

the Week

THE COMPLETE LIST OF EVERYTHING AND ANYTHING GOING ON AT THE UNION

International Student Orientation Programme Events

SAT 20TH SEPTEMBER

Bournemouth Town Tours

2-4pm Pick up outside Purbeck House Free

Supermarket Trips

1 & 3pm at each halls

Depart from Corfe House, Oakford House, Cranborne House and Purbeck House, Free

Poole Town Tours

4pm Departing from Corfe House Free

Snack and Soup

6-7pm. Light snack provided by the multi-faith Chaplaincy Poole House Refectory Free

Chill out in the Chaplaincy

A chance for you to meet, relax and have a chat. Free tea, Coffee and soft drinks 7-9pm Chaplaincy Free

SUN 21ST SEPTEMBER

Chelsea VS Man Utd

2pm Dylan's Bar Free

Bournemouth Town Tours 2pm & 4pm Departs from Purbeck House and Cranborne House, Free

Poole Town Tours 4pm Departs from Corfe House Free

Welcome Tea A chance to meet new people and socialise. 6-8pm Poole House Refectory Free

Chill out in the Chaplaincy Meet relax and have a chat. Free tea, coffee and soft drinks 8-9pm Chaplaincy Free

Halls Welcome Party

9pm-3am The Old Fire Station All Wristband holders- Free

Supermarket Trips 1-3pm from Purbeck, Hurn, Student Village, Cranborne, Okeford and Corfe Hs, free

MON 22ND SEPTEMBER



Make a Pledge to Make a Difference

Come join our volunteers and pledge to make a difference 10am-4pm Bike compund opposite Semi-circle, Talbot Campus Free

Talbot Campus Tours Find your way on the Talbot campus with your very own tour guide 10.30-11am

Meet outside Lees Lecture Theatre, Talbot Campus Free

Meet your Presidents Come and meet Fred your Students' Union President and Adelaide and Scott your Vice Presidents 11am-1pm Poole House, Talbot Campus Free

Speed Meet Fun way to make new friends A spin on the traditional 'speed dating' make new friends in a fun and alternative way 1pm-2pm The Loft Free

Xpress Cardio Class An enjoyable and explosive 30 minutes of cardio with a mix of step, aerobics and circuits. 1.00 - 1.30pm Sports Department, Talbot Campus Free

Xpress Conditioning 30 minute class that targets the whole body. 1.30 - 2.00pm Sport Department, Talbot Campus Free

Bus tour of Bournemouth Get to know your way around Bournemouth in one quick and easy tour 2pm Meet at Bus stop in front of Poole House Free - sign up for tickets at the Sports Hall, Talbot Campus

Bus tour of Bournemouth Get to know your way around Bournemouth in one quick and easy tour 3pm Meet at Bus stop in front of Poole House Free - sign up for tickets at the Sports Hall, Talbot Campus

Bus tour of Poole Get to know your way around Poole on one quick and easy tour 3pm Meet at bus stop in front of Poole House Free - sign up for tickets at the Sports Hall, Talbot Campus

Getting on with your housemates 'Your House Profile' Gather you housemates and come and join in a session that promises to give insight into your behaviours 3pm-4pm PG143 Free

Tai Chi Class Tai Chi is a class that is designed to calm the mind but at the same time improve fitness, wellbeing, balance and strength. 4.00 - 4.55pm Sports Department, Talbot Campus Free

Social Netball Session A relaxed and fun session where you can turn up with friends or on your own. 4.00 - 5.55pm All weather Pitches, Talbot Campus Free

Legs, Bums and Tums Class An easy to follow class starting with a blast of aerobics and then exercises that focus on the legs, buttocks and abs. 5.00 - 5.55pm Sports Department, Talbot Campus Free

Pilates A class aimed at improving the body's core stability through a range of exercises. 6 - 6.55pm Sport Department, Talbot Campus Free

Speed Meet A spin on the traditional 'speed dating' make new friends in a fun and alternative way 7-8pm The Loft Free

Pirate Party Shiver me timbers! It is time to drop anchor for the ultimate theme party. A whole shipful of fun action and the finest rum flowing all night. 9pm-3am The Old Firestation Gold Wristband- Free Silver-£1 others-Extra

Essential Information for International Students

9.30-10.30am*International Students* We will answer you initial questions and give you all the most important information you need for your first week at BU Lees and Marconi Lecture Theatres, Talbot Campus

