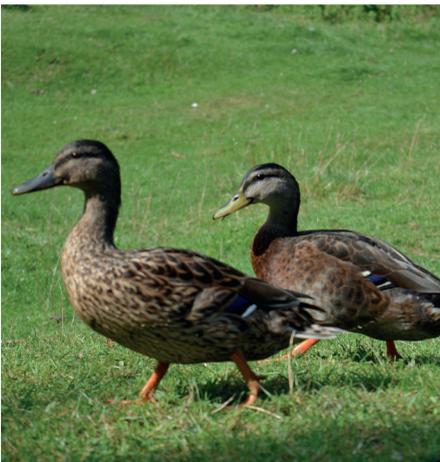
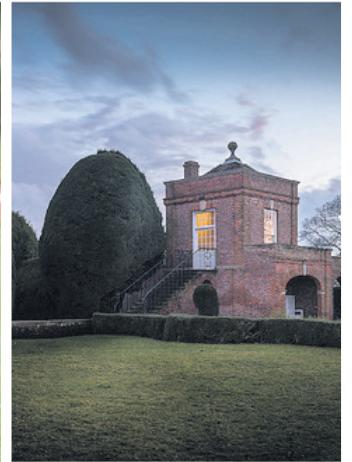
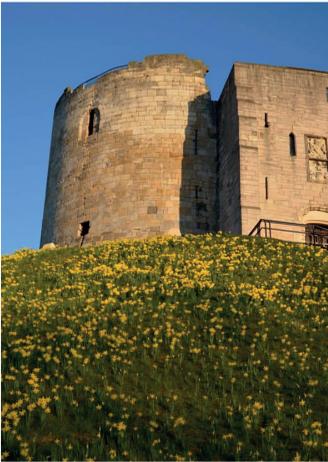
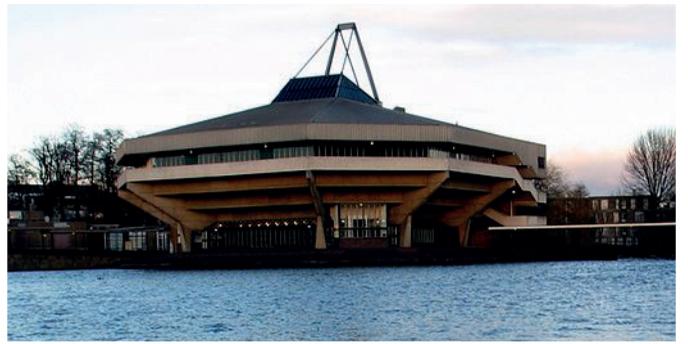




# FRESHERS.

by Nouse 



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# A NOTE FROM THE EDITOR

Jack Davies



Welcome to York, freshers: truly the jewel in Britain's higher-educational crown thanks to our prestigious status as home to the largest plastic-bottomed lake in Europe! You really have chosen wisely, and can look forward to three years studying against the backdrop of the exquisite Central Hall, voted by *Tab* readers as the second ugliest university building in the UK. We York students really do have a tremendous amount to be proud of...

I'm being unfairly sarcastic; I'm heading into the third year of an English degree, and I can tell you that it has gone unbelievably quickly, in no small part thanks to the amazing time I've had here. And you will too.

Understandably, you're perhaps feeling a bit daunted at the prospect of starting university, but first year is so crammed full of opportunities that you'll hopefully forget about any scepticism or doubt you're currently harbouring.

Firstly, there is of course Freshers' Week, acting as your chance to enjoy seven days of partying, settling in, exploring

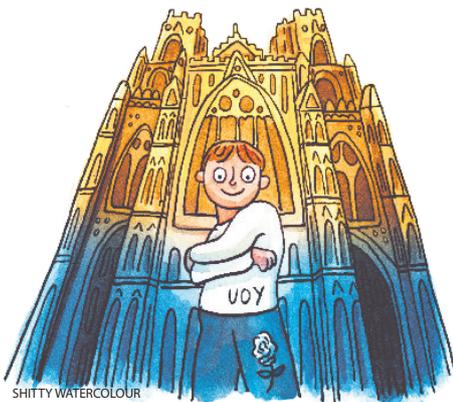
the city and getting to know some amazing people (and, to be fair, some bellends as well. Not everyone can be awesome). We've got some top recommendations for icebreaking games to try out (P.7), banging tunes to get your pre-drinks going (P.6), and some places to explore around the city (P.8-9). Whether you're into coffee or cocktails, we've got you covered.

