

#### Welcome to Sussex

We offer a wide variety of accommodation both on our campus and across the city for 5,500 new students, and we help many others to secure accommodation in the private rental sector.

This guide gives you information and advice about housing and support for students living with us. You will also find information on what to expect from the application process, prices for each accommodation and additional preferences that you can request (such as all gender, mature, or quiet accommodation).

We are now building over 1,500 extra bed spaces for our students on our Falmer campus. Opening in phases from 2018 to 2020, we will have over 7,000 bed spaces from 2020, making Sussex one of the largest university accommodation providers in the UK.

DEAN SPEARS
HEAD OF HOUSING SERVICES

PLEASE CONTACT US IF YOU HAVE ANY QUESTIONS

+44 (0)1273 678220 housing@sussex.ac.uk www.sussex.ac.uk/accommodation

www.facebook.com/sussexunihousing www.twitter.com/SussexHousing

VIEW MORE IMAGES OF OUR ACCOMMODATION AT:

www.instagram.com/ushousingservices



# (Frequently Asked Questions)

### Q

#### IS EVERYONE WHO APPLIES FOR ACCOMMODATION GUARANTEED A PLACE?

A guaranteed offer of University managed accommodation depends on a number of factors including your student status, when you apply and your year of study.

Use our handy guide on pages 6 and 7.

# Q

# WILL I DEFINITELY BE PLACED IN MY FIRST CHOICE OF ACCOMMODATION?

We can't guarantee your first choice accommodation, but we will always try our best to meet your preferences.

## Q

# IS APPLYING FOR HOUSING COMPLICATED?

It is easy! We encourage you to see as much accommodation as possible either on one of our open days or on our webpages, then complete the application online, giving us your preferences in order.

Don't miss the application deadline! See timeline on page 9.

# CAN I COME AND SEE THE ACCOMMODATION ON CAMPUS?

Yes! Come along to one of our Open Days and we will show you around.

Find out more at: www.sussex.ac.uk/ study/visit-us

# Q

#### CAN I BRING MY CAR TO UNI?

Residents are not able to bring cars. Brighton is very accessible, with buses running across the city 24 hours a day, a train service from the front of campus and hundreds of bicycle lanes to help you get around safely.

Page 12 outlines transport options at Sussex.

# BUSES ighton & Hove has

Brighton & Hove has a 24-hour bus service. The journey from the city centre to campus is around 30 minutes.

# You should apply for housing as soon as possible. You can give us your accommodation preferences (in order) when you do your application online.

### CAN I VISIT THE OFF-CAMPUS ACCOMMODATION?

We do not currently offer tours of offcampus accommodation, however students allocated off-campus accommodation will be sent detailed information.

Find out more at: www.sussex.ac.uk/study/accommodation

## Q

### WHAT DO I NEED TO BRING WITH ME?

There is no need to bring any furniture as it will all be provided in your room.

See page 11 for information about what is included in your room and what you might like to bring with you.



#### I AM A BIT NERVOUS ABOUT MOVING AWAY FROM HOME, IS THERE SUPPORT TO HELP ME SETTLE IN?

Yes, lots of support. When you first arrive the first person that you meet will probably be your Residential Advisor. Each residence has a Residential Advisor who is on hand to help you settle in and offer advice about all the services available to you.

See page 20 for more information about how we will support you.

# Q

### IS IT BETTER TO LIVE ON THE CAMPUS OR OFF-CAMPUS?

We can't advise you which is best as it depends on what type of living experience you are looking for.

We do not separate on and off-campus when allocating rooms, so you could receive an offer of a room in the city or on our campus.

This is what other students have said:

"Being in residence on campus puts you at the centre of university life and with the fantastic Brighton scene just a bus, train or cycle ride away and the South Downs National Park on your doorstep."

