are no expectations and the sessions can be whatever you

make them, you don't have to have played before!

Weekly Competitive Sessions

Date: 29 September

Location: University Hall

Cost: Free Start Time: 18:00 End Time: 20:00

Open to all. Aimed at players wanting to compete and take dodgeball more seriously. Looking at both techniques and tactics

for games and team and individual development.



Weekly Competitive Sessions

Date: 1 October

Location: University Hall

Cost: Free Start Time: 14:00 End Time: 17:00

Open to all. Aimed at players wanting to compete and take dodgeball more seriously. Looking at both techniques and tactics

for games and team and individual development.

Mindfulness Mondays

Date: 25 September

Location: Manor Park and/or Stag Hill

Cost: Free Start Time: 09:00 End Time: 17:00

A super relaxed meet up where you can do uni work, some drawing, have a chat or whatever you'd like! Times will vary but we aim to have a couple of hours either at Manor Park Social or on Stag Hill

each week!

Economics and Finance Society (EFS)

Instagram @surreyefs

Icebreaker Session

Date: 28 September **Location:** Wateshouse

Cost: N/A Start Time: 18:30 End Time: 21:00

Come along to our introductory social to get to know the committee, learn more about EFS and network with your coursemates and other students in a relaxed environment.

Enactus



ussu.enactus@surrey.ac.uk

Enactus Project Initiation

Date: 11 October **Location:** TBC

Cost: Free Start Time: 18:30 End Time: 20:30

Come along to socialise and see what Enactus is all about! We will be having snacks and some games, so everyone can have fun! Gain hands on experience on starting your own business or volunteer!

Fencing

Email ussu.fencing@surrey.ac.uk

Training Sessions

Date: Tuesdays and Sundays

Location: Surrey Sports Park (Arena A/Arena B)
Cost: Sign up £40 for beginners £50 for experienced

Start Time: Tuesdays 18:00 | Sundays 19:30 **End Time:** Tuesday 19:30 | Sundays 22:00.

Our training sessions consist of a warm up, Footwork and technique followed by some free fencing to develop skills. Every

level of experience is welcome.



Fencing

Email ussu.fencing@surrey.ac.uk

Movie Night

Date: 4 October

Location: Lecture Theatre Building (Room TBC) **Cost:** Free **Start Time:** 18:00 **End Time:** 22:00

Keeping with past tradition we are doing a Princess Bride showing and movie night to have a bit of fun and see some swordfighting from films

Bar Crawl

Date: 6 October

Location: Starting at Hari's Bar

Cost: TBC - Sign up on USSU website **Start Time:** 19:00 **End Time:** 22:30

A chance to let loose, have fun and meet people who you have something in common with including some fun games and challenges throughout the night. Optional end at Rubix.

Formula Student Society

teamsurtes@surrey.ac.uk

Racing Gaming Bonanza

Date: 27 September

Location: Engineering Design Centre

Cost: Free Start Time: 18:00 End Time: 21:00

A variety of racing games from Mariokart to our Racing Simulator, with a Top Gear-style Shootout. A great way to meet fellow racing

enthusiasts for free!

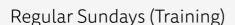
Futsal

Regular Fridays (Training)

Date: 29 September **Location:** SSP Arena C

Cost: N/A Start Time: 17:30 End Time: 19:30

Regular training on Friday



Date: 1 October

Location: SSP Arena C

Cost: N/A Start Time: 14:30 End Time: 17:30

Regular trainings and possibly friendly matches for club players

Playsport Session

Date: 6 October

Location: SSP Arena C

Cost: PlaySport will be £3 per session or FREE for SSP GOLD

members Start Time: 16:30 End Time: 17:30

Casual sessions open for all students!

Pre-Season Session

Date: 22 September **Location:** SSP Arena C

Cost: N/A **Start Time:** 17:30 **End Time:** 19:30 Pre-season session for current club players





BBQ Night

Date: 21 October Location: TBC

Cost: ~£25 Start Time: 17:30 End Time: 20:00

A relaxing night for club members to social and catch up

Active Freshers'

Date: 29 September Location: SSP Arena C

Cost: N/A Start Time: 16:30 End Time: 17:30

Taster session for new comers to experience the beauty and

intensity of Futsal!

Japanese

Instagram: @japasoc surrey

Meet and Greet

Date: 28 September Location: 01DK02

Cost: Free Start Time: 18:00 End Time: 21:00

Come and join us for our meet and greet! Enjoy games with many prizes to be won. Don't miss this chance to get to know fellow

members and our new and upcoming events.