After Freshers flies past and your studying begins, you might feel a bit bored as the first year of university kicks off properly. This will present you with the perfect opportunity to get involved in some of the immense number of societies the Uni of York has to offer (over 200, in fact). There are some amazingly varied things to choose from, as seen on P.10, although for a personal recommendation, I'd suggest *Nouse* as simply the best and most worthwhile, enjoyable society at York. And I promise, that has absolutely nothing to do with me being the Deputy Editor, honest...

I'd be lying if I said that every second of every day at university will be a joy for everyone, but it's important to remember that you're not alone. Not only are there many people feeling the same way, but there are also numerous avenues for help at hand, as our team highlights on P.15.

The most important thing to focus on is simply enjoying yourself and making the most of your university experience. Cram as much as you can into your three years and focus on what you enjoy, whatever that may be, as well as your studies. Both the University and the city are packed with things to do, explore, and get stuck into.

Oh, but while ticking things off your uni bucket list (P.12), don't be tempted to take a plunge in to that plastic-bottomed lake I mentioned earlier. The depths are absolutely caked with goose shit.



## — WRITE FOR NOUSE —

JOIN THE AWARD-WINNING STUDENT NEWSPAPER AND OLDEST SOCIETY ON CAMPUS

4 OCT | 18:30 | WELCOME MEETING | P/X/001

11 OCT | 19:00 | ELECTIONS | SLB/118

NEWS | POLITICS | COMMENT | SPORTS | SCIENCE | BUSINESS | FEATURES | ARTS | MUSIC | FILM & TV | FASHION | TRAVEL | GAMING | FOOD & DRINK

**NOUSE** *Freshers magazine was lovingly curated by Harriet Clifford, Jack Davies, Lucy Furneaux and Finn Judge, with special thanks to Millie Beach, Imogen Bellamy, Sam Bright, Harriet Cheshire, Jay Dyer, Holly Huxter, Maria Kalinowska, Rory Kelly, Chloe Kent, Izzy Moore, George Morgan, Liam Mullally, Jacob Phillips, Kendra Rabbitts, Jack Richardson, Georgie Smith, Alex Urquhart, Shitty Watercolour, Body Positivity Society, York Anti-Trafficking Society, DougSoc, Ultimate Frisbee, Re-Enactment Society, U.N. Association and ComedySoc. And a very special thank you to York Vision for giving us all a good laugh during production.*



# “IT’S REALLY IMPORTANT TO BE YOURSELF”

## YUSU PRESIDENT ALEX URQUHART ON THE UNION’S FUTURE, GETTING INVOLVED, AND SELF-ACTUALISING AT YORK

### What is YUSU and what does it do for freshers?

YUSU is a representative body for students. We represent York for the NUS, and the Sabbatical Officers sit on the main governance boards of the University. If there’s a change that the students want, we make sure it’s discussed in all the right places. The Students’ Union runs large events on campus as well as the satellite venues, like The Lounge. The profits fund student projects and ambitions across campus.

### Why should freshers engage with student politics?

In recent elections, students have proven our influence and voice. It’s important that we make informed votes and choices. We’re a powerful, vocal group and need to work together. Student politics can be very effective, and that begins on campus.

### How would you suggest students get involved with campus life?

Sports clubs and societies. You can sign up at Freshers’ Fair stands. We have everything from Quidditch to Fetish Society!

Get involved with your college committees too. These can grow into bigger

roles: a JCRC position can lead to one in YUSU later. The college committees work under the umbrella of YUSU and as a result are part of their networks.

“ LOOK OUT FOR THE PERSON WHO’S A BIT AWKWARD OR FEELING LEFT OUT; IT WILL MEAN THE WORLD TO THEM

### What is your vision for YUSU’s future?

I want more people to engage with YUSU as their representatives and find easier ways to do that. I’d like to make it easier for students to say, “I want to achieve this goal – and I can!” I would be extremely happy if that happened this year.

### What future plans are in store?

We’re setting up a petition site that’s going live in the new year. It’s similar to Change.org and its aim is to facilitate political engagement. You can use the site to get ideas discussed by the people who can make them a reality.

I’m starting an initiative called Pool & a Pint with the Prez. Every Tuesday from 5:30PM to 6:30PM, I’ll play three games of pool with anyone on campus. You choose the pool table, I’ll buy the round. You can talk to me about University issues or something completely different!