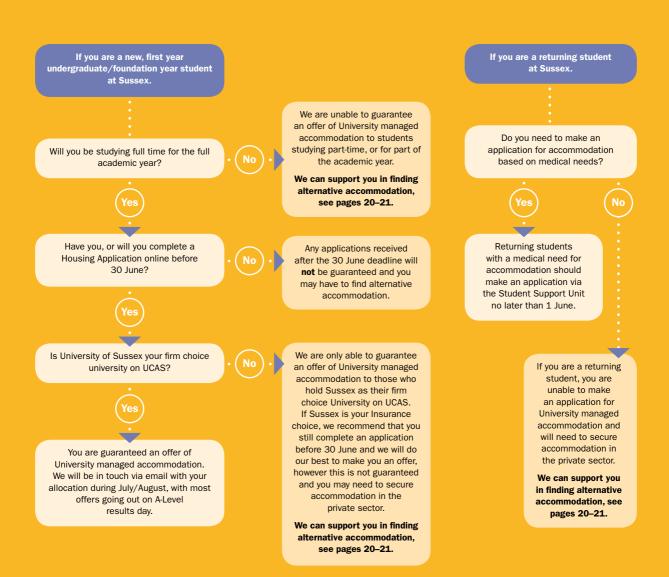
#### HOLLY, LIVES ON CAMPUS

"Living off campus is great! You feel more independent and I feel like it helps me organise my time better when coming in to campus and planning around trains/buses. Also, it is nice being closer to Brighton (and my gym!)."

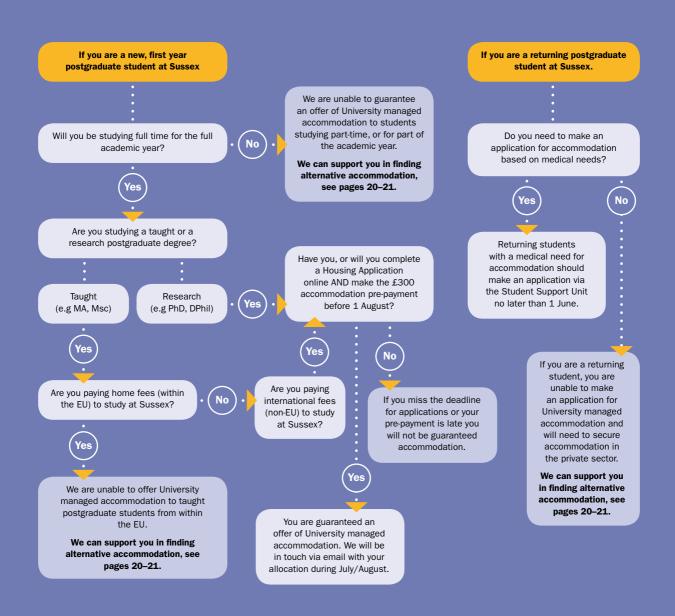
AMBER, LIVES OFF CAMPUS



# The housing guarantee for undergraduate students



# The housing guarantee for postgraduate students





#### **HOW TO APPLY**

#### **UNDERGRADUATES** Online induction opens 1 September via Sussex Direct and rent payment options open. **TERM BEGINS** All eligible students FEBRUARY/MARCH 30 JUNE will be given details Arrivals weekend Application information is Deadline for of how to apply for and Freshers' Week sent out (via email) by the undergraduate accommodation with induction events **Undergraduate Admissions** housing online.\* to help new students Office to all students holding applications. \*Subject to the settle in. academic offers. conditions of our Housing Guarantee. **FEBRUARY** JUNE AUGUST **SEPTEMBER FEBRUARY** If you apply for 1 AUGUST **TERM BEGINS** Once a housing your course online, application is made, Housing Deadline for Arrivals weekend you will be able to postgraduates applications open postgraduate housing and Freshers' Week access your Housing must wait at least online for those applications and with induction events Application online 24 hours before eligible. pre-payment. to help new students shortly afterwards logging back in and settle in. via the same making the £300 PG Apply Portal. pre-payment. Online induction opens 1 September via Sussex Direct and rent payment options open.

### IF SUSSEX IS YOUR INSURANCE CHOICE UNIVERSITY

You are not guaranteed an offer of University managed accommodation and will need to prioritise a search in the private sector if you come to Sussex. We encourage Insurance applicants to still complete a housing application before 30 June, as if we have any accommodation become available, we may be able to make you an offer, although this is not guaranteed.