International Students' Information Fair

11am-2.30pm Calling all international students: come find out about all the services the university has to offer you including the Students' Union, the medical centre and the police Sports Hall, Talbot Campus

Chinese Students Meeting

2pm-3pm An important meeting for all Chinese students where the Chinese Students' and Scholars' Association will talk to you about adjusting to life at Bournemouth University Barnes Lecture Theatre, Talbot Campus

US Fed Loans Meeting

2pm-3pm Important for US students to come and meet the administrator of Federal Loans and gather essential information Cobham Lecture Theatre, Talbot Campus

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2pm-3pm Important for US students to come and meet the administrator of Federal Loans and gather essential information Cobham Lecture Theatre, Talbot Campus

International Welcome Reception 6 - 8.30pm An opportunity for international students to meet University staff and representatives from their schools and chat to them over some food and drink. Food, alcoholic and non-alcoholic drinks will be provided and there will be live music. We suggest you wear reasonably smart clothes. Free entry, but you must register for a ticket in advance: www.bournemouth.ac.uk/orientation Refectory, Poole House, Talbot Campus

TUE 23RD SEPTEMBER

Clubs and Societies Meet & Greet

Chance to sign up to any clubs and societies and get involved 11-12pm The Loft, Talbot Campus Free

Social Badminton A social badminton session where games can be arranged or you can just join in and have a go! 11-12.30pm Sports Department, Talbot Campus Free

Meet the Raising And Giving team Faculty charity fundraising in your spare time, come and get involved with RAG 12-1pm The Loft, Talbot Campus Free

Yoga A class that is great for flexibility, posture and relaxation. 12-12.55pm Sports Department, Talbot Campus Free

Sexual Health Information All week you'll be able to get any advice you need 11-12pm Tuesday-Friday Atrium, Poole House Free

Social Basketball A fun session where you can come along and shoot some hoops 12.30-2pm Sports Department, Talbot Campus Free

Body Conditioning A conditioning workout designed for the whole body 1-2pm Sports Department, Talbot Campus Free

Introduction to Rock Climbing 2.00 - 4.00pm Hot Rocks Climbing Wall, Talbot Campus Free

Cheerleading Taster Come and find out more about BU BrightStars 3-4pm Sports Department, Talbot Campus Free

Red Cross Recruitment Come and volunteer with the Red Cross 1-2pm DG02, Talbot Campus Free

St John First Aid workshop Important practical session touching on basic first aid principles 2.00- 4.00pm D265, Talbot Campus Free

Tchoukball Taster Session Tchoukball taster and introduction, come and have a go 2.00 - 4.00pm Sports Department, Talbot Campus Free

Dance Society Varied styles of dance - come and try something different! 2-2.55pm Sports Department, Talbot Campus Free

Dorset Villages and Pub Tour You will visit the beautiful Dorset Villages of Milton Abbas and Cerne Abbas (where you can see the famous Cerne Abbas Giant!) You will stop in several places to walk, take photos and visit a traditional thatched pub. Heading back towards Bournemouth you'll stop for Fish and Chips for dinner and end the evening in The Goat and Tricycle - one of the most traditional pubs in Bournemouth town centre. Please wear warm clothing and comfortable shoes! Buy your ticket from Students' Union Reception! 3pm-Late

Buses leave from the bus stops at the Front of Poole House £20- including dinner & travel

Cheerleading A class using cheerleading techniques to help tone the body and improve fitness. A fun and energetic way to keep fit! 3-3.55pm Sports Department, Talbot Campus Free

Cream Tea with the Chaplaincy Come enjoy cream tea and meet other students 4pm-5pm Chaplaincy, Talbot House Free

Xpress Spinning A high-energy indoor cycling class with a mixture of hills and sprints where you

control the resistance! 4.15 - 4.45pm

Sports Hall, Talbot Campus Free

Circuits Involves various stations of resistance and cardio vascular exercises. A fantastic way to increase your all-round fitness. 5.00 - 5.55pm Sports Hall, Talbot Campus Free

Beginners Pole Dancing A taster session to the latest craze! Learn various spins and moves that are a great way to tone and strengthen the body. Ladies only. 5.00 - 5.55pm Sports Hall, Talbot Campus Free

Help I can't Cook! Tips on how to live as a 'student' 5-5.30pm Chaplaincy, Talbot Campus Free