### Do you have any advice for new first year students?

It’s really important to be yourself. It’s better to be in a group of friends who know and care for the real you.

Look out for the person who’s a bit awkward or feeling left out. It will mean the world to them. Nobody should be lonely on these first few nights.

Be brave. Try new experiences. Join societies you can’t pronounce, or sports you’ve never heard of. It will enrich your student experience.

### To commemorate your time as Derwent Chair, you got a tattoo. Do you have any similar post-presidency plans?

Since one cheek has an emblem, the other’s looking a little bare – maybe!

*Interview by Imogen Bellamy. Check out the full interview online at [nouse.co.uk](http://nouse.co.uk)*

# “WE CAN SHAPE THE EDUCATION WE WANT”



## NUS PRESIDENT SHAKIRA MARTIN SHARES HER VISION FOR STUDENT ACTIVISM, AND A NEW DRIVE TO WIN THE CRITICS OVER

*The National Union of Students (NUS) is the main student body that represents students at local, regional and national level, funding and voicing the concerns of over 600 Students' Unions. However, the NUS has recently come under fire from many Students' Unions, including York's, for policy misalignment such as minimum alcohol pricing. The NUS is under reform with new President Shakira Martin; we caught up with her for the latest on the NUS and some advice for freshers.*

### What made you get involved with the NUS?

Two years ago, I wasn't political, and it was adversity, not university, that got me to where I am today.

I am the second NUS President not to have gone to university in the 95 years of its existence. I did not know anything about the NUS until I became President of Lewisham College when I went back to education aged 23.

I believe, as a citizen, I have a duty in society to shape the country we live in; the NUS is something that can do that. As students, we can shape the education we want.

The NUS is more than a student dis-

count at the Co-Op: it's things like essay marks coming back after a shorter time following an SU campaign.

### Last year, many York students voted to leave the NUS. Is it an effective enough body to represent students?

I understand why a number of universities ran disaffiliation campaigns. Students felt the NUS wasn't relevant to them because we weren't talking about issues that

GO TO FRESHERS' FAIR  
AND LEARN ABOUT  
YOUR UNIVERSITY; IT  
WILL BE YOUR HOME  
AND COMMUNITY

”

they cared about. It was a very top-down approach and we weren't taking them on a journey.

However, the NUS is important because we are one of the biggest unions in the country: our membership is 7 million. One student's voice is unlikely to be heard, but if we come together we can in-

spire change. But it starts with listening to our members.

### Do you have any advice for freshers?

Going to university, you get so much more than your qualification: you get to meet new people. Getting involved in societies, as a student ambassador or through your student newspaper all provide transferable skills that can help you in your future career.

One thing I will say, though, is to stock up on toilet paper! I moved out at 16 and I never realised how much toilet paper I wasted until I was paying for it myself.

This is your chance to learn about who you are. Go to Freshers' Fair, go to stalls and learn about your university; it will be your home and community. You won't know how important that first week is until you look back in hindsight when times are getting tough. Hopefully, then you'll know about all the support that is offered at your university.

Remember that nothing worth fighting for is easy, so take the hardest challenges as opportunities that you'll be rewarded for!

*Interview by Jacob Phillips.*

# THE FRESHERS PLAYLIST 2K17

BY SAM BRIGHT

**F**reshers' Week is two parts daunting and one part exciting (rather like the vodka cokes you'll be pouring later). You're moving in with a bunch of new people who you've never met before, and the first couple of nights can be scary. Despite being in the frigid North, you unfortunately don't have access to any fat polar bears to break the ice. Finding common ground in your music tastes can go a long way in helping with that, so we've done all the work for you and put together a few songs to help get things started.

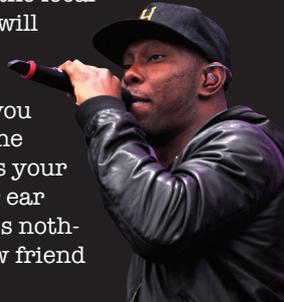
## WELCOME TO THE NORTH: ARCTIC MONKEYS - "FLUORESCENT ADOLESCENT"

The perfect song to segue into life at a northern university - if you're a northerner, you'll know why this is here. If you're a southerner like me, or an international student, you may be thinking this is just here because it's a banging tune for pre-drinks. No, dear reader, it is not. You're in the North now. The North is home to an Arctic Monkeys cult; you will learn to love them. 'Fluorescent Adolescent' is perfect before your night out, and will soon become a staple of any pre-drinks. In fact, it'll have a staple before long, much of pretty every day.