#### IF YOU COME TO SUSSEX THROUGH CLEARING

You are not guaranteed an offer of University managed accommodation and will need to prioritise a search in the private sector. After you firmly accept your course offer at Sussex, you will be sent details of how to express an interest in accommodation and if any rooms become available we may be able to make you an offer, although this is not guaranteed.

#### **CARE LEAVERS**

All students coming directly to Sussex from local authority care, and who apply for housing ahead of the closing date of 30 June and who receive an unconditional offer are entitled to an offer of University managed accommodation during their entire time as a full time student at Sussex. It may be necessary for students to move rooms during the summer vacation and apply for accommodation annually.

#### ACCESSIBLE HOUSING

We will make every effort to meet the housing requirements of applications requesting an adjustment. Please make sure that in section 3 of your housing application, you indicate to us that you have additional requirements so that we can contact you to discuss the range of facilities available at Sussex, including fully accessible flats, en-suite accommodation and facilities for students requiring personal care. Individual visits to see our accessible accommodation can be arranged through the Student Support Unit.

Whilst you are able to make a request for reasonable adjustment on health or other grounds, even if we are able to support your request, we may not be able to make you an offer if practically we cannot, for example if we are already fully allocated.

#### **FAMILY FLATS**

There are a very small number of family flats at Sussex for students with children. Most have one bedroom and so only suited for a maximum of two adults and one small child. Applicants wishing to apply for family accommodation are not guaranteed, and can find out more about the application process on our webpages (see below).

Please do not bring your family to Sussex with you until you have secured accommodation suitable for your family either with us, or in the private sector.

#### FIND OUT MORE

Applying for family accommodation www.sussex.ac.uk/study/accommodation/families



#### CODE OF PRACTICE

The University is signed up to the UUK Code of Practice which aims to help those managing student accommodation to identify the key elements of good management practice and encourage the raising of standards in student accommodation.



#### WHAT IS PROVIDED IN ACCOMMODATION?

We have a range of accommodation at Sussex, located across Brighton & Hove, Lewes and at our Falmer campus. All of our residences (apart from studio flats) share kitchen and communal areas. Some of our residences provide each room with an en-suite bathroom with a shower and toilet, with others having shared bathroom facilities. Gas, electricity, water and personal contents insurance are included in your rent.

Each of our residences is managed by a building manager who, along with a team of porters and other housekeeping staff, is responsible for looking after the area.

Kitchens in all of our residences are supplied with cookers, fridge-freezers and kettles, and most have microwaves. You will need to bring your own cutlery, crockery and cooking utensils. There are laundry facilities on campus and in all of the off campus properties. All residences are heated, and rooms are furnished with a bed, desk and chair, book space and wardrobe. Most rooms also have their own wash basin. Students usually prefer to bring their own bed linen, however a set of new bedding (including duvet, duvet cover, bottom sheet, pillow case and pillow) can be purchased upon arrival. You can also purchase a self-catering pack on arrival if needed.

Communal areas are cleaned on a regular basis but this does not include washing up. Residents are responsible for keeping their own rooms clean and, if in an en-suite room, they must also keep the bathroom clean.



#### WI-FI

All University managed residences are connected to the wider University Wi-Fi network.

#### NON-SMOKING

All of our residences are non-smoking and this is strictly enforced.

#### RENTS

Rents vary according to accommodation and length of tenancy and can be paid either in full in advance, or in three instalments for undergraduates or in four instalments for postgraduates. Undergraduate tenancies run for a total of 39 weeks, with postgraduate tenancies running for 50 weeks.

Information about your rent and how to set up payment will be sent via email with your housing allocation.

#### **SECURITY**

The University has its own Security Office based on the ground floor of York House on campus. Security officers patrol the campus day and night and are all qualified first aiders and can respond quickly to emergencies. A part of the service is to provide an escort across campus after dark if requested. Although Security do not patrol residences off campus, they will give support and advice if off campus support staff are not available.

