

An aerial photograph of Aberystwyth, Wales, showing the town's dense residential area with numerous red-roofed houses and the prominent Aberystwyth Castle on a hill overlooking the sea. The sky is clear and blue.

Helo!®

A Guide to AberSU

2023/2024

This is a little guide to tell you all you need to know about the Students' Union (AberSU), what we do and how you can be involved during your time in Aberystwyth!

*This photo was taken by one of our Student Photographers



WELCOME TO ABERYSTWYTH !



Congratulations on gaining your place at the University by the sea... **Aberystwyth!**

Coming to University is an experience that you will remember for the rest of your life and we're delighted to welcome you (or welcome back) to Aberystwyth and to be a part of your journey.

We hope you are looking forward to the next year ahead with us and love your student life.

During this exciting time, we'd love to officially welcome you as the newest members of AberSU. Every student at Aberystwyth University is automatically a member so you don't have to do anything just yet!

Being a member of the SU comes with some great benefits to help you through your time at University; Whether you want to join a club or society (we have over 100), want to develop experiences or volunteer, or just want some independent advice, then we are here for you!

We want you to love student life and we work to ensure you are happy, healthy and empowered, with lasting friendships and a promising future.

If you see us out and about, then come and say hi; we would love to meet you!

Helen, Tiffany, Bayanda, Elain & Anna

2023/24 Officer Team

*Click their photos below to find out more about them and their roles



HELEN

Wellbeing
Officer



TIFFANY

Student
Opportunities
Officer



BAYANDA

AberSU
President



ELAIN

Welsh Culture
Officer & UMCA
President



ANNA

Academic
Affairs Officer

WHO WE ARE



A Students' Union is a charitable membership organisation – that means people with a common interest working together to achieve their goals. AberSU has thousands of members (that's you!) who elect and work with Student Officers to decide what we should be doing. Students always have the final say!

We are independent from the University and act as the 'voice' of students, while providing support and opportunities to our members during their time here.

Democracy is a big part of the SU: we are led by students and supported by a team of staff. We run elections for representatives and host all kinds of events that allow you to shape Aber for all students. Each year, you elect 5 full time officers and a team of volunteer officers to lead your Union.

There are hundreds of opportunities with AberSU whether it's joining a sports club or society, volunteering or representing other students academic and otherwise. It's the best way to meet new friends whilst trying something new, the hardest part is choosing which ones!



KEEP UP TO DATE

By following our social media channels and checking out our website!
(click the circles below)



**JOIN THE
OFFICIAL
FRESHERS
FACEBOOK
GROUP
HERE!**

OUR PROMISES



MISSION

We want Aber students to love student life!



VISION

Aber students should be happy, healthy and empowered, with lasting friendships and promising futures



PROMISES



We will provide opportunities to find your Aber community



We will be a positive influence for students



We will support you to be happy and healthy



We will help to grow your skills and experiences

VALUES

We are shaped by students - Your voice matters most



We are a community - We want you involved



We are transparent - We are always honest and open



We are ambitious - We develop for the future



We caru Cymraeg - We champion Welsh language and culture



GETTING SETTLED



Freshers is all about helping you settle in, make friends and love your new home! Over our Freshers' week we've got a range of things going on to introduce you to University life.

It's jam-packed with opportunities to meet new people & make friends. Our activities & events are for everyone; from new students just out of school, mature students and returning students...we've got something for everyone.

BIG WELCOME WEEKEND

We'll be busy welcoming loads of new faces over Freshers' so whether it's your first time in Aber or not, remember we're always here to help. Why not pick up a language or pro-noun badge from reception, and feel free to ask as many questions as you can!



INTRODUCING THE A TEAM

Look out for the red T-shirts if you need a friendly point of information and help.

STUDENT OFFERS

One of the biggest challenges every fresher faces is sticking to a budget. That's why it's important to take advantage of all the great offers available!

Keep an eye on for local and national offers to help you make savings while you spend.



NEED ADVICE ? Just ask.

We run a free and friendly advice service at the Students' Union
University | Housing | Finance | Health & Wellbeing

WHAT'S ON



FRESHERS FAIR

Come and sample student life every day between Monday 25th – Wednesday 27th September at our Freshers Fair. Find a new hobby & interest, try out volunteering opportunities and meet new friends... Live your best university life!

Sports / Societies / Volunteering / Freebies & more



FRESHERS EVENTS

Full up to date lists of freshers' events and activities can be found [here!](#) These include Meet & Greets, 'Give it a Go' Club & Society activities and the night time events being put together by University Commercial Services.



AberSU Advice Service

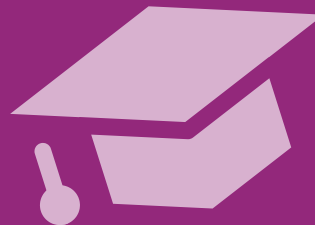
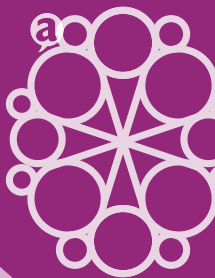
Free, friendly
& confidential
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based in the
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Union
building.

University | Employment
Wellbeing | Housing | Money

abersu.co.uk/advice

Contact: 01970 621712 Email: union.advice@aber.ac.uk

"We will support you to be happy and healthy"



GET INVOLVED



TîmAber (or Team Aber) is AberSU's family of sports and societies. Sports clubs and societies in Aberystwyth can make your student experience an unforgettable one.