## BASS SAVES YOUR SOUL : DIZZEE RASCAL - "BASSLINE JUNKIE"

This is it. You're out on the town, pre-drinks were a success and you and your flat are mates for life. You've done the classics: dirt-cheap treble in Lowther, a cocktail in Bobo Lobos or Dusk, and your eye has already wandered over the local talent (I do of course mean the place you will inevitably visit for the post-club kebab - I suggest Efes). But first: the club. There are plenty to choose from, but wherever you end up you'll want to be getting down to the nastiest club beat you can find. Dizzee has your back - inject a mainline of bass into your ear canal and dance the night away. There's nothing better than teaming up with a new friend to belt out the lyrics together.



## THE ONE WE LOVE TO HATE: ABBA - "DANCING QUEEN"

Guaranteed, you will have this girl in your halls. You'll just be getting past the awkward part of your first pre-drinks during Freshers, and she'll chuck on this classic. All the ladies will squeal in delight and profess their love for ABBA, and all the blokes will groan and pretend they hate it. They don't. They are lying. They are telling bold-faced lies. You might hate to admit it, but everybody secretly loves this one. Soon enough you'll be dancing, jiving, and having the time of your life with your new friends. And you'll be loving it.

## THE HOMEWARD-BOUND BALLAD: TOTO - "AFRICA"

The night is over. You've left the club, blagged student discount from the overly-chatty taxi driver, and managed to avoid stepping in somebody else's sick on the walk to the warm safety of your student digs. You and your new mates are sat waiting for the takeaway to arrive, and you need some calm background music while you try to avoid thinking about the awful morning you'll be having in about five hours. Something easy to listen to and corny enough to fill the gaps in conversation while you discuss the events of the night. What better to listen to than the oddly satisfying sounds of a digitally reproduced marimba to lull you into chippy bliss? Ignore the slowly building pressure foreshadowing the inevitable headache after your fitful sleep, and shout out the oh-so-perfect chorus with your new chums. You all know the lyrics.

## MONDAY MORNING BLUES: BOOMTOWN RATS - "I DON'T LIKE MONDAYS"

Freshers' Week is finished, and you've discovered that Sunday night Vodka Revs is a UoY tradition that is close to all of our hearts. This does however mean that the Monday morning hangover is an inevitability. No student likes Mondays. Woe betide any of you freshers that have a Monday 9AM! The only suggestion I have is lots of coffee and a few paracetamol. Share your sorrows with Bob Geldof; stick your earphones in on the cold walk in the too-bright sun to your lecture and wallow in self-pity, swearing to never drink that much again. Then wait a week and repeat.



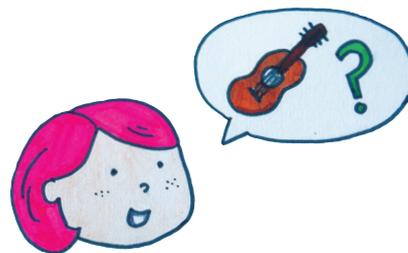
ALL IMAGES: WIKIMEDIA COMMONS

# ICEBREAKERS

GEORGIE SMITH HAS YOU COVERED WITH FOUR GAMES TO BEAT AWKWARD FLATMATE INTRODUCTIONS

## FLATMATE BINGO

The aim is to find out as much about your new housemates as possible. Write a list of statements (e.g. “has a birthday in October”; “plays a musical instrument”; “plans to go out every night in Freshers”) and then try and match each housemate to a statement. The first one to fill all their boxes wins! As well as a great game to get people talking, it might be useful to know whose birthday is coming up, who hates a dirty kitchen, or who you might be letting in at 4AM.



## SECRET SNOWBALL FIGHT

Everyone writes something interesting about themselves on a piece of paper. It could be a treasured memory, embarrassing story, secret talent, hidden tattoo; something that isn't obvious. When you're finished, scrunch your paper into a ball and have fun chucking 'snowballs' across the room at each other. When the fight subsides, pick up a snowball each and read out its contents in turn. As a group, try to identify who the secret info belongs to. It's funny seeing what people attribute to you!

## NEVER HAVE I EVER...

You probably know this as a popular drinking game. It's often fun, revealing, and builds camaraderie quickly in an atmosphere of no judgement and shared embarrassment. Going around the circle, each person makes a statement about what they have never done (e.g. “Never have I ever been to America”) and everyone who has done it drinks. Encourage each other to elaborate on what might be an interesting story.