There is a 24-hour service centre based in York House, which can provide help and advice for students in the residences. If parents need to contact a student urgently and cannot get in touch directly, our 24-hour reception will get a message through to the student.

#### **ROOM SWAPS**

The Housing Services team tries to put students into the type of accommodation they request but we cannot guarantee that we will be able to do so for everyone. Some accommodation types are very popular (particularly en-suite rooms) and this means that there will always be a number of students who are in accommodation that they have not requested.

We are unable to make any swaps before arrivals weekend. One week after arrivals weekend in September, we open a swap list online enabling students to get in touch with other students who may want to swap rooms. There is an administrative fee for arranging this.

# Travelling to campus and around the local area

#### BY CAR

Students living on campus are not able to park a car on campus, and many of our residences across the city are in areas with controlled parking, requiring a permit from the City Council. For these reasons, we encourage you to leave your car and use one of the many other options available below. All of our accommodation across the city is within walking distance of transport options to campus.

Students with a disability or with dependants may be able to apply for a permit to park on campus, details of which can be found on the University transport webpages (see link below).

#### BY BICYCLE

There are around 600 free bicycle racks on campus, and use of free shower facilities across campus for those that cycle to the University. Brighton & Hove has a large number of cycle routes across the city, with cycle lanes between campus, the city centre and Lewes.

Brighton & Hove also has a bike share scheme, with bike racks placed across the city (including on campus) where you can rent a bike per hour for a small charge.

#### BY BUS

A 24-hour bus service operates from the city centre to campus and back throughout the year with special discounts for students on a variety of ticket options. Additional services from campus serve other areas of the city throughout the day, or a service can be taken to the city centre throughout the night where there are night bus routes across Brighton & Hove.

#### BY TRAIN

Falmer Station, located at the front of campus, has regular trains throughout the day and into the evening travelling to Brighton (where connections can be made to London and the rest of the South Coast), Lewes, Newhaven and Eastbourne. Students with a valid 18–25 railcard and their Sussex Student card can purchase a Unizone season ticket for discounted travel on routes in the area.



#### FIND OUT MORE

Parking on campus

www.sussex.ac.uk/sef/services/transport

Bus services – student information guide **www.dearbus.co.uk** 

Brighton & Hove bikeshare scheme www.btnbikeshare.com

Unizone season tickets

www.southernrailway.com/tickets/discounts-andrailcards/unizone At Sussex we have a range of accommodation to consider, located across Brighton & Hove, the nearby historical town of Lewes and at our Falmer Campus.

All of our accommodation offers unique benefits, whether you like the idea of living close to the bustle of Brighton, the cobbled streets of Lewes or next to the South Downs National Park.

#### ABACUS HOUSE, LONDON ROAD AREA, BRIGHTON

- 50 weeks
- £162.97 per week
- 300 en-suite rooms
- En-suite
- Postgraduate students only

The University works in partnership with IQ Student Accommodation to provide postgraduate accommodation at Abacus House. Located in the vibrant London Road area, Abacus House is close to a range of shops, bars, restaurants and other local amenities and offers excellent links to both campus and the city centre.

#### BRIGHTHELM, SUSSEX CAMPUS, FALMER

- 39 and 50 weeks
- £137.00 per week
- 300 standard rooms
- UG PG UG and PG students

Our Brighthelm residences consist of 60 five-bedroom houses located on our Falmer campus. All houses have well-equipped kitchen/diners and each bedroom has its own washbasin.

#### KEY

- Tenancy type
- £ Guideline rent (per week) 2018
- Number of rooms
- En-suite facilities
- UG Undergraduate accommodation
- PG Postgraduate accommodation

#### KINGS ROAD, SEAFRONT/CITY CENTRE AREA, BRIGHTON

- 39 or 50 Weeks
- £130.00 per week
- 124 standard rooms
- UG PG UG and PG students

Located on the seafront close to the famous Brighton Palace Pier, Kings Road consists of flats housing three to six students. Each flat has its own kitchen/diner, bath, shower and toilet facilities and each bedroom has its own washbasin. Kings Road is close to the shops, bars and restaurants in the city centre and attractions and entertainment along the seafront.