Jazz Orchestra

ussu.jazzorchestra@surrey.ac.uk

Rehearsals

Date: Thursdays

Location: Teaching Block

Cost: Free Start Time: 19:00 End Time: 21:00

Come give one of our rehearsals a go, we are open to all abilities and are always wanting new members. We rehearse on Thursday Nights from 19.00-21.00 at the Teaching Block on Stag hill. Please bring your instruments with you, drums, a piano and amps will be provided.

Judo Club

ussu.Judo@surrey.ac.uk



Date: 25 September **Location:** SSP Studio B

Cost: First 3 sessions free, £30 membership after this!

Start Time: Sundays | 18:00 - 20:30 , Mondays | 21:15 - 22:30 **End Time:** Sundays | 18:00 - 20:30 , Mondays | 21:15 - 22:30

Come and join us at our weekly sessions! We welcome Judoka of every ability, from white to black belt. Come along to keep fit, learn self-defence and learn new skills in a friendly, safe environment!



Lacrosse

ussu.lacrosse@surrey.ac.uk, Instagram @tslacrosse

Team Surrey Takeover

Date: 18 September **Location:** AP Plaza

Cost: Free Start Time: 09:00 End Time: 16:00

Learn about Lacrosse in an interactive way, getting a feel for the equipment we use. Our committee members will be present to answer any questions, from the rules of the game to the social

events

BUCS Training

Date: Tuesday and Fridays Location: AGP 2 @ SSP

Cost: Membership Start Time: 18:00 End Time: 21:00 BUCS Training: Every Tuesday and Friday on AGP 2 (SSP).

Women's 18:00-19:30, Men's 19:30-21:00.

Mixed Team (Non-BUCS league)

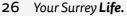
Date: Saturdays

Location: AGP 3 @ SSP

Cost: Membership Start Time: 16:00 End Time: 18:00

Mixed Team (Non-BUCS league): Every Saturday on AGP 3 (SSP),

16:00-18:00



LitSoc

ussu.litsoc@surrey.ac.uk

Halloween Creative Writing Evening

Date: 26 October

Location: Teaching Block TBC

Cost: £10 Start Time: 18:00 End Time: 19:30

A creative writing evening with a spooky theme! Spooky writing prompts, games and the option to dress up fill the evening!

LitSoc and The Stag Meet Up

Date: 27 September **Location:** Wates

Cost: TBC Start Time: 18:00 End Time: TBC

Come down to Wates for a drink and some games to break the ice

as the two societies get to know each other!

Creative Writing Evening

Date: 3 October

Location: Teaching Block TBC

Cost: Free Start Time: 18:00 End Time: 19:30

The first creative writing evening of semester one with prompts and games to promote fun and creativity. There will also be opportunities to share your work and give prompts that you'd like

to write!

Creative Writing Evening

Date: 14 November

Location: Teaching Block TBC

Cost: Free Start Time: 18:00 End Time: 19:30

LitSoc's third monthly creative writing evening, bringing different prompts and more creativity, perhaps with a focus on setting!

Christmas themed Creative Writing Evening

Date: 5 December

Location: Teaching Block TBC

Cost: £10 Start Time: 18:00 End Time: 19:30

The final creative writing evening of semester one with a Christmas theme. You can twist Christmas or any element of the festivities

however you wish!

MaDSoc

moo841@surrey.ac.uk

Tuesday Sessions

Date: 26 September

Location: Teaching Block TBD

Cost: Free Start Time: 18:00 End Time: 20:00

Music And Drama Society invites you to our FREE creative workshops for improv games, sketches, and music making! Our sessions are suitable for any experience level and everyone is

welcome!



Karaoke Hour

Date: 31 October

Location: Teaching Block TBD

Cost: Free Start Time: 19:00 End Time: 20:00

Join MaDSoc (Music & Drama) for an hour on the last Tuesday of the month for musical theatre themed karaoke! (Everyone is

welcome no matter the skill level!)

Midsoc

Instagram @uosmidsoc

Coffee, Cake and Chat Q&A with the Team

Date: 19 September

Location: Kate Granger Atrium

Cost: Free Start Time: 11:00 End Time: 13:00

Come and grab a slice of cake and get to know the MIDSOC team! Any questions regarding the course, placement, or university life, or if you just want to make some friends, we would love to chat and

try to answer all your questions!