## SCAVENGER HUNT

Split the group into two teams, and each team comes up with a list of, say, 10 items that the opposition must acquire. Try to keep to things that can be found in the immediate area - in pockets, the kitchen or around the college. To make it harder, use multimedia. The hunt items might be a YouTube video, a sound effect, a selfie with a porter, or the answer to an obscure question that can be googled. First team to track down everything wins!

# WHERE TO DRINK DAY

Whether you're looking for a midway stop-off between pre-drink and your new pals, or a quiet coffee shop for an afternoon study session that's right on your doorstep. And no, making it from the bus to the



**GATEHOUSE COFFEE** Even if you don't make it round the walls in your first year, at least you can say you've drunk coffee on them. Very student-friendly, with free Wi-Fi, plug sockets, communal study tables, and amazing seating on the walls themselves, this is the perfect place for a bit of peace and quiet away from the library. Plus, the staff are lovely and don't make a fuss if you want to buy a £1 drink and then stay for hours.

*Need to know:* Can be very busy on Saturdays. Closed Sundays.



**BREW & BROWNIE** I know this is about drinking, but can we just talk about pancakes. Not only can you get the most aesthetic coffee you've ever seen, but the pancake stacks are worryingly addictive. It's all about getting that perfect Insta, am I right? #brunching.

*Need to know:* Can be very busy at weekends. They've recently opened a Bake-shop a few doors down, which is better for food-to-go.



**THE PERKY PEACOCK** Located on Lendal Bridge, five minutes from the station, this is a great café for when your parents visit and you want to convince them that you've made it into the city centre during daytime hours – “Oh there's this quirky little place, just tucked away down here. You have to know about it to find it, you know?”

*Need to know:* It's pretty cramped inside, so if your mid-term parental visit also features Aunty Pat and your cousin's girlfriend's dog, maybe give this one a miss.



**BISON COFFEE** Off-campus but not quite in town, this is the ideal coffee house if you want to get away but can't be bothered to trek into the centre of York. While it looks quite tiny at a first glance, there's more seating out the back and tables outside when the weather's nice (it does happen). Your bank balance will appreciate the reasonably-priced coffee, and your artsy side might like the vintage furniture for sale here.

*Need to know:* Heslington Road (on the 66 bus route).



**BICIS Y MAS / CYCLE HEAVEN (BY MILLENNIUM BRIDGE)** These are two different places, but they have a very similar vibe, both being bike shops as well as cafés. As always, the latte art is on point, but they also serve an excellent selection of vegetarian and vegan food. Plus, the cakes at Cycle Heaven make the slightly awkward location totally worth it. Just decide how you're going to pronounce 'Bicis y Mas' and style it out with confidence.

*Need to know:* Bicis y Mas is purely veggie/vegan, so be prepared for the quinoa ('keen-wah' – you're welcome).

# RINK IN YORK

drinks and Kuda, somewhere to go for a 'civilised' cocktail with session, we've got you covered. Get out there and explore the city s to the club every night of Freshers does not count as exploring.

**THE STONE ROSES BAR (STONES)** If you want to dance, sing, get drunk on cheap alcohol, and just can't face yet another rendition of that new Taylor Swift song, then look no further. Think Britpop, pool tables, jukeboxes, and student discount. Just ask for a 'triple-vodka-blue-shit' and you (probably) won't regret it.  
*Need to know:* Open until 2AM, so if a good night out for you involves being in bed by 3, you don't even need to pay for entry to a club.



**CHARLES XII** Maybe more of a day-drinking kind of deal, but also great for an evening at the pub with your flat. The food is your standard, cheap-ish pub grub, but there are different deals each day of the week, and sometimes that's just what you're after.  
*Need to know:* Nice beer garden with bunting (yay). Five-minute walk from Halifax/the library, just saying. If your parents are willing to take you out for food, go to the Deramore Arms a few doors down, it's much nicer.



**DUSK** You mainly need to go here so you can say you've had the Barack Obama, but also the cocktails are 2-4-1 and pretty tasty. The deal only works for two of the same, so you just need to pair up with someone and you're laughing (laughing, crying: either/or).  
*Need to know:* 2-4-1 cocktails Monday - Thursday all night, Friday - Sunday until 10PM. The Drawing Board cocktail bar is right next door, so that's your night sorted.