#### LEWES COURT (PHASE 1 AND PHASE 2), SUSSEX CAMPUS, FALMER

- 39 weeks
- £119.00 per week (standard) £151.00 per week (en-suite)
- 255 standard rooms 249 en-suite rooms
- Undergraduate students only

Lewes Court consists of five- and six-person flats including some rooms designed for students with disabilities. In Phase 1, flats contain shared kitchen/living area/bathroom space and each room has its own washbasin. In Phase 2, study bedrooms contain their own en-suite bathroom.

#### NEW STUDENT VILLAGE, SUSSEX CAMPUS, FALMER

- 39 and 50 weeks
- £156.55 per week
- Phased opening from late 2018
- En-suite
- UG PG UG and PG students

In 2017, work began on the largest on-campus student village in the history of the University. Our new East Slope residences will open in phases from late 2018 through to September 2020, with a mixture of en-suite cluster flats and townhouses with shared facilities. The new campus village will include retail space and a student services one-stop-shop by the end of its construction.

Applicants can indicate the new student village as a preference in the housing application. We will do our best to meet all preferences but cannot guarantee a specific residence in view of demand.

#### NORTHFIELD, SUSSEX CAMPUS, FALMER

- (a) 39 and 50 weeks
- £156.00 per week
- 1,105 en-suite rooms
- En-suite
- 🜀 🎅 UG and PG students

Located at the very top of campus, Northfield is a development of six- to eight-person en-suite flats with some rooms designed for students with disabilities. Each flat has its own kitchen/dining/living area and the residence contains an on-site social centre, launderette and communal TV room.

#### **OUR ACCOMMODATION**

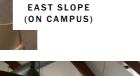


ABACUS HOUSE (BRIGHTON)



BRIGHTHELM (ON CAMPUS)









#### PARK HOUSES, SUSSEX CAMPUS, FALMER

- 39 weeks
- £111.00 per week
- 477 standard rooms, 8 en-suite rooms
- UG Undergraduate students only

The Park Houses are a collection of residences in the centre of campus, consisting of York House, Kent House, Norwich House, Lancaster House and Kulukundis House. The Park Houses consist of mainly single study bedrooms, on corridors of 12 with a shared kitchen and shared bathroom facilities. Each of the Park Houses has its own TV room and social area and York House is home to the 24-hour campus security and residences reception.

There are a few en-suite rooms across the Park Houses that are usually reserved for students with a medical need for them, and Kulukundis House is a fully accessible four bedroom flat with a shared adapted bathroom, large common room with a kitchen and a separate carer's flat.

# Tenancy type Guideline rent (per week) 2018 Number of rooms En-suite facilities Undergraduate accommodation Po Postgraduate accommodation

#### PARK VILLAGE, SUSSEX CAMPUS, FALMER

- 39 and 50 weeks
- £90.00 per week
- 550 standard rooms, 24 two bed flatlets
- UG PG UG and PG students

Park Village consists of adjoining three storey houses, each with 12 bedrooms; two shared kitchens and shared shower and bathroom facilities. All bedrooms contain their own washbasins and the residence has a social centre, launderette and communal TV room.

#### STANMER COURT, ENTRANCE TO SUSSEX CAMPUS, FALMER

- 39 and 50 weeks
- £150.00 per week
- 479 en-suite rooms
- En-suite
- UG PG UG and PG students

Stanmer Court is located at the front of campus by Falmer rail station on the A27 busy road and is joined to campus via a pedestrian underpass. The residence consists of self-contained flats housing between four and six students, each with their own ensuite bathroom. Each flat has shared kitchen/dining/lounge facilities and there is a launderette, social space and communal TV room on site.

