

DE MONTFORT STUDENTS' UNION
PRESENTS

FRESHFEST 2011



WELCOME TO FRESHFEST 2011

Hi there!

Are you ready for a week unlike anything you've ever experienced before? Good! Because DSU's Freshers' Festival is back, and this year might just be our best one yet!

We've been hard at work at here at DSU, planning the biggest and most exciting week we can, filled with all sorts of fantastic events and activities, and here's the best part...it's all for you! That's right you lucky people, a whole week filled with fun, and you're the guests of honour!

It can all be a little intimidating though. We understand, we've all been there. New city, new people, new lifestyle. It's hard to know where to start! Which is where this book comes in. Within you'll find all sorts of useful information, including our brand new, incredibly handy pull out (check the middle pages!) On the pull out you'll find some useful maps, as well as a run down of all the fantastic events taking place over the Freshers' festival, so you can take it with you anywhere!

We've got lots of useful information on all the services that DSU has to offer, including sports, societies, the media groups, and much, much more. We also have the essential Freshers checklist, helping you to ensure you've got the absolute most that you can from your Freshers' Fest! There's a campus guide, information about where to go in Leicester, as well as lots of useful contacts.

But at the end of the day the most important part of Freshfest is to have fun and get stuck in. This is guaranteed to be a week you will never forget, so throw yourself in at the deep end, get involved, and make sure you get the most out of your university experience, and don't forget to come and say hi to us in the Students' Union!

Don't forget to visit the 'Tag a Sabb' page on Facebook:

["http://tinyurl.com/tagasabb"](http://tinyurl.com/tagasabb)

To find out about the special competition the DSU Exec are running all through Freshers week

Much love,

The DSU Exec :)

YOUR EXECUTIVE OFFICERS: THE FACTS

Who are the Exec?

Elected by the student body, the DSU Exec (also known as Sabbatical officers) help to run the Students' Union, and to represent you, the students, in all matters. They're a friendly bunch, so pop in to their office located on the first floor of the Students' Union and say hi!

Liam Davis

Union President

Email: l.davis@dmu.ac.uk

Twitter: [@liamdavisDMU](https://twitter.com/liamdavisDMU)

Involves: Being the face of the Students' Union and representing student views and opinions at the highest level, both within the University and nationally.

Fave Freshers' Memory – Watching Wheatus perform Teenage Dirtbag live in the SU!



David Winter

Vice President Media and Communications

Email: dwinter@dmu.ac.uk

Twitter: [@davewinta](https://twitter.com/davewinta)

Involves: Running Demon Media (TV, FM and Newspaper) as well as ensuring communications to and from the exec team is effective for the Union membership.

Fave Freshers' Memory: Beating all the second and third years at a cracker-eating contest in Soar on my first day!



Ismael Khatib

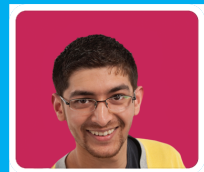
Vice President Student Activities

Email: ikhatib@dmu.ac.uk

Twitter: [@ismaikhhatib](https://twitter.com/ismaikhhatib)

Involves: Co-ordinating the sports teams and societies as well as organising sporting events, such as Varsity, and also being the Chair of the Raise and Give (RAG) Society.

Fave Freshers' Memory: Signing up for loads of things at the sports and societies fair! Was really great to get involved.



Zubair Sidat

Vice President Welfare

Email: zsadat@dmu.ac.uk

Twitter: [@zubairsidat](https://twitter.com/zubairsidat)

Involves: Running campaigns and raising awareness about issues that immediately affect students, and ensuring their health well being, and safety is being catered for across campus.

Fave Freshers' Memory: More of a Freshers' regret. I wish I'd gotten more involved in Freshers week now I know everything it has to offer!



Azhar Maqsood

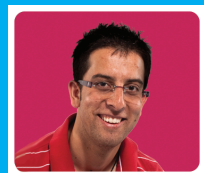
Deputy President Education

Email: amaqsood@dmu.ac.uk

Twitter: [@azharmaqsood](https://twitter.com/azharmaqsood)

Involves: Representing student views about academic issues to the University and ensuring that students are getting the best deal from their University education.

Fave Freshers' Memory: Meeting lots of new people.