**VALHALLA** Just opened and no cocktails in sight, so if Sex on the Beach isn't your thing then you might want to give this Viking-themed bar/café a whirl. Apparently 'Vahalla' is the hall of the slain, so presumably they're just pre-empting the inevitable result of trying their 14.5 per cent mead.  
*Need to know:* Closes at 11PM every night.



**EVIL EYE** You probably can't afford to get drunk here, so if that ends up being the plan, go for one drink and then downgrade to 'spoons or Stones'. Alternatively, actually stick to the original plan and just have a civilised few: you'll thank me in the morning. You'll almost definitely end up panicking and ordering the same as the guy before, but everyone needs at least one picture of themselves drinking a fancy cocktail in front of an edgy graffitied wall, so it's totally worth the stress.  
*Need to know:* Johnny Depp's favourite bar, which is definitely 100 per cent verified.



# SOCIETIES: SOME OF THE BRIGHTEST

## BODY POSITIVITY

A society ready to fight against the diet culture and body image issues faced by students, because life is much more beautiful than a number on a scale! Join for some fun, foodie, and chilled socials.



## ANTI-TRAFFICKING

Passionate about human rights and fighting the injustice of human trafficking in the UK and across the world. They run campaigns, events, and fundraisers as part of a global anti-trafficking movement.

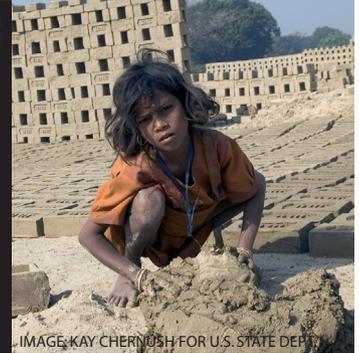


IMAGE: KAY CHERNOUSH FOR U.S. STATE DEPT.



## UNITED NATIONS

UNA represents the objectives of the UN, through talks from guest speakers, campaigns, and workshops, and hosts one of the most successful Model United Nations conferences in the country. Training sessions are weekly.



## RE-ENACTMENT

A social hub for historical re-enactors of all periods. From Viking and Saxon combat sessions to Medieval feasts, they offer a program of craft sessions, pub crawls, film nights, and Witch Burning! (No witches harmed.)

## NOUSE

The biggest media outlet on campus, with over 70 student staff members. Alumni have gone onto successful journalism careers in *The Guardian*, *The Financial Times*, and numerous other publications. Elections are on 11 October!



## DOUGLAS ADAMS

One of the most student-y of societies, they run a different event every Tuesday, from battling cardboard robots to mad science experiments. No Douglas Adams knowledge necessary - just a sense of humour!



dougsoc@yusu.org  
www.facebook.com/DougSoc



IMAGE: DEVON HOLLAHAN

## ULTIMATE FRISBEE

Very welcoming to all abilities - no experience required. They'll teach you how to throw and play, both indoors and outdoors. Autumn sessions are dedicated to newbies, with two upcoming beginners' tournaments.



## COMEDY

Do you like to laugh? Who doesn't?! ComedySoc runs weekly fun, pressure-free workshops in improv, writing, and stand-up. Shows are every Wednesday in V/045 - go to the Week 2 Showcase at 8PM for laughs a'plenty!

# SPORT: WINNING AT HOME AND AWAY

The University of York has a proud tradition of offering some of the best sporting opportunities to its students, spanning over half a century, with over 60 clubs to get involved with - meaning there's something for everyone. Facilities are some of the best in the country, with York Sport Village, opened in 2012, a state of the art complex located on Heslington East campus boasting a 25-metre swimming pool amongst other amenities, as well as York Sport Centre on Hes West with a full athletics arena. The competitive streak runs high in the blood of the University, with Roses, our annual varsity with Lancaster University that keeps our cities' historic rivalry alive, the jewel in the crown of the many other varsities and inter-college tournaments that take place every year.

## IT TAKES A VILLAGE

The York Sport Village on Hes East, completed in 2012 at a cost of £9 million, is home to a treasure trove of facilities for students and the public alike to make the most of. A competition-standard, 25-metre swimming pool, an Olympic-sized velodrome, and floodlit 3G football pitches are all available, as well as extensive gym facilities and classes. Hes West's York Sport Centre also boasts a wealth of facilities, venues, and equipment, with a large indoor sports arena which hosted the opening night of Roses 2017, tennis courts, a 400-metre athletics track, and almost 40 acres of sports fields. Both locations offer significant student discounts, flexible passes, and special offers, so if fitness is your thing or you just fancy booking a five-a-side pitch for a kick around with some mates, there's something for you.