Pimms O'Clock Picnic

Date: 23 September

Location: Stag Hill Main Campus Lake

Cost: Free Start Time: 14:00 End Time: 17:00

Join us at the lake on Stag Hill campus for some food and glasses of Pimms (or any beverage of your choice!). Bring food and a blanket,

and if the weather holds up, have a fab time together!



Instagram @uosmidsoc



Wellbeing Walk

Date: 24 September

Location: Meet outside Surrey Sports Park Entrance

Cost: Free Start Time: 11:00 End Time: 13:00

At MIDSOC we think prioritising your wellbeing is super important. We want to invite you for a walk around Manor Park (weather dependent) for some time chatting and breathing in the fresh air

before starting the new week! All pets welcome!

Farm Yard Bar Crawl (Joint Social with Nursing Society)

Date: 29 September

Location: Meet at Harris Bar in Rubix

Cost: Free Start Time: 19:00 End Time: 00:00

We are joining forces with NurseSoc, and turning into farmers and farm animals for the night! Follow us on Instagram for updates on

what animal you may be and bars we will be going to!

Barbie Bar Crawl

Date: 4 October

Location: Meet at Harris Bar

Cost: Free Start Time: 19:00 End Time: 00:00

You know the badass scene in the movie where they all wear pink boiler suits and funky sunglasses? Yeah, we're going to do that! We

can all be Barbie, Ken and Alan for the night!



Family Fever Bar Crawl

Date: 11 October

Location: Meet at Harris Bar

Cost: Free Start Time: 19:00 End Time: 00:00

...All we can say is make sure you're following our Instagram to

learn more about this social!! Eeek!

Halloween Social 'On Wednesdays We Wear Pink'

Date: 25 October

Location: Meet at Harris Bar

Cost: Free Start Time: 19:00 End Time: 00:00

Unless you are iconically dressed as a MEAN GIRL, you can't sit

with us! Only joking of course you can, all are welcome!

Craft, Crochet and Cake Social

Date: 8 November **Location:** TBC

Cost: Free Start Time: TBC End Time: TBC

After a crazy month of themed bar crawls we want to calm things down and spend some time getting crafty and of course... eating

cake!

Coffee and Cake Social

Date: 22 November

Location: TBC

Cost: Free Start Time: TBC End Time: TBC

As MIDSOC we love an opportunity to relax and just chat with each other. So please come along and hang out with us and let's just

chat!! And as always... eat cake!

Midsoc

Instagram @uosmidsoc

Christmas Bar Crawl

Date: 6 December

Location: Meet at Harris Bar

Cost: Free Start Time: 19:00 End Time: 00:00

Time to 'Sparkle and Shine' before we all go off on our merry ways

for Christmas!

Mountaineering

Instagram: @usmc.mountaineering. Email: ussu.mountaineering@surrey.ac.uk

Wednesday Sessions

Date: Wednesdays

Location: Surrey summit (SSP) **Cost:** Free for first three sessions **Start Time:** 15:00 **End Time:** 17:00

We offer 3 free sessions to everyone before they require a

membership.

Monday and Friday Sessions

Date: Monday and Fridays Location: Surrey summit (SSP) Cost: Free for first three sessions Start Time: 19:00 End Time: 21:00

We offer 3 free sessions to everyone before they

require a membership.



Musical Theatre Society

ussu.musicaltheatre@surrey.ac.uk

Musical Theatre Taster Session 1

Date: 25 September

Location: TBC

Cost: Free Start Time: 18:00 End Time: 21:00

This is your chance to experience what MTSoc is all about! Have a go at some singing and dancing while meeting other people who

love Musical Theatre!

Musical Theatre Taster Session 2

Date: 28 September

Location: TBC

Cost: Free Start Time: 18:00 End Time: 21:00

This is your chance to experience what MTSoc is all about! Have a go at some singing and dancing while meeting other people who

love Musical Theatre!

MTSoc Welcome Social

Date: 4 October

Location: Green Room at Wates House

Cost: Free (Must have bought a membership)

Start Time: 19:00 **End Time:** 22:00

A fantastic annual evening of team games and dress up to kick off the semester before we get cracking with showcase rehearsals.



Netball

Netball Email- M00058@surrey.ac.uk



Date: 24 September

Location: Sports park arena A and B

Cost: Free Start Time: 13:30 End Time: 15:30

A friendly introductory session to learn the basics of playing

netball and put your skills into action on court!

IMS

Date:

Location: Surrey Sports Park

Cost: TBC Start Time: TBC End Time: TBC

Play with your formed team in a friendly league of netball against

other teams filled by Surrey students only.