SPORTS

Being a part of a sports club in Aberystwyth will make your student experience an unforgettable one. Whether you want to get competitive or just have fun, with over 50 different sports clubs from Rugby to Ultimate Frisbee, we have something for everyone.

[A-Z of sports clubs here](#)



SOCIETIES

From Art to Rock Music, we have nearly 100 student led societies waiting for you to try. There is a vast variety of societies covering Academic, Faith, Politics, Media, Performance and Recreation and if you can't see your particular interest you can start your own society! Societies are a brilliant way to meet people with the same interests as yourself, make friends, try something new and enhance your University experience.

[A-Z of societies here](#)



VOLUNTEERING

Do you want to make a difference this year?
Take a look at our volunteer opportunities and help a cause that's important to you!

You can volunteer in the community. Or you can volunteer from your Aber home.

If you do ANY VOLUNTEERING during your time as a student, you can also work towards our Aber Award! The Aber Award is a yearly milestone award which recognises the commitment of student volunteers. You can work towards achieving one of our Bronze, Silver or Gold Awards.

Find out more here!



ACADEMIC REPS

Academic Reps are students who have been elected by fellow students on their course or in their department to feedback the views of those they represent to their Department, the University and Students' Union.

They work with their Faculty Rep and Academic Affairs Officer in representing students by attending Staff Student Consultative Committees to raise and respond to student feedback.

VOLUNTEER OFFICERS

Each year a Team of Volunteer Officers represent a huge variety of student interests and backgrounds. They are elected each year to be the voice of their peers, campaign for positive change and discuss how plans and policies will affect students.

See your 2023/24 Volunteer Officers here!





BECOME AN **ACADEMIC REPRESENTATIVE**



**This is your opportunity to
speak up for your education
and help make sure it's the
best it can be!**

Find out more [here!](#)

Your role will be to:



Connect with students on
your course



Gather feedback about their
academic experience



Raise this feedback with
department staff or the SU



Help to make improvements
that benefit students



CAMPAIGNS

It is our mission to ensure all Aberystwyth students feel empowered. We support students to create meaningful change within the university and wider community.

We also have lots of free resources you can use. Want to get involved ? Email suvoice@aber.ac.uk

www.abersu.co.uk/changeaber/campaigns



LIBERATION

At AberSU we exist to provide liberation groups space to thrive. For us this means supporting student who identifies as; LGBTQUIA+, women, disabled, BAME and Independent.

We celebrate:

- Black History Month
- Transgender Day of Remembrance
- Disability History Month
- LGBTQ+ History Month
- International Women's Day
- Pride Month

and many others!



BE PART
OF SOMETHING

ELECTIONS

BYDDA'N RHAN
O RYWBETH

ETHOLIADAU

ELECTIONS

Led by you...

Students lead in all aspects of the Students' Union. Each year we use democratic elections to help decide who should speak and work for you on a range of issues while you're a student at Aberystwyth University, including Full-Time Officers and Volunteer Officers. All registered students can stand and vote in elections for any position that is relevant to them.



DEMOCRACY

Zones, Senedd and our Policies and Campaigns all contribute to the Student Voice which constantly works to create positive change.

We always give students the last word so if you think there's something the SU or University should be doing differently, or even have an idea for a completely new project or campaign then let us know!



Join a Sports Club or Society

or start your own!



abersu.co.uk/teamaber





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01970 626225

www.mindaberystwyth.org

info@mindaberystwyth.org

Croeso / Welcome to Aberystwyth

Elusen iechyd meddwl a llesiant sy'n darparu gwasanaethau ar draws Ceredigion yw Mind Aberystwyth.

Rydyn ni'n cynnig cymorth iechyd meddwl a hyrwyddo llesiant trwy ein gweithgareddau grŵp, sesiynau galw heibio, gwasanaethau cymorth a hyfforddiant mewn gwydnwch cymunedol.

Mind Aberystwyth is a mental health and wellbeing charity delivering services across Ceredigion.

We provide mental health support and promote wellbeing through our activity groups, drop-in sessions, support services and community resilience training.

ABERYSTWYTH COMEDY FESTIVAL

29TH SEPTEMBER -
1ST OCTOBER 2023

29AIN MEDI -
1AF HYDREF 2023

**90+ SHOWS
LIVE
CAPTIONING
STREET
PERFORMANCES**

**90+ SIOE
PERFFORMIADAU
Â CHAPSIYNAU
SIDEAU STRYD**

*Adverts like this one help fund AberSU

EXPLORE
OUR
PROGRAMME



ARCHWILIWICH
EIN
RHAGLEN



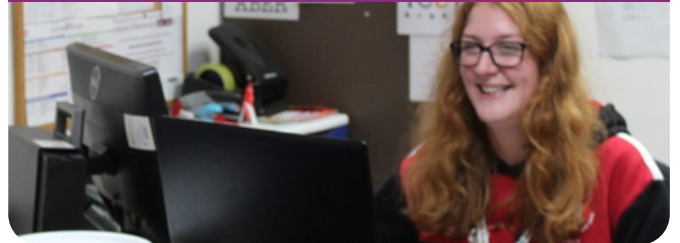
HANDY LINKS



EVENTS



ADVICE SERVICE



SPORTS CLUBS



SOCIETIES



VOLUNTEERING



STUDENT OFFICERS



BLOGS



ABOUT ABER





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