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De Montfort University Students' Union
First Floor, the Campus Centre, Mill Lane,
Leicester, LE2 7DR

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Students' Union.
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of DSU for their contributions & support.

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FRESHERS' REPS

Fresher Reps are DSU student volunteers who will be on hand throughout FreshFest 2011 to ensure that you settle in and make the most of your first week of University life.

Their job is to make sure you know what is going on during Freshers and encourage you to get involved in events throughout FreshFest 11. They will also help you to find your way around so you don't miss important course inductions or information!

There are over 200 Fresher Reps this year so you're sure to meet many of them. Look out for them (they're the ones wearing bright red t-shirts!) They're a very friendly bunch whose job is to answer any questions you may have so please say hello when you get the chance!

A Fresher Rep is there to help and look out for you during Freshers' - remember that they have already experienced at least a year at DMU so are full of good advice and top tips on what to do and where to go!

"Freshers' was one of the most amazing weeks of my life, you just meet so many amazing and random people you can't help but love it. Also this year I hear there are some amazing Freshers Reps!"

Laura, Fresher Rep 2011



TOP TIPS

When you first arrive:

- Get your loan scanned ASAP. It's one of the most important things you need to do, and once you've had it scanned you can get on with enjoying uni life.
- Get your Student card. Essential for anyone who likes discounts, having fun and being a student.
- Pop in to the library. Not the most interesting thing to do, but you'll be walking past it a lot and it's better to get to know it now as opposed to when you're in a coursework deadline panic later on.
- Visit the students' union! We're a friendly bunch and are here to help, so come and say hi.

Getting to know your housemates:

- Keep your door open for the first few weeks. That way you'll never miss out on a chance to socialise. Or you could always just invite everyone out yourself. Either way is good.
- Bring a cake. Sounds silly, but who doesn't love cake!
- Decorate the flat together. You'll be living there for the next year, might as well make it a home.
- Have a DVD-a-thon. Check out the fresher's issue of 'The Demon'

newspaper for a guide to the perfect movie night in.

- Just be friendly and make the effort. People can be a little shy or nervous at first, but stay patient and you could end up with some of the best friends you'll ever make.

Uni Living:

- Work out a good time to go shopping with the rest of the flat. You could all visit the market in town, or do a big group shop online.
- Try not to rely too much on fast food. It's expensive and you will soon start to pile on the uni weight. Have a night where you take it in turns each week to cook for the rest of the flat.
- Try and check out the gym, or the DSU sports teams. A healthy body leads to a healthy mind.... which leads to a better degree and an awesome job later on in life!
- Living away from home can be daunting for a lot of people, but don't panic. Help is on hand if you need it, and you will make lots of new friends to help keep your spirits up. Don't be afraid to pop home every now and again to say though, your family will be missing you.



FRESHERS' CHECKLIST



YOUR MISSION

TO TICK OFF AS MANY TASKS AND ACHIEVEMENTS AS POSSIBLE DURING FRESHERS WEEK.
LOOK OUT FOR THOSE MUST-DO ITEMS HIGHLIGHTED IN RED. THEY ARE WORTH 2 POINTS!