Beginners Pole Dancing A taster session to the latest craze! Learn various spins and moves that are a great way to tone and strengthen the body. Ladies only. 6.00 - 6.55pm Sports Hall, Talbot Campus Free

Film and Finger food Free food and a chance to socialise 7-9pm Chaplaincy, Talbot House Free

Dylan's Pub Quiz Bring a team along and play the legendary Dylan's Pub Quiz. Winning team take entire pot of cash and a bottle of Corkeys, www.subu.org.uk/dylansquiz 8pm Dylan's Bar £1 per person

The Comedy Factory Settle back and enjoy a wicked night of humour direct from Edinburgh Festival 8pm The Old Fire Station Gold Wristband- Free, Silver Wristband- £4

Immigration Info Session 10-11am Everything you need to know about your student visa and other important immigration details- Don't miss it! Lees Lecture Theatre, Talbot Campus Free

Shopping and Budgeting 11-12pm Top tips on saving money and shopping on a budget, plus the chance to win a whole basket of free food! Cobham Lecture Theatre, Talbot Campus Free

Cultural Transition Session 12-1pm If you are coming to the UK for the first time, you may be surprised at how different things are, and maybe not the things you expect to be different! This session looks briefly at 'Culture shock' and things you can do to overcome it. Lees Lecture Theatre, Talbot Campus Free

Cream Tea with the Chaplaincy 3-4pm Come enjoy cream tea and meet other students Chaplaincy, Talbot Campus Free

WED 24TH SEPTEMBER

5 minute Volunteering- Plant a Plant

Plant a seed or seedling, decorate the pot and write care instructions to brighten up the lives of residents at local care homes. 10am-4pm Bike sheds opposite Semi Circle, Talbot Campus, Free

Anime Activity Find out what the world of Japanese Animation holds 11am-4pm Coyne Lecture Theatre, Talbot Campus Free

Wuji Quan Martial Arts A Chinese Martial Arts which has therapeutic aspects. 11-11.55am Sports Department, Talbot Campus Free

Meet the Raising And Giving team Fancy charity fundraising in your spare time, come and get involved with RAG 12-1pm The Loft, Talbot Campus Free

Students' Union Meet & Greet Come and find out what your Students' Union has to offer you 12-2pm The Loft Free

6 A-Side Football Come along with your new mates, new housemates or own your own and join in this 6 side football tournament. 12-4.55pm All weather Pitches, Talbot Campus Free

Xpress Cardio An enjoyable and explosive 30 minutes of cardio with a mix of step, aerobics and circuits. 1-1.30pm Sports Department, Talbot Campus Free

Xpress Conditioning 30 minute class that targets the whole body. 1.30-2.00pm Sports Department, Talbot Campus Free

SUBU Leadership Programme Intro Discover the ways great leaders operate 2-4pm Learn Higher Room Free

Introduction to Rock Climbing Introduction to the basic skills and techniques of indoor climbing whilst giving you confidence to progress further on your own or with the SU club 2-4.00pm Hot Rocks Climbing Wall, Talbot Campus Free

Getting on with your Housemates 'How your housemates think' If that's the question in your head come and explore the answer 3-4pm PG143, Thomas Hardy Suite, Talbot Campus Free

Intro to Juggle Society Join in the fun and find out about BU Juggle Society 3-4.30pm Semi-Circle, Talbot Campus Free

Beginners Pole Dancing A taster session to the latest craze! A great way to tone and strengthen the body. Ladies only. 3-3.55pm Sports Department, Talbot Campus Free

Help I can't Cook Tips on how to live as a 'student' 4-4.30pm Chaplaincy Talbot House Free

Beginners Pole Dancing A taster session to the latest craze! A great way to tone and strengthen the body. Ladies only. 4-4.55pm Sports Department, Talbot Campus Free

Global Café A chance to meet other students relax with tea, coffee and the famous Global Café cookies on tap. 5-6.30pm The Retreat, Talbot Campus Free

Legs, Bums and Tums An easy to follow class starting with a blast of aerobics and then exercises that focus on the legs, buttocks and abs 5-5.55pm Sports Department, Talbot Campus Free

Pilates Improve the body's core stability through a range of exercises. 5-5.55pm Sports Department, Talbot Campus Free

Fun and Games with the RAG Team Get involved with Raising and Giving 6-7pm The Loft Free