Training Times

Date: Mondays, Tuesdays and Fridays

Location: Surrey Sports Park

Cost: N/A Start Time: Mondays-7:00-8:30 and 18:45-20:15,

Tuesdays (development training) 17:30-19:00, Friday 7:00-8:30 End

Time: above training times.







Nigerian Society

ussu.nigerian@surrey.ac.uk

Meet & Greet

Date: 24 September

Location: Business School Building

Cost: Free Start Time: TBC End Time: TBC

Meet & Greet, Sunday 24th September 2023, Business School

building

Grills & Chills

Date: 1 October **Location:** The Lake

Cost: TBC Start Time: 13:00 End Time: TBC

Grills & Chills, October 1st 2023 at 1:00 pm, The Lake

This is a celebration to recognize Nigeria's Independence Day

Christmas Social

Date: 8 December **Location:** TBD

Cost: TBC Start Time: TBC End Time: TBC

Christmas Social



No Wave

Instagram: @surreyrocksoc

Gig at the Holroyd Arms

Date: 4 October

Location: The Holroyd Arms, Guildford Cost: £5 Start Time: 19:30 End Time: 23:00

Come see No Wave heavy metal band Terapin and others perform live at the Holroyd Arms pub. instagram.com/p/Cv-R4vqIQSJ

Nursoc

Nursoc and Midsoc Bar crawl

Date: 29 September

Location: Guildford town centre

Cost: £5 Start Time: 19:00 End Time: 00:00

Nursoc and Midsoc are collabing for a barnyard themed bar crawl!

Follow our socials for more info.

Meet the Committee

Date: 28 September **Location:** The Lake

Cost: Free Start Time: 17:00 End Time: 19:00

Come along and meet the committee, discuss what you would like

to see throughout the year and meet new people.



People And Planet

Instagram @peopleandplanetsurrey

Introduction to grassroots activism

Date: 26 September

Location: TBC- Check Instagram!

Cost: Free Start Time: 18:30 End Time: 19:30

An intro session for our freshers, come meet people and planet and see what we're all about, how we incite change and how you

can take part!

Direct Action Workshop

Date: 3 October

Location: TBC - Check Instagram!

Cost: Free Start Time: 18:30 End Time: 19:30

Come learn about what direct action is and we use it to further our

campaigns on campus.

Blowing up the Careers Pipeline - Movement in Action

Date: 10 October

Location: TBC - Check Instagram!

Cost: Free Start Time: 18:30 End Time: 19:30

This week we'll be building on our discussions of the dangers of the

careers pipeline and how best to fight this.



People And Planet

Instagram @peopleandplanetsurrey

Craft Night - Banner Making Session

Date: 17 October

Location: TBC - Check Instagram

Cost: Free Start Time: 18:30 End Time: 20:00

For our craft night we'll be channelling our inner Bob Ross and making banners and posters! Free paint, banners and cardboard

provided!

Social Night!

Date: 24 October

Location: TBC - check Instagram

Cost: Free Start Time: 18:30 End Time: 23:00

Come meet other like minded activists and make plots together!

How to Make a Movement Workshop

Date: 31 October

Location: TBC - Check Instagram

Cost: Free Start Time: 18:30 End Time: 19:30

This week we'll be continuing our campaigns on campus and

making plans for future action.



Poker Society

Instagram: ussupoker



First Session

Date: 28 September **Location:** 32 MS 01

Cost: Free Start Time: 18:30 End Time: 21:00

Teaching tables for people who don't know how to play, free tables and small stake tables for those who already know and want to join

the society. All skill levels welcome.

Powerlifting and Weightlifting

Instagram @teamsurrey lifting Email: ussu.lifting@surrey.ac.uk

Give Powerlifting/Weightlifting a Go

Date: 18 September **Location:** AP Plaza

Cost: Free Start Time: 10:00 End Time: 16:00

Committee members will be there to talk about the club and there

will be mini competitions and activities to try out the sport.

Raising and Giving - RAG

Instagram @ussu rag

Fundraising

Date: 23 September **Location:** Rubix

Cost: TBC Start Time: 22:00 End Time: 02:00

Moshpit hip hop for awareness.





Running and Athletics





ussu.runningandathletics@surrey.ac.uk

Monday Runday

Date: Mondays

Location: Meet outside Simply Fresh

Cost: Free Start Time: 18:30 End Time: 17:30

Run with others around Guildford every Monday on our social run exploring the area with runners of all abilities. Even if you're new to

running don't be afraid to come along!