- ☐ FIND OUT YOUR NEW FLATMATES FIRST AND LAST NAMES
- ☐ FASHION A DOOR STOP OUT OF NEWSPAPER AND PROP YOUR BEDROOM DOOR OPEN TO ENCOURAGE MINGLING
- ☐ MAKE YOUR HOUSEMATE A CUP OF TEA (ADD EXTRA POINT IF YOU CAN GET THEM TO MAKE YOU ONE)
- ☐ MAKE SURE TO GET YOUR STUDENT LOAN LETTER SCANNED AT THE JOHN WHITEHEAD BUILDING
- ☐ LOCATE THE STUDENTS' UNION AND PICK UP A LEAFLET (OR THREE!)
- ☐ WHILST YOU'RE THERE COLLECT YOUR FRESHERS WRISTBAND THAT YOU'VE PRE-BOUGHT ONLINE TO BEAT THE QUEUES
- ☐ GO TO THE POSTER SALE AT DSU AND GET YOURSELF A NATTY POSTER FOR YOUR BEDROOM WALL (MAKE SURE NOT TO USE BLUTACK THOUGH!)
- ☐ LOCATE THE NEAREST SUPERMARKET AND STOCK UP ON YOUR VALUE BRANDED GOODIES
- ☐ POP A LOCAL TAXI NUMBER INTO YOUR MOBILE PHONE
- ☐ FIND THE NEAREST FRESHERS' REP AND SAY HELLO
- ☐ JOIN THE WALKING BUS FROM YOUR HALLS TO THE STUDENTS' UNION ON EITHER FRIDAY, SATURDAY OR SUNDAY NIGHT!
- ☐ INTRODUCE YOURSELF TO 5 NEW PEOPLE ON YOUR FIRST DAY (NOT INCLUDING YOUR HOUSEMATES - THAT'S CHEATING!)
- ☐ GO TO YOUR COURSE INDUCTION
- ☐ FIND THE LIBRARY - YOU WILL SPEND LOTS OF TIME HERE SO GET ACQUAINTED
- ☐ JOIN A CITY TOUR ON MONDAY LEAVING FROM THE CAMPUS CENTRE STEPS
- ☐ GET YOURSELF A NICKNAME FROM YOUR NEW FRIENDS
- ☐ TAKE THE LEAD ON A PARTY GAME
- ☐ MAKE 10 NEW FACEBOOK FRIENDS
- ☐ GO TO THE SPORTS AND SOCIETIES FAIR ON WEDNESDAY AND SIGN UP
- ☐ TALK TO A 2ND OR 3RD YEAR STUDENT ABOUT GOOD PLACES TO EAT
- ☐ OPEN AN ONLINE FOOD SHOPPING ACCOUNT TO DELIVER DIRECT TO YOU
- ☐ PICK UP A UV PEN FROM COMMUNITY FAIR TO SECURITY MARK YOUR ELECTRICALS



140 points – You need to Freshen up, keep trying! / 11-20 points – You're a breath of Fresh air!
21 points and above – You've handled the pressure, you're officially a Fresher!
30 points – Mission Complete....You're the Fresh Prince of DSU!

SOCIAL NETWORKING

Have your say on our
facebook and twitter groups

Don't miss out on important updates and new events.
sign up to our twitter and facebook groups today!

<http://twitter.com/#!/demontfortsu>

<http://www.facebook.com/pages/De-Montfort-Students-Union/226056888600>

Or search for De Montfort Students Union



Freshers' Extra Wristbands
Now available, £35 for access
all areas whilst stocks last.

Order online at:
www.demontfortstudents.com

YOUR UNION, YOUR DESKTOP

NEWS, INFO, TICKETS, EVENTS & OPPORTUNITIES!
ALL CONTAINED WITHIN OUR SITE

www.demontfortstudents.com

Also follow us on Twitter & Facebook
Search for de montfort students union

Or

Find us at 'www.tumblr.com'

PHOTO GALLERY | SHOP

dsu
demontfortstudents.com

NEWS

Fuse Mentoring training coming up Graduation Kinky - Level 1 Aspiring Actors

Online Shop

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Stand Out
About DSU
How The Union Works
Ents & Events
DSU Listings

ISSUE 50 OF THE DEMONTFORT NEWS ONLINE

Meet your Exec

Freshers Reps Wanted

LOGIN HERE
Username
Password
Submit Register
Login Problems? Click Here.

Calendar

dsu

Other Events at De Montfort

DSU Twitter

Demontfort's Christmas Pizzazz! Student & Staff A Massive 50% Off! Demontfort's Pizzazz! http://bit.ly/1Kwpp (demontfort)

DSU's Christmas Pizzazz! Are you coming for DSU's the year? (demontfort)

There's the hot track! We're picked up the top one for 2nd year it's the Level 1 picked up the Best Overall Independent Best Film Award! (demontfort)

Just picked up the best independent club best for none award! (demontfort)

Your Union. Wherever you are.

The DSU iPhone app. Available now free on the App Store.