Commercial Street Dance A fun and funky taster class using a wide range of dance moves. The fun way to get fit! 6-6.55pm Sports Department, Talbot Campus Free

Global Cinema The first in our free weekly programme of films from around the world... This week: Lost in Translation 6.30-9pm Allsebrook Lecture Theatre Free

Tae Kwon Do A taster session that combines self defence, non and full contact sparring and flexibility. 6.00-7.25pm Sports Department, Talbot Campus Free

Wing Chun Wing Chun is an aggressive no nonsense self defence system. Suitable for both men and women. 7-7.55pm Sports Department, Talbot Campus Free

Surf Club Beach Party The UK's Best Artic monks tribute play live on stage! And with DJs pumping out all the latest summer hits, this is a beach party not to be missed! 9pm-3am The Old Fire Station Gold Wristband- Free, Silver- Free, Others- £3

Introduction to UK Academic Life 10-11.30am & 1-2.30pm. An essential introduction to UK and BU study culture. What you need to know about our academic system in order to be a successful student. Cobham Lecture Theatre, Talbot Campus Free

Meet the Police 3-4pm ALL international students should attend this session. Come and meet two of our local community police officers. They will talk about general issues around personal safety, looking after possessions, basic dos and don'ts and simple UK laws that affect our daily lives. Staff from the Foreign Nationals Office will also be there to answer questions about Police Registration. Lees Lecture Theatre, Talbot Campus Free

THU 25TH SEPTEMBER

Salsa Dancing Lessons

11am The Old Fire Station Free

Want to start a club or society?

Come and meet our Clubs and Societies coordinators 11-12pm The Loft, Talbot Campus Free

Introduction to Fencing A session which introduces fencing. You will learn the correct stance along with attack and defensive options. All equipment is provided. 11.00 - 12.55pm Sports Department, Talbot Campus Free

RAG Fun Day An opportunity to have fun, meet new people and play games on the grass. BBQ, music, Ice Cream Van and Bouncy Castle! 12-5pm Slades Farm Free

Step & Sculpt An easy to follow step class that will make you work! Conditioning to finish. 1.00 - 1.55pm Sports Department, Talbot Campus Free

Floor Ball Club Floor Ball Taster 2.00 - 3.55pm Sports Department, Talbot Campus Free

Dance Society Varied styles of dance - come and try something different! 2.00 - 3.55pm Sports Department, Talbot Campus Free

Introduction to Rock Climbing This session will introduce you to the basic skills and techniques of indoor climbing whilst giving you confidence to progress further on your own or with the SU club 2.00 - 3.55pm Hot Rocks Climbing Wall, Talbot Campus Free

Cream Tea with the Chaplaincy Come enjoy cream tea and meet other students 3-4pm Chaplaincy, Talbot campus Free

Dylan's Entertainments Crew Recruitment Get involved with Dylan's Ents crew and decide the entertainments for the year 3-4pm The Loft, Talbot Campus Free

Commercial Street Dance A fun and funky taster class using a wide range of dance moves. The fun way to get fit! 4.00 - 4.55pm Sports Department, Talbot Campus Free

Social Netball A relaxed and fun session where you can turn up with friends or on your own. 4.00 - 5.55pm All weather Pitches, Talbot Campus Free

Yoga A class that is great for flexibility, posture and relaxation. 5.00 - 5.55pm Sports Department, Talbot Campus Free

Help I can't cook Tips on how to live as a 'student' 5-5.30pm Chaplaincy, Talbot campus Free

Clubs and Societies Social Pizza, games and general banter 5-7pm The Loft Free

Dylan's Games evening Playstation, Wii and X Box games competitions 6-8pm Dylan's Bar

Getting on with your Housemates 'Deal with difficult situations' Messy housemates, get your space in the fridge, noisy neighbours address these issues

whilst staying friends 6-7.30pm PG143 Free

Christian Union Meet and Greet A chance to chill out, meet people, see what the CU is all about and eat free pizza! 7pm-10pm The Loft Free

Quiz evening and Food Fun and Games with free Food 7-9pm Chaplaincy, Talbot Campus Free

Radio 1xtra Urban Sessions Tour Massive Freshers Blockparty of R'N'B, Hiphop, Garage, D'N'B and Bassline 9pm-3am The Old Fire Station Gold Wristband- Free, Silver- £4, Others- Extra