Circuits

Date: Wednesdays **Location:** Rubix

Cost: Membership Start Time: 17:30 End Time: 19:30

Every Wednesday we turn the Rubix dance floor into exercise stations with equipment and mats provided. We run sessions to help improve fitness and strengthen muscles targeted to help

running.

Salsa Society

Free Session

Date: 2 October Location: TBC

Cost: Free Start Time: TBC End Time: TBC

Free session on Monday 2 October - open to all levels and beginner

friendly.

Weekly Sessions

Date: 25 September

Location: University Hall

Cost: Membership Fee **Start Time:** TBC **End Time:** TBC Weekly sessions every Monday evening at University Hall

Scuba Soc

BBQ Night

Date: 21 October **Location:** TBC

Cost: £35 Start Time: 18:00 End Time: 20:30

A relaxing night for club members to social and catch up.

Board Game Night

Date: 19 October **Location:** Campus

Cost: N/A Start Time: 18:30 End Time: 20:00

A night for members to gather around and have little bit of fun!

Stargazing Night

Date: 8 November **Location:** TBC

Cost: N/A Start Time: 18:30 End Time: 20:00

Something unusual to experience, something astonishing and

breathtaking to see! (Hopefully:P).

Scuba Soc

Try Dives

Date: 29 September

Location: Guildford Spectrum

Cost: N/A Start Time: 20:15 End Time: 23:00

Free experience night for those who would like to explore the

ocean!

Freshers' Trip

Date: 27 October

Location: Vobster Quay

Cost: TBC Start Time: 17:30 End Time: 15:00

A weekend trip for our freshly qualified divers, to get a taste of the

UK water diving experience!

Qualified Divers Session

Date: 5 October

Location: Guildford Spectrum

Cost: N/A Start Time: 20:00 End Time: 22:30

Regular training session for those who are qualified, or on their way

to be!



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Squash

teamsurrey.co.uk/sport-activity/social/squash



PlaySport

Date: 29 September

Location: Surrey Sports Park

Cost: Gold members - FREE, Silver and Pay & Play – £3 per/session

Start Time: 16:00 **End Time:** 18:00

An informal social squash session where you can give the sport a go, with the emphasis on it being a fun and friendly environment!

StagTV

YouTube and instagram @stagtvsurrey

First Meeting Fun

Date: 28 September

Location: StagTV Office (Student Media Hub next to Hillside Cafe)

Cost: Free **Start Time:** 18:30 **End Time:** 20:30 - 21:00

We'll have pizza and snacks as we introduce our committee members and then we'll jump in to creating a "mock program" for a

hands-on experience with our fancy kit.

Weekly Meetings

Date: Thursdays **Location:** TBC

Cost: Free Start Time: 18:30 End Time: 19:30

Weekly meetings | Thursdays | 18:30-19:30 Alternating between training sessions and creative shoots (short films/sketches), with a

social a month (like pizza and movie nights)

Surrey Angels Cheerleading

ussu.Cheerleading@surrey.ac.uk



Introductory Social

Date: 27 September Location: Front Room

Cost: Free Start Time: TBC End Time: TBC

Surrey Angels Cheerleading introductory social, 27 September, meet outside the Front Room. Come along to our introductory social to get to know the committee and learn a bit more about the

Angels!

Surrey Dance Squad

@surreydancesquad

National Dance Week Social

Date: 25 September

Location: GSA Dance Studio

Cost: N/A Start Time: 18:00 End Time: 22:00

Meet and greet.

Surrey Dance Squad Auditions

Date: 2 October

Location: GSA Dance Studio

Cost: N/A Start Time: 18:00 End Time: 22:00

Auditions for the SDS teams including Tap, Ballet, Jazz, Hip Hop,

Commercial and Wildcard.



Halloween Open Class Special

Date: 6 November

Location: GSA Dance Studio

Cost: N/A Start Time: 18:00 End Time: 22:00

Commerical dance to Halloween song of executives choice.

Christmas Special Open Class

Date: 4 December

Location: GSA Dance Studio

Cost: N/A Start Time: 18:00 End Time: 22:00

Jazz and tap dance to Christmas song of executives choice.

Christmas Show

Date: 7 December

Location: Ivy Arts Theatre

Cost: N/A Start Time: N/A End Time: N/A

Performance of a variety of styles to end the year.