## COLLEGE FOOTBALL

Football is our national sport in the UK, played in parks and playgrounds across the country by literally millions of people. As such, footy has a massive role in the sporting identity of the University, too. Every year, teams representing each college battle against each other across three terms in the College Cup, all for the title of best football team at the University. Some colleges have as many as six teams, making it really easy to get involved and play competitively, so whether you're a seasoned Sunday league player or a complete novice, football is accessible to all at York.

## YORK GOLD, ROSES WHITE

Roses is by far the marquee event of the York sporting calendar each year. Taking place between us and Lancaster Uni, there's a bitter rivalry between the two, dating back to the very first competition in 1965. It stands as the largest inter-uni sports competition in Europe, and features events ranging from the traditional (football, athletics), to less so (chess), to events that you'll think are downright mad to include (Pokemon, University Challenge, debating). Hundreds of students get involved every year, with the hosts alternating. York are the reigning champions and overall leaders, with 27 wins to Lancaster's 25. Held over the course of one weekend, the whole University buzzes with excitement over three days as spectators come out in their droves to cheer on their teams. 2018's edition will be held in April at Lancaster, so there's plenty of time to throw yourself into a team and represent the University. Remember, Roses are white!

# THE ESSENTIAL YORK BUCKET LIST

**Finn Judge** on the mandatory recommendations and travel tips for your time at York, taking you anywhere from wall-walking to hitchhiking

## ROLL DOWN CLIFFORD'S TOWER

The castle's tragic history has given way to a modern festivity. It's the ultimate freshers' tradition: finish your bevs, go via Oki's for chips and gravy, and chance a tumble from the top of the city's historic castle. Make sure you're not too drunk - lest the roll go awry - and that you have trustworthy friends waiting for you at the bottom of the hill!

## GET ON TOP OF THE MINSTER

Some say this brings bad luck if you do it before graduation - but if you're not of a superstitious mindset, you'll need to do this more than once. The fiver to climb the 275 stairs offers a great panoramic view of York's city centre: you'll be proud to live here. Even if you're broke, entry to the Minster itself is free for students. It's the largest gothic cathedral in Northern Europe.

## SNAP A GOOSE SELFIE

After the award-winning "Goose Safety Talks", courtesy of University of York Memes (yes, for real), the need to preserve student-goose relations has never been more pertinent. York has the highest waterfowl-to-student ratio for a British uni! However, don't get too carried away. If you kill any of the waterfowl on campus, you'll be expelled for life.

## WALK THE CITY WALLS

Bootham Bar, Monk Bar, Walmgate Bar, Micklegate Bar: the four main gatehouses of these aged walls. Sorry if that's not the kind of "Bar" crawl you imagined! Traverse the circumference of the city in style, and transport your mind's eye to York's glorious past. Also, it's still legal to shoot a Scotsman with a bow and arrow within the walls. Don't try it.

## TAKE YOURSELF BEYOND YORK

Loads of societies run trips abroad! Both LitSoc and HistSoc opted for Budapest this year, while the Sailing and Windsurfing Club frequent Greece (not bad). Try Jailbreak in March, if you dare: get sponsored to hitchhike as far away as possible to raise money for Kidscan. Last year's winners made it all the way to Gran Canaria - could you take it cross-continent?