CV Writing 10-11am CV styles are different all over the world. Learn how you can write / adapt your CV to help improve your chances of finding work in the UK. Cobham Lecture Theatre, Talbot Campus Free

Road Safety 12-1pm Due to the number of road accidents each year involving international students, all international students are advised to attend this session. Lees Lecture Theatre, Talbot Campus Free

Everything you need to know to get a p/t job in the UK 1.30-2.30pm How and where to look for work, immigration regulations, National Insurance, and tax. Lees Lecture Theatre, Talbot Campus Free

FRI 26TH SEPTEMBER

5 Aside Indoor Football Come along with your new mates, new housemates or own your own and join in this 5 aside football tournament. 10.00 - 11.55pm Sports Department, Talbot Campus Free

Getting on with your housemates 'Your House Profile' Gather you housemates and come and join in a session that promises to give insight into your behaviours 11-12pm PG143 Free

Social Badminton A social badminton session where games can be arranged or you can just join in and have a go! 1.00 - 1.55pm Sports Department, Talbot Campus Free

Capoeira A unique martial art originating from Brazil, combining Music, Dance, Acrobatic Moves and Self Defence. 12.00 - 12.55pm Sports Department, Talbot Campus Free

Xpress Spinning A high-energy indoor cycling class with a mixture of hills and sprints where you control the resistance! 1.00 - 1.30pm Sports Department, Talbot Campus Free

St John's First Aid Workshop Important practical session touching on basic first aid principles 1-3pm B111, Landsdowne Campus Free

Xpress Core & Abs A class which focuses on exercises to work the abdominal area and improve core stability. 1.30 - 2.00pm Sports Department, Talbot Campus Free

Introduction to Rock Climbing This session will introduce you to the basic skills and techniques of indoor climbing whilst giving you confidence to progress further on your own or with the SU club 2.00 - 3.55pm Hot Rocks Climbing Wall, Talbot Campus Free

Volleyball Designed to get you meeting new people or turn up with your new mates! 2.00 - 3.55pm Sports Department, Talbot Campus Free

SUBU Leadership Intro Discover the ways great leaders operate 2-4pm PG143 Free

Cheerleading Taster A class using cheerleading techniques to help tone the body and improve fitness. A fun and energetic way to keep fit! 3.00 - 3.55pm Sports Hall, Talbot Campus Free

Cream Tea with the Chaplaincy Come enjoy cream tea and meet other students 3-4pm Chaplaincy, Talbot House Free

Intro to Juggle and Circus Skills Join in the fun and find out about BU Juggle Society 3-4.30pm Semi Circle Free

Hi Lo Aerobics A fun aerobics session suitable for all fitness levels. 4.00 - 4.55pm Sports Department, Talbot Campus Free

Break Dancing Have a taste of the basic moves of break dancing. This class will be a challenge, no experience necessary, just energy and perseverance. 4.00 - 4.55pm Sports Department, Talbot Campus Free

Help I can't cook Tips on how to live as a 'student' 5-5.30pm Chaplaincy, Talbot house Free

International X Factor Open to everybody Karaoke evening in Dylan's 8pm-1am Dylan's Bar Free

Lollipop Launch The Old Fire Station's main event of the week, with special guest, live PA's 9pm-3am The Old Fire Station Gold Wristband-Free, Silver- £3, others-Extra

COMING SOON...



Extra 'Special' Buses!

SUBU have arranged the following extra one off bus trips to make sure you get to those all important Arrivals Week events! The 'B' bus deviates on these special routes only to visit Okeford House in Winton.