#### SUSSEX HOMES -VARIOUS LOCATIONS ACROSS BRIGHTON, HOVE AND LEWES

- 39 and 50 weeks
- £123.50 per week
- 300 standard rooms

PG UG and PG students

In addition to our purpose built student accommodation, the University also manages a number of small houses across the area under our Sussex Homes scheme, offering the excitement of living in the city during your first year at Sussex. Students are allocated to Sussex homes in the same way as all other accommodation and are sent particulars about their property shortly after allocation. All

houses have shared kitchen/dining

walking distance of transport links

and bathroom facilities and are within

#### SWANBOROUGH SUSSEX CAMPUS, FALMER

39 weeks

to campus.

- £156.00 per week
- 250 en-suite rooms
- En-suite
- UG Undergraduate students only

Swanborough is located in the centre of our Falmer Campus, close to academic buildings and opposite Bramber House with dining and shopping facilities. The residence consists of a number of self-contained flats housing four to seven students in each, with all rooms containing their own en-suite bathroom. All flats have communal kitchen/dining/living areas and four rooms within the residence have been designed specially for students with a physical disability.

#### **OUR ACCOMMODATION**



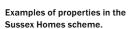




















#### **OUR ACCOMMODATION**

#### UNIVERSITY OWNED AND MANAGED - VARIOUS LOCATIONS ACROSS BRIGHTON & HOVE

39 and 50 weeks

£123.50 per week

🙀 77 students across 5 residences

The University also has a number of large residences across the city, each housing between 8 and 21 students. All residences contain shared kitchen/dining/living areas and have shared bathrooms. Most rooms have washbasins and there are laundry facilities in each residence. All properties are within walking distance of transport links to campus. A list of our University owned and managed properties is below:

## 8 and 10 Windlesham Road, Brighton

21 students

ug pg UG and PG students

# **10 and 12 York Avenue**, **Hove**

17 students

ug Pg UG and PG students

# **12 and 49 Florence Road, Brighton**

20 students

UG PG UG and PG students

#### 13 Victoria Road, Brighton

11 students

ug pg UG and PG students

#### 18 Clifton Road, Brighton

8 students

ug Undergraduates only

#### STUDIO FLATS

In addition to our standard, en-suite and flatlet rooms, the University also has a small number of studio flats within Northfield, Lewes Court (Phase 2), Park Houses and Stanmer Court. Studio flats are priced higher than standard or en-suite room rates and are offered initially to students who have a medical need for them. Studio flats contain an integrated kitchen, dining and bedroom area with a separate bathroom.









**KEY** 

Tenancy type

Guideline rent (per week) 2018

Number of rooms

En-suite facilities

UG Undergraduate accommodation

PG Postgraduate accommodation

Examples of University owned and managed properties.

BRIGHTON



OFF CAMPUS	(VARIOUS LOCA	TIONS IN B	RIGHTON,	HOVE AND	LEWES)

Single

Single/Flatlets

Single/Studios/Family flats

Single/Flatlets/Family flats

Single/Shared/Studios

Northfield

Park Houses

Park Village

Stanmer Court

Swanborough

Abacus House	Single	£162.97*	300	PG
Kings Road	Single	£130.00	124	UG/PG
Sussex Homes	Single/Shared	£123.50	300	UG/PG
University Owned and Managed	Single/Shared/Family flats	£123.50	77	UG/PG

£156.00

£111.00

£90.00

£150.00

£156.00

1,105

485

598

479

250

UG/PG

UG

UG/PG

UG/PG

UG

Rents are inclusive of personal contents insurance and all properties have Wi-Fi.

\* Rent to be confirmed. \*\* Opening in phases from late 2018 – see page 14.

# Additional residential and housing support

#### CAMPUS AND RESIDENTIAL SUPPORT

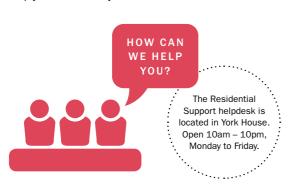
The campus and residential support team provide both 24-hour pastoral care support and co-ordinate welfare support from internal and external sources for students living in University managed accommodation. Within the team are two Residential Support Managers that are available via campus security for emergency welfare issues out of hours and who manage the day-to-day running of a team of Residential Community Coordinators and Residential Advisors.