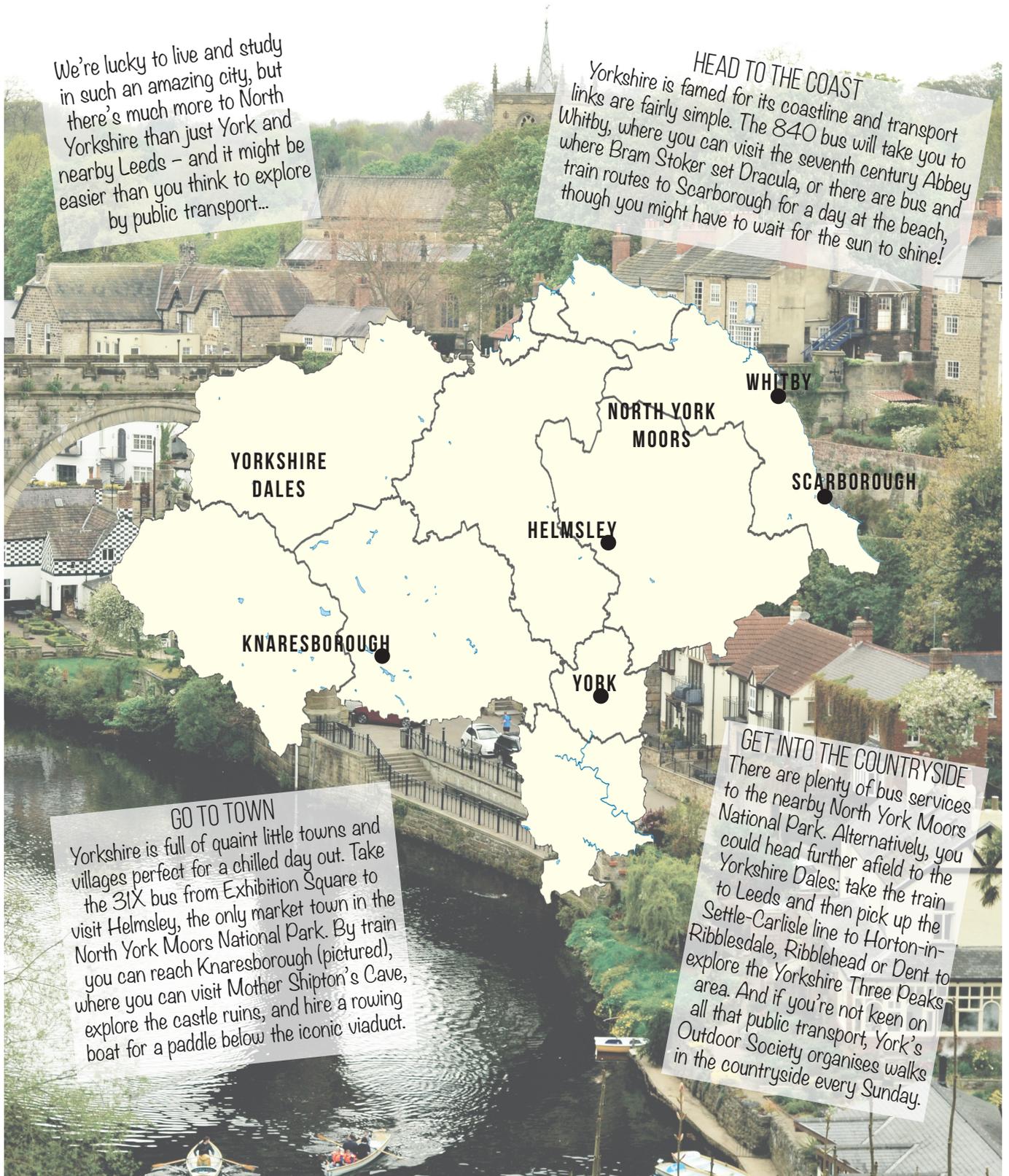


# LE TOUR DE (NORTH) YORKSHIRE

Lucy Furneaux gives you some ideas for exploring God's own country

We're lucky to live and study in such an amazing city, but there's much more to North Yorkshire than just York and nearby Leeds - and it might be easier than you think to explore by public transport...

**HEAD TO THE COAST**  
Yorkshire is famed for its coastline and transport links are fairly simple. The 840 bus will take you to Whitby, where you can visit the seventh century Abbey where Bram Stoker set Dracula, or there are bus and train routes to Scarborough for a day at the beach, though you might have to wait for the sun to shine!



YORKSHIRE  
DALES

NORTH YORK  
MOORS

WHITBY

SCARBOROUGH

HELMSLEY

KNARESBOROUGH

YORK

**GO TO TOWN**  
Yorkshire is full of quaint little towns and villages perfect for a chilled day out. Take the 31X bus from Exhibition Square to visit Helmsley, the only market town in the North York Moors National Park. By train you can reach Knaresborough (pictured), where you can visit Mother Shipton's Cave, explore the castle ruins, and hire a rowing boat for a paddle below the iconic viaduct.

**GET INTO THE COUNTRYSIDE**  
There are plenty of bus services to the nearby North York Moors National Park. Alternatively, you could head further afield to the Yorkshire Dales: take the train to Leeds and then pick up the Settle-Carlisle line to Horton-in-Ribblesdale, Ribblesdale or Dent to explore the Yorkshire Three Peaks area. And if you're not keen on all that public transport, York's Outdoor Society organises walks in the countryside every Sunday.



## BAME (Black, Asian, Minority, Ethnic Network)

Part-Time Officers (PTOs) Demi