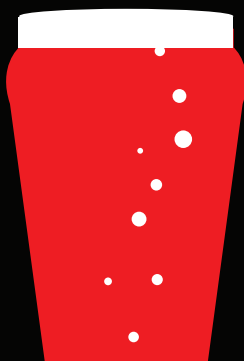
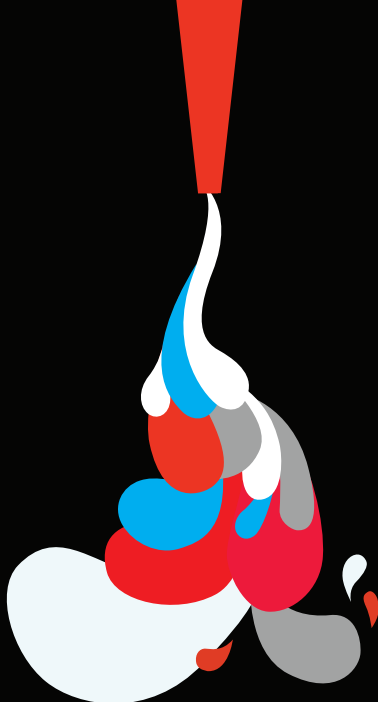
Get your NUS Extra Card

DSU Tech Sign up Now!

demon dsu active Sign up!

NEW BAR
& VENUE
OPENING
SOON

WATCH
THIS
SPACE



Having previously recieved 'the best Independant Club' and the 'Best Overall Independent Venue' awards at the Leicester 'Best Bar None' awards,

The Venue really is the place to be for a vartiety of different events throughout your student lives.

The D.S.U. award winning venue is the place to be for any student who wants to know what a good time feels like!

WANTED BAR STAFF

We require bar staff to work in our busy Students' Union bar.

Experience of working in a similar environment is desirable but not essential as training will be provided. **(£5.93p/h - Part Time, Casual Contract)**

For an information and application pack (only application forms considered), please contact us via:

Telephone:

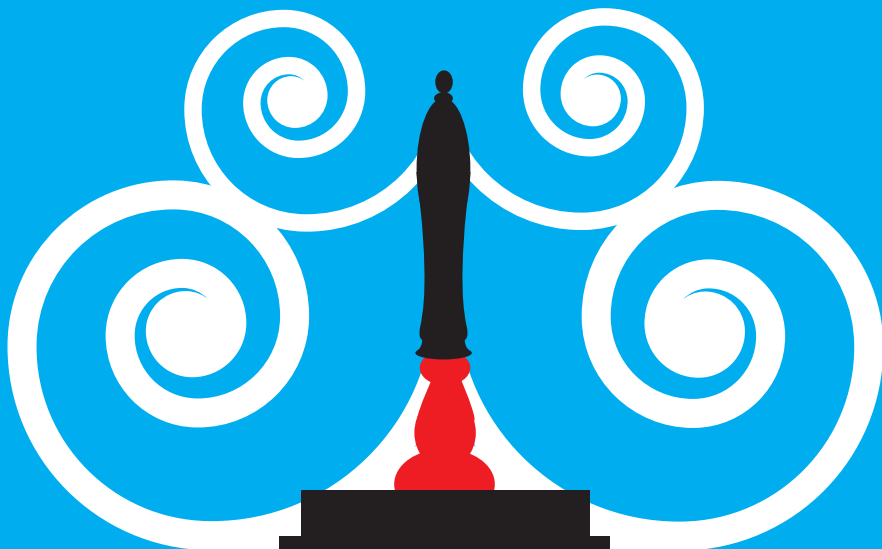
0116 2555576

Address:

The Campus Centre Building, Mill Lane, Leicester , LE2 7DR

Info: lmason@dmu.ac.uk

Web: www.demontfortstudents.com



THE DSU SHOP

Call in during Freshers week to get your official De Montfort University Hooded Top in a range of colours and styles.

Don't miss out on your the Freshers Pack offer.

*Priced at £24.99, the pack includes your choice of hooded top along a variety of goodies worth over £30.00**

**Only available from the DSU Shop while stocks last
Be sure not to miss out**

Web: www.demontfortstudents.com/shop

Mail: dsushop@dmu.ac.uk

*(based on the rrp of individual items)



Computer problems?

That's one hangover you don't need.

DSU Tech provides on campus computer support and repairs to students and staff at De Montfort University

Open Monday to Friday, DSU Tech is on the first floor of your Students' Union in the Campus Centre.