Surrey Singapore Society

Surrey Singapore Society Meet & Greet

Date: 5 October

Location: University of Surrey

Cost: N/A Start Time: 19:00 End Time: 21:00

The SingSoc meet & greet is for anyone that is interested in Singapore or simply just want to meet new people, everyone is

welcome regardless if they are from Singapore or not.





Surrey Snowsports

Instagram.com @su.snow



Wednesday Weekly Citrus Pre-Drinks

Date: 21 September

Location: TRD

Cost: Free Start Time: 19:00 End Time: 23:00

Every Wednesday evening after training, the SuSnow massive descend together to enjoy a Wednesday night. It's a fantastic opportunity to meet new people and the committee of the club.

Freshers BBQ

Date: 24 September Location: Location TBD

Cost: Free Start Time: 12:00 End Time: 16:00

Our freshers BBQ is the first big event of the year and is a perfect

way for everyone to meet the club.

Wednesday Weekly Race Training

Date: 27 September

Location: Chatham Dryslope

Cost: £12 Start Time: 12:00 End Time: 18:00

Race training is one of SUSnows main events, we run weekly sessions with equipment, transport and training included!

Regardless of your experience, give it a try!



Freestyle Training Sessions

Date: 29 September

Location: Hemel Snowdome

Cost: £15 Start Time: 17:00 End Time: 23:00

We also offer freestyle training at Hemel Snowdome every other Thursday, it's a fantastic opportunity to hit some features in the safety of snow. All we ask is your confident on at least a red run.

Whiteout 1

Date: 27 October

Location: Route TBD

Cost: Normally ~£7 Start Time: 19:30 End Time: 00:00

Whiteout is our biggest social event of the year (apart from trip of course), it's a 100+ person themed bar crawl around Guildford. It's

an event you simply cant miss!

SUSnow Christmas Dinner

Date: 29 November

Location: TBD

Cost: Normally ~£15 Start Time: 19:00 End Time: 22:00

Christmas meal is a great way to meet new mates before trip! It's a great fun social event with a charity raffle with some damn good

prizes.

Snowsports Ski Trip - Avoriaz - Reading Week

Date: 27 January 2024

Location: Avoriaz Cost: £464

Our ski trip is the biggest event of the year! This year we are leaving for Avoriaz for a week of peak season ski and apres. Everyone is welcome!

Surrey Stage Crew

Email ussu.crew@surrey.ac.uk instagram @surreystagecrew

Lighting Taster Session

Date: 27 September **Location:** Rubix

Cost: Free Start Time: 18:00 End Time: 21:00

An drop in session with the opportunity to have a go using some of

our lighting desks and equipment without any pressure!

Surrey Video Gaming Society

Instagram @surreyvgs

48Hr LAN Party

Date: 20 October

Location: 03 DK 02 (TBC): LTE (TBC): LTE (TBC) **Cost:** Free **Start Time:** 18:00 **End Time:** 18:00

Our biggest events of the year, our LAN parties offer tournaments, party games, pizza and more across PC and provided consoles.

Table Tennis Society

ussu.tabletennis@surrey.ac.uk

Weekly PlaySports Session

Date: 27 September

Location: Sports Park Arena C

Cost: PlaySport Session **Start Time:** 20:30 **End Time:** 22:00 Join us for some leisurely table tennis! This is our session to just

have some fun and it is open for everyone.



Weekly Coached Training Session

Date: 1 October

Location: Sports Park Arena A

Cost: Team Surrey and Table Tennis Soc membership

Start Time: 20:30 End Time: 22:00

This is our coached session for the more competitive amongst us. Become a member of the Table Tennis Soc and join us every

Sunday to improve your game!

Taekwondo

First session

Date: 24 September

Location: SSP studio A&B

Cost: Free Start Time: 16:00 End Time: 18:00

Join our first Taekwondo training, All are welcomed.

Meet and Greet

Date: 14 October **Location:** Campus

Cost: Free Start Time: TBC End Time: TBC

This is a great opportunity to meet and greet everyone at here in

Taekwondo.

Football with Team Surrey Taekwondo

Date: 2 November **Location:** TBC

Cost: Free Start Time: TBC End Time: TBC

Join us on our unique cardio training



The Stag

Instagram @thestagmagazinesurrey

Lit Soc and The Stag Meet Up

Date: 27 September **Location:** Wates

Cost: Free Start Time: 18:00 End Time: Close

A collaborative social between The Stag Magazine and Literature

Society to chill and get to know each other + Competition

announcement.