#### RESIDENTIAL COMMUNITY COORDINATORS

The RCCs are a team of recent graduates who are trained to provide welfare support to residents, assist in the co-ordinating of the Residential Advisors, social activities, social media and the general running of the Residential Support scheme.

#### **RESIDENTIAL ADVISORS**

Residential Advisors (RAs) are predominantly second and third year students who live within the residences and have responsibility for a group of first year students. RAs are likely to be the first students that you get to know after arriving. They will be on hand to answer any questions and help you settle in to your new accommodation.



#### LIVING IN THE COMMUNITY

Some students will choose to live outside of University managed accommodation in their first year of study, instead opting to find their own accommodation in the private sector. Housing Services at Sussex offer a range of advice and support to help students find somewhere suitable to live and carry out projects in the community to promote harmonious living in neighbourhoods across the city.

#### PRIVATE SECTOR ADVICE

If you are looking at renting in the private sector, you can find lots of useful information on our webpages (see below).

We also run a property database with local landlords advertising both self-contained and resident landlord properties to students. Using this service, students are not expected to pay any administration fees: www.sussexstudentpad.co.uk

You are also welcome to pop into one of our two reception points where one of our Housing Officers can talk you through the process and answer any questions or concerns that you may have. We also offer a free tenancy check service and encourage students to bring their tenancy agreements into us to read over and advise on.

(See also: University Information Centre on p21)

#### FIND OUT MORE

Campus and Residential Support www.sussex.ac.uk/campus-support/index

Renting in the private sector

www.sussex.ac.uk/study/accommodation/off-campus/privately-rented

Property database (renting in theprivate sector) **www.sussexstudentpad.co.uk** 

#### SERVICES FOR STUDENTS





#### UNIVERSITY INFORMATION CENTRE

In addition to the Housing Office on campus, Housing Services also run the University Information centre based on the busy Lewes Road in Brighton, close to many of the city's student letting agents. If you are searching for private sector accommodation in the area we encourage you to pop in for advice from one of our housing officers.

The Information Centre, 91 Lewes Road is open Monday – Friday, 10am – 4pm.

#### SOMEWHERE TO STAY

If you need somewhere to stay while looking for accommodation locally, there is a list of local hotels and guesthouses on our website offering special rates for University visitors.

#### **GET TO KNOW NEIGHBOURS**

Brighton & Hove is incredibly diverse, with people of all lifestyles living amongst each other in communities across the city. We encourage all Sussex students to explore their local communities, introduce themselves to neighbours and enrich their time at Sussex by getting involved at local community projects and events.

Our Living in the Community Guide outlines some of the different areas across the city, what students can expect to find in each area and how they can get involved.

#### STREET WISE

Street Wise is a scheme managed by University of Sussex in conjunction with Beacon Security Services, University of Brighton and BIMM providing support to residents moving around Brighton & Hove at night.

The scheme consists of mixed gender pairs of Marshals patrolling residential areas of the city on Wednesday, Thursday and Friday nights, offering support to all between the hours of 10pm and 4am to get home safely if needed. Street Wise Marshals also promote positive community relationships by encouraging responsible behaviour amongst those moving through the city at night.

#### SUSSEX COMMUNITY AMBASSADORS

Each spring, Housing Services employs around 20 students to act as community ambassadors, going out into communities surrounding the University to chat with residents, signpost to local community events and initiatives and give advice to students about living well in the community.

#### FIND OUT MORE

Local hotels and guesthouses with special rates for University visitors

www.sussex.ac.uk/about/directions/wheretostay

Living in the Community Guide (pdf)

https://www.sussex.ac.uk/webteam/gateway/ file.php?name=living-in-the-community.pdf&site=327

# Facilities and support services for Sussex students

When living with us, you may wish to make use of some of the additional services available to all students at Sussex.

#### **HEALTH CENTRE**

The University Health Centre on campus is an NHS independent General Practice. General medical care is provided by four doctors and a team of nurses. If you live off campus, you may still be able to register with the University Health Centre if you are within their catchment area, or you can register with another surgery that is nearer to your home. See the website (below) for more information.