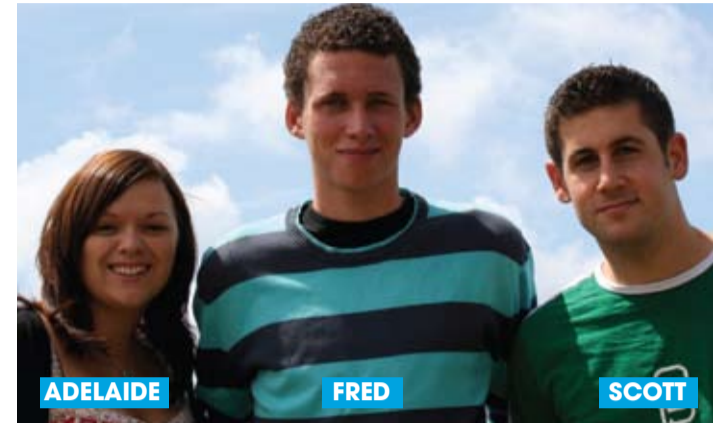
	Cranborne + Okeford Route				Corfe Route 'E'	
Sat 20 Sep	Cranborne	1730			Corfe House	1720
	Cemetery Junction	1735			Talbot Campus	1750
	Okeford House	1740				
	Talbot Campus	1750				
	Talbot Campus	1900	2000		Talbot Campus	2000
	Okeford House	1910	2010		Corfe House	2030
	Cemetery Junction	1915	2015			
	Cranborne House	1920	2020			
Sun 21 Sep	Cranborne	1730			Corfe House	1720
	Cemetery Junction	1735			Talbot Campus	1750
	Okeford House	1740				
	Talbot Campus	1750				
	Talbot Campus	2015	2100		Talbot Campus	2030
	Okeford House	2025	2110		Corfe House	2100
	Cemetery Junction	2030	2115			
	Cranborne House	2035	2120			
Mon 22 Sep	Cranborne	0900	1730		Corfe House	0845
	Cemetery Junction	0905	1735		Talbot Campus	0910
	Okeford House	0910	1740			
	Talbot Campus	0920	1750			
	Talbot Campus	2045	2045		Talbot Campus	2045
	Okeford House	2055	2115		Corfe House	2115
	Cemetery Junction	2100				
	Cranborne House	2105				
Tues 23 Sep	No Special Service				Corfe House	0915
					Talbot Campus	0945
Wed 24 Sep	Talbot Campus	2045			Talbot Campus	2045
	Okeford House	2055			Corfe House	2115
	Cemetery Junction	2100				
	Cranborne House	2105				
Thu 25 Sep	No Special Service					
Fri 26 Sep	Cranborne	1940			Corfe House	1930
	Cemetery Junction	1945			Talbot Campus	2000
	Okeford House	1950				
	Talbot Campus	2000				
	Talbot Campus	2330	0000		Talbot Campus	2330
	Okeford House	2340	0010		Corfe House	0000
	Cemetery Junction	2345	0015			
	Cranborne House	2350	0020			



WELCOME TO BOURNEMOUTH!

Welcome to The Word- your guide to all the great stuff that's happening at BU this week.

I'm Adelaide (Vice President) of your Students' Union (SUBU) and I've been elected to support and represent you this year! As you can see in the photo, we are a team of three including Fred (The President) and Scott (Vice President).



ADELAIDE

FRED

SCOTT

Our job is to ensure that your life at BU is as fun and hassle free as possible! So if you have any concerns about your course, accommodation or just fancy a chat, feel free to contact us on 01202 965774 – probably best to ask for me, Adelaide, and I'll point you in the right direction or come and meet us SUBU's Front Door on Monday 22nd September at 11am.

Part of the reason that I am doing this job is because I've had such a great time whilst at BU. Getting involved in lots of

different activities has meant that I have made some friends that will be with me forever! However it doesn't always happen straight away so take a little time to find out who those friends will be, knowing that these are going to be some of the best days of your life!

This is your first week here at Bournemouth and we have loads of great daytime and night time events for you to explore – see the listings in this guide.

There is so much for you to do, including 'Pledging

to Make a Difference', Cheerleading tasters, Cooking lessons, Martial Arts, 5 a-side football, 'Getting on with your housemates', International Welcome Reception and loads more – get involved and join the fun!

Look out for next weeks 'The Word' - available on **Friday 27th Sept.**

I look forward to seeing you soon,

Adelaide
Vice President
Communication

*SUBU had arranges for extra buses to be put on for key events this week, which you can see on the back!

CORFE HOUSE SPECIAL EVENING BUS

- Saturday 20th September until and including Saturday 4th October.
- Free bus (capacity c70)
- From Corfe House every evening at 2130 and 2230 to the Old Fire Station- except no service on Sunday 28th September.
- Returning from the Old Fire Station (Cordlands Road to Corfe House) at 0130 and 0230 every early morning except Monday 29th September.

08:15	08:45	09:15	09:45	10:15	10:45	11:15	11:45	12:15	12:45	13:15	13:45	14:15	14:45	15:15	15:45	16:15	16:45	17:15	17:45
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