Enrol Online for Discount at "www.dsutech.com"

dsu tech
demontfortstudents.com

dsu lettings
dsulettings.com

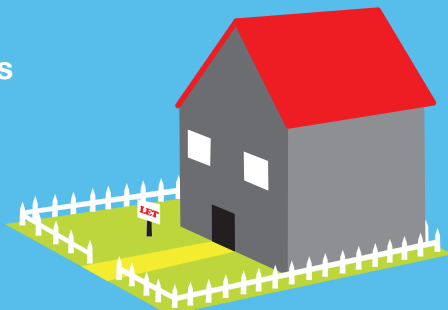
A lettings agency owned and run by YOUR Students' Union

- No Agency Fees
- Protected Deposits
- Simple, Easy To Understand Contracts
- Fully Inspected Housing

Web: www.dsulettings.com

Tel: 0116 257 6303

Fax: 0116 257 6309



SPORTS TEAMS

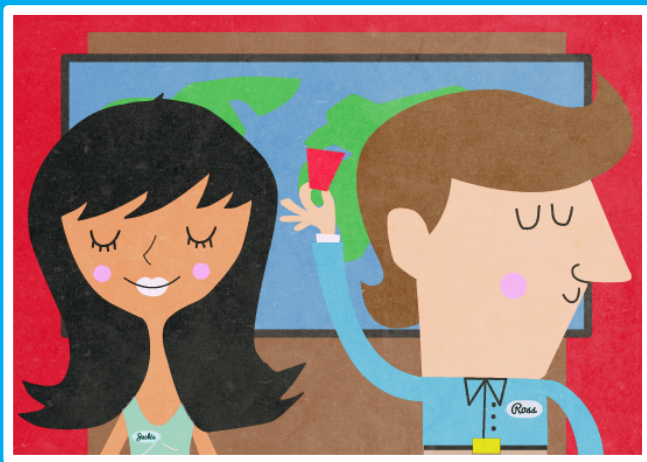
The Exec Office (Level 1, opposite the social area) is your first stop for all Sports and Society based queries.

Sport & Activities at DMU is diverse and extremely well organised, thanks largely to the student-led mentality that underpins the multitude of clubs and events.

With over 100 different activities being run, The Students Union covers all bases. However, if there is something you are interested in and it's not represented – then please feel free to start up your own sports club or society!

Catering for all tastes & cultures – with activities as diverse as Ultimate Frisbee, Burlesque and the Demon Laser Society, all the way through to Internet Gaming, Poker, the Gospel Choir and the Christian Union.

Running alongside these we also have over 25 staple sports including Football, Rugby, Hockey, Rowing and Netball all competing in weekly BUCS competition against other universities.



Benefits:

The benefits of playing sports and staying active are obvious, but more important is the opportunity to meet new people and improve your social life. Ask any club member what the best part of their club is and the banter that surrounds your chosen activity is sure to be high on the list. Socials, meals, nights out and club tours will make your time at DMU even more memorable.

SOCIETIES

Responsibilities:

To get involved with a sports team, you must first become a member of “DSU Active”. A one off fee of £32 will allow you to join as many teams as you wish throughout the year. This fee covers you for all affiliation, membership and registration costs, personal insurance and travel costs associated with your chosen team, with all monies being channelled back into each sports club.

DSU Active cards are mandatory for all participating students. No card, no play.

To join one of the many societies sees a one-off fee of £2. This £2 goes directly to the society in question. There are no limits to the amount of societies you can join, so get out there and get involved.

Fresher’s Festival Sports Fair (Wed 28th Sept):

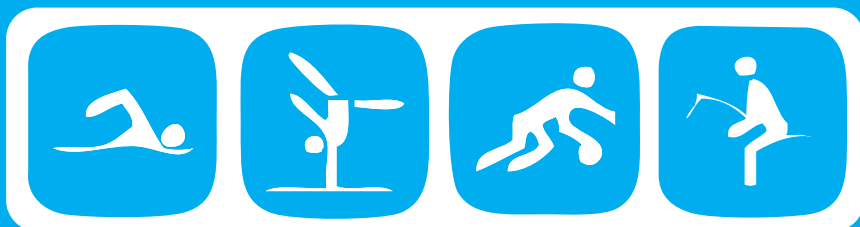
Attendance is an absolute necessity, with the Students Union providing the arena for our army of sports clubs & societies battling it out for your membership. Each club has a devoted stall, manned by a squadron of committed players & committee all trying to gain your elusive name on their sign up sheet. Everyone is welcome, with all abilities catered for. The emphasis is less on elite sports performance, but more, the opportunity for everyone to get involved as much as possible.