There is also a pharmacy and a dentist on campus.

#### THE MEETING HOUSE

The University has one of the most beautiful chaplaincy centres in the country, known as the Meeting House. The distinctive circular building, with its coloured glass walls, has a chapel on the upper level that is used for worship and music recitals throughout the week, with services drawing on different traditions of Christian spirituality.

The Lead Chaplain supports a multi-faith team of part time chaplains representing Jewish, Christian and Buddhist traditions. The team also work closely with the Islamic Society and there is a Muslim Student Centre located in Falmer House.

#### SPORT AND WELLBEING

In addition to a wide range of student sports clubs, Sussexsport and the Students' Union offer a variety of fitness, sport and wellbeing opportunities including weekly classes such as yoga, trapeze, spin and Pilates.

The lifestyle studio at the Sports Centre offers a sports injury clinic, sports and relaxation massage, chiropractic clinic and beauty therapy.

Our fantastic facilities include 3G, ATP and grass pitches, tennis courts, dance studio/dojo and a state-of-the-art fitness room.



#### FIND OUT MORE

Sussexsport

www.sussex.ac.uk/sport

Active US: low-cost, drop-in activities www.sussex.ac.uk/sport/students/activeus

The University Health Centre

www.unisussexhc.nhs.uk

Chaplaincy and Meeting House www.sussex.ac.uk/chaplaincy

IF YOU NEED HELP OR ADVICE

TALK TO US

#### STUDENT SUPPORT

We want to make sure that you have all the support and help you need while you are studying at University.

This is an overview of some of the other support services that you can access at Sussex – there is lots more information available on our website (see links below).

#### **Student Life Centre**

The Student Life Centre offers information, advice and guidance – to help you gain the best university experience you can. Some of the many things that the Student Life Centre can help with include:

- · Managing the transition to university
- · Coping with the demands of university life
- Personal and welfare concerns affecting your study progress or wellbeing.
- Funding and finance including hardship funds and emergency loans, scholarships and bursaries.
- Sources of help to improve academic performance
- Progression, intermission and withdrawal processes
- Drop-ins for sexual health information and free condoms, drug and alcohol counselling.

#### **Student Support Unit**

The Student Support Unit provides advice and assistance to prospective and current students with disabilities, long term health conditions, mental health issues, dyslexia and autistic spectrum conditions.

- · Advice on funding additional support
- Examination arrangements
- Arranging note-takers, readers, specialist tutors and mentors, where funding is available.
- Assessment for specific learning difficulties

Students with additional support requirements are encouraged to note these on their application forms so that the Student Support Unit can be in contact either during the application process or before arrival at the University. This is to ensure that any additional support requirements, including housing, are properly considered and that prospective students receive details of the range of facilities at Sussex.

#### **Counselling Services**

This free and confidential service has provides counselling to over 1,500 students every year. Students are offered individual or group sessions and the service also runs various workshops on topics such as stress management, procrastination and insomnia.

#### **International Student Support**

The International Student Support Office offers information to students coming to Sussex from outside of the UK on a variety of subjects such as immigration advice, welcome and induction support. The team organise events, trips and information sessions to help international students settle in at Sussex and co-organise the annual University-wide One World Week celebrations.

#### **FIND OUT MORE**

Student Life Centre

www.sussex.ac.uk/studentlifecentre

Student Support Unit

www.sussex.ac.uk/studentsupport

Counselling Services

www.sussex.ac.uk/counselling

**International Student Support** 

www.sussex.ac.uk/internationalsupport

The University of Sussex makes every effort to deliver housing as set out in this guide. However, due to the large number of students being housed and the diversity of needs, the University reserves the right to make variations to the type of housing offered. The University cannot be held responsible for any loss, damage or expense resulting from any delay, variation or failure in the provision of housing or facilities arising from circumstances beyond the University's reasonable control.

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#### **HOUSING SERVICES**

University of Sussex Bramber House Falmer, Brighton BN1 9QU

+44 (0)1273 678220 housing@sussex.ac.uk

www.sussex.ac.uk/accommodation

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