Theatre Society

ussu.theatresoc@surrey.ac.uk

Murder Mystery Auditions

Date: 11 October

Location: Teaching Block

Cost: Free Start Time: 20:00 End Time: 21:00

Auditions for Theatre Society's first live performance to be held in

December, seeking a small cast and crew of 8-10 people.



Instagram @usrfctouch

Social Games

Date: 23 October **Location:** SSP AGP1

Cost: Free Start Time: 16:30 End Time: 18:00

Come along for some social games with freedom to run, step, pass

and gas with international coaches.



Trampoline

Instagram - @teamsurreytramp

Trampoline Training - Try It Out Sessions

Date: 27 September

Location: Surrey Sports Park - Arena C

Cost: Free

Start Time: Wednesdays - 17:00, Fridays - 20:00, Saturdays - 17:00 **End Time:** Wednesdays - 19:30, Fridays - 22:00, Saturdays - 19:00 Come along and try out Trampolining, these sessions are open to all abilities. After these dates you will need a membership so try out while its free.

Ultimate Frisbee

Instagram & Facebook @teamsurreyultimate

Weekly outdoor Coached Sessions on Monday

Date: 25 September **Location:** AGP3

Cost: Free Start Time: 17:00 End Time: 18:00

Beginner friendly session introducing the basics of Ultimate

Frisbee.

Weekly Indoor Coached Session-Tuesday

Date: 26 September **Location:** Arena B

Cost: Free **Start Time:** 07:00 **End Time:** 09:00 Early morning coached beginner friendly session.



Ultimate Frisbee

Instagram & Facebook @teamsurreyultimate

Weekly Outdoor Development Session - Wednesday

Date: 27 September **Location:** PATS field

Cost: Free Start Time: 14:00 End Time: 16:00

Weekly Outdoor Session aimed at people who have never played

before.

Weekly Outdoor Coached Session- Wednesday

Date: 27 September **Location:** AGP3

Cost: Free **Start Time:** 17:00 **End Time:** 18:00 Outdoor coached session that is beginner friendly

Weekly Outdoor Team Development Session

Date: 30 September **Location:** Pitch B1

Cost: Free Start Time: 10:00 End Time: 13:00

Outdoor coached session with a focus on team development,

beginner friendly.

SICKO Beginner Tournament

Date: 14 October **Location:** Brighton

Cost: TBC but around £10 **Start Time:** 08:00 **End Time:** 18:00 A fun tournament open to all abilities with a night out in Brighton

on the Saturday night.

University Men's Indoor Regionals

Date: 11 November

Location: Cranford Community College

Cost: £15 **Start Time:** 08:00 **End Time:** 19:00 A great introduction to competitive Ultimate.

University Women's Indoor Regionals

Date: 25 November

Location: Cranford Community College

Cost: £15 **Start Time:** 08:00 **End Time:** 18:00 A great introduction to competitive Ultimate.

Scavenger Hunt Social

Date: 27 September **Location:** Main Campus

Cost: Free Start Time: 19:00 End Time: 02:00

Scavenger hunt around main campus involving team challenges

finished off with a night out at Rubix.

Volleyball Club

Playsport Recreational Sessions - Sundays

Date: 1 October

Location: Surrey Sports Park Arena B

Cost: 3 pounds per session **Start Time:** 15:00 **End Time:** 16:30 These sessions are here for people of all levels and abilities. They are designed to introduce you to the wonderful sport of volleyball

with no pressure and a lot of support.





Volleyball Club



Competitive Training

Date: Tuesdays and Fridays

Location: Surrey Sports Park Arena

Cost: Semesterly membership (price TBC)

Start Time: 20:30 (Tuesday training), 18:00 (Friday training) End

Time: 22:30 (Tuesday training), 20:00 (Friday training)

For those selected for the Team at tryouts, the competitive team sessions are there to develop and train for BUCS competitions.

Anything But a Cup Social!

Date: 27 September

Location: TBC

Cost: Free Start Time: TBC End Time: TBC

This introductory social is a great way to make some friends and find out more about our club! Find out the details by following our

socials:)

Water Polo

Instagram page: @uos waterpolo

Water Polo BBO

Date: 24 September

Location: Ned's house (Address will be posted on @uos_waterpolo

Instagram page)

Cost: Free Start Time: 18:00 End Time: 21:00

Big BBQ to get to know everyone after our Active Freshers' session.

Lots of meat, but also veggie options will be available.