Taster Day (Sat 1st Oct):

To start the academic year off with a sport fuelled explosion, the DSU Taster Day provides free use of all our sporting facilities and free taster sessions across all participating clubs, enabling you to sample a new sport or activity that you may have previously never experienced before. This is also a great chance to meet new friends and get involved straight away. So start the year as you mean to go on and shop-around before deciding.

For more information visit the Sports Clubs & Societies sections on the DSU Site:

www.demontfortstudents.com



DEMON MEDIA

Demon Media is DSU's very own award winning Media group. Acting as a mouthpiece for student views, opinions and interests, it is diverse and exciting. Boasting impressive opportunities in TV, Radio and Print, the Demon Media group improve their output and the opportunities available to students on a yearly basis.

Demon Media consists of 3 strands:

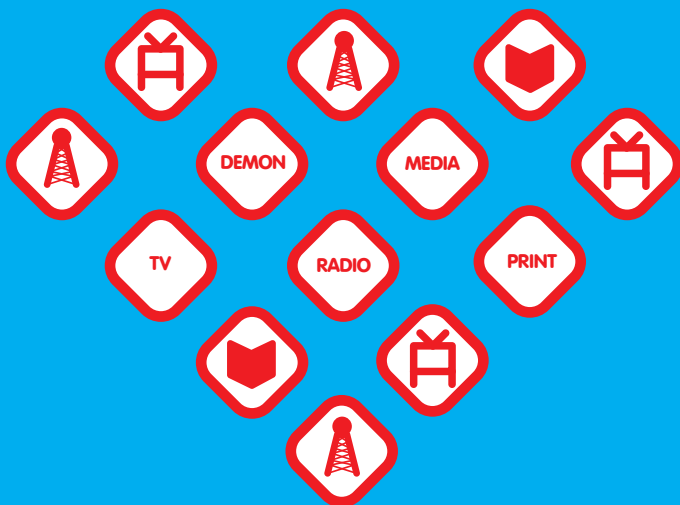
Demon TV: The youngest of the 3 strands, but constantly gaining momentum. With a wide range of skills to pick up including editing, directing, writing, and acting, the possibilities are endless.

The Demon: Demon Media's newspaper, which covers everything De Montfort student could ever need, ranging from national, local and student news, film and music reviews, with fashion and sport thrown in too! There is something for everyone in The Demon.

Demon FM: The longest running media strand. Since 1995 it's been broadcasting student made content to the population of Leicester. With an eclectic range of shows, Demon FM offers you the chance to create and present the show you want to make and hear.

To get your Demon Media membership now, head to:

www.demontfortstudents.com/demonmedia or contact: *David Winter* at dwinter@dmu.ac.uk, or by telephone at **0116 255 5576 (Ext 354)**.



VOLUNTEERING

The DSU Volunteering Office enables you to get involved in your local community through a wide variety of volunteering opportunities.

We have links with over 220 local organisations so there is no doubt you will find something which interests you.

Why volunteer?

- Become more employable
- Help others
- Gain and develop skills
- Meet new people and be part of a team
- Do something different
- Increase your confidence
- Boost your CV
- Gain recognition
- Have fun
- To make a difference

How to get in touch with us:

Tel: 0116 257 6304

Mail: volunteer@dmu.ac.uk

Twitter: @DSUVolunteering

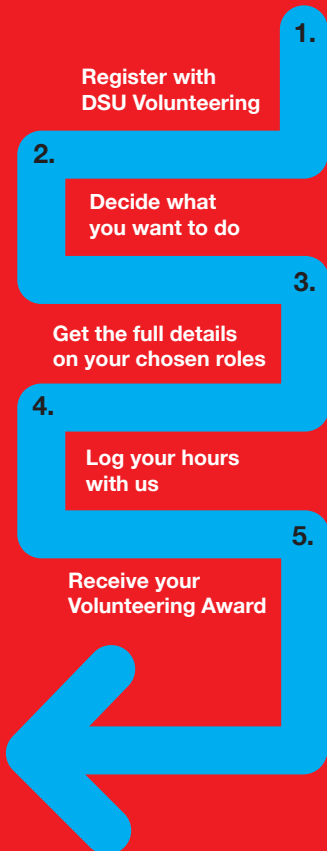
Facebook & Flickr: Search for DSU Volunteering

Web:

www.demonfortstudents.com/volunteering

Location: Room 1:30, First Floor in your Students' Union. Come drop in and say hi, we'd love to see you!

Your Step by Step Guide to Volunteering



WELFARE AND EDUCATION CENTRE

Do you have a problem or need some advice?

Maybe you've been accused of plagiarism or you think your lecturer has marked you unfairly. You might have been treated unfairly by your landlord. You may need visa advice on how to get an extension to stay in the UK or work after your course. If this sounds like you, the Welfare & Education Centre is the place to visit!

The Welfare and Education Centre is a confidential, impartial and independent advice service provided by your Students' Union. We can advise you on virtually any welfare or course related problem whilst you are studying at DMU.

We help with everything from one-off simple advice to long-term support with on-going issues. We can also provide representation for DMU students both within the university and externally so for example, we can represent you at a DMU disciplinary or academic offences hearing or in court to recover your housing deposit.

We can help you navigate the red tape, get your argument made in the strongest possible way and give you all the support you need.

Typical queries that we deal with include:

- Housing
- Finance (including debt & student funding)
- Immigration
- Academic
- Employment
- Complaints



The Welfare & Education Centre is located within the Students' Union on the first floor of the Campus Centre Building. The Centre has its own private reception so you can make appointments and discuss your problems away from the main Union reception.

Opening hours

Monday to Wednesday: 9.30am–3.45pm
Thursday: 9.30am–6.30pm (Term time only) or
Thursday: 9.30am–3.45pm (Vacation)
Friday: 1–3.45pm
Call in or telephone (0116) 257 6307

www.demontfortstudents.com/welfare

USEFUL CONTACTS

DSU Numbers:

De Montfort University Student Union
Tel: 0116 255 5576
Union of Executive Officers
Tel: 0116255 5576
DSU Welfare & Education Centre
Tel: 0116 257 6307
DSU Volunteering
Tel: 0116 257 6304
DSU Letting
Tel: 0116 257 6303

Local numbers

Leicester Money advice
Tel: 0116 242 1120
Leicester city council
Switchboard: 0116 254 9922
Council Tax department
Tel: 0116 299 3900
Leicester L.G.B. centre
Tel: 0116 2550667
Leicester Nightline (8pm-8am)
Tel: 0116 223 1230

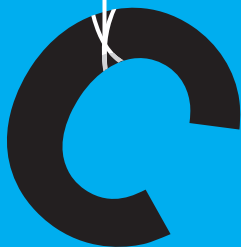
Main switchboard

Tel: 0116 255 1551

CLASS- Centre for Learning and
Study Support
Tel: 0116 257 7042
DMU Access to Learning Fund
Tel: 0116 257 7595
DMU Counselling advice
Tel: 0116 257 7602
DMU Student health centre
Tel: 0116 255 3388
DMU student Housing Office
Tel: 0116 207 8600
DMU library
Tel: 0116 257 7043
DMU student Services
Tel: 0116 257 7595

Seven Trent Water
Tel: 0800 183 4444
NHS direct 24hr Service
Tel: 0845 46 47
Crime stoppers
Tel: 0800 555 111
Frank: National Drugs Helpline
Tel: 0800 77 66 00
Gas Emergency line (Transco)
If you can smell
gas or are worried about fumes
in your home
Tel: 0800 111 999
Mosaic (Disability Advice Line)
Tel: 0116 262 6900
Police (Non – Emergency)
Tel: 0116 222 2222

De Montfort University Students' Union
First Floor, The Campus Centre,
Mill Lane, Leicester, LE2 7DR
Tel: 0116 2555576
Mail: dsureception@dmu



Have you enrolled???

**Unlimited repairs for the whole year!
With university computer support and
repairs**



**Enrol online today for the
chance to win an I-pad!**
www.dsutech.com/enroll

... *Standard terms & conditions apply

dsu tech
demonfortstudents.com