Women's Football

ussu.ladiesfootball@surrey.ac.uk

Training Sessions

Date: 3 October

Location: AGP3 @ SSP

Cost: Membership Start Time: 18:00 End Time: 20:00

Whether you've played football for years or have never kicked a ball - all abilities welcome! Email <u>ussu.ladiesfootball@surrey.ac.uk</u> or DM our Instagram <u>@uoswfc</u> for more information to contact our Committee that will love to help!

Training Sessions

Date: 8 October

Location: AGP3 @ SSP

Cost: Membership Start Time: 18:00 End Time: 20:00

Whether you've played football for years or have never kicked a ball - all abilities welcome! Email <u>ussu.ladiesfootball@surrey.ac.uk</u> or DM our Instagram <u>@uoswfc</u> for more information to contact our Committee that will love to help!

'Red Flags' Social

Date: 27 September

Location: TBC

Cost: Membership Start Time: TBC End Time: TBC

A great way to get to meet the team and break the ice, put your thinking caps on, there will be rewards for the strangest ones...

We're looking forward to meeting you all!



Women's Rugby

@uswrfc on Instagram

Free Taster Training Session

Date:

Location: Surrey Sports Park, Training pitches

Cost: Free Start Time: 17:00 Mondays, 18:00 on Fridays End Time:

18:30pm on Mondays, 20:00pm on Fridays

Free taster session for women's rugby, anyone is welcome, no

experience necessary!!

Yoga

ussu.yoga@surrey.ac.uk



Date: 26 September

Location: University Hall

Cost: Free Start Time: TBC End Time: TBC

The yoga classes in the first week (w/c 25th September) will be free

to try.

Welcome Social

Date: 26 September

Location: TBC

Cost: Free

Start Time: 21:00 **End Time:** 22:00

Welcome social after the first class on Tuesday 26th September.





Weekly Sessions

Date: 3 October

Location: University Hall

Cost: Membership

Start Time: 20:00 End Time: 21:00

Weekly Yoga Sessions, Tuesdays and Thursdays 8-9pm, University

Hall.

ZooSoc

Instagram @surreyzoosoc email @ussu.zoosoc@surrey.ac.uk

Zoo Trip to Marwell Wildlife Park

Date: 1 October

Location: Marwell Zoo, Winchester SO21 1JH

Cost: Zoo tickets are estimated to cost £13.49 with student ID

Start Time: TBC End Time: TBC

Join us at Marwell Zoo to see some wonderful animals and meet other society members! This relaxed social is a great way to have

some fun with friends before the semester gets busy.

How to Treat Exotic Animal Patients with Antimicrobials Seminar + Pizza

Date: 17 October

Location: Lecture Theatre at VSM Vet School Building, Manor Park **Cost:** Free to ZooSoc Members, TBC small fee for non-members

Start Time: 17:30 **End Time:** 19:00

External guest Benjamin Kennedy, an exotic animal vet/researcher, will discuss the considerations involved in treating non-traditional species when it comes to antimicrobial use.

ZooSoc

Instagram @surreyzoosoc email @ussu.zoosoc@surrey.ac.uk

Welcome Picnic by the Lake

Date: 23 September

Location: At the picnic benches next to the lake on Stag Hill

Cost: Free Start Time: 12:00 onwards End Time: n/a

Come to the benches beside the lake on Stag Hill Campus to find out more about ZooSoc, meet other members of the society, and

enjoy some free picnic snacks!

'Vets and Wildlife' Volunteer/Work Experience Presentation

Date: 10 October

Location: Lecture Theatre at VSM Vet School Building

Cost: Free to ZooSoc Members, TBC small fee for non-members

Start Time: 17.3 End Time: 19:00

This talk by external guest Loraine Scheepers will discuss various opportunities to gain practical experience working with wildlife outside the UK, with 'Vets and Wildlife'. Open to everyone, not just yet students.



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We do things differently and better than the rest:

- o **Students only** and student-led
- All our profits go back to run your
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- o 100 + students employed as staff
- FREE SOFT DRINKS
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We provide lighting, audio, staging, and video for many high-profile, campus-wide events such as Union and Colours Ball, Surrey Decides, Freefest, and Univision.



Stage Crew



We also work with other societies such as StagTV and Musical Theatre Society, as well as artists such as Jax Jones and Chase & Status.

If you are interested, come join our weekly meeting in Haris Bar Mondays at 6 pm!





Surrey Stage Crew



surreystagecrew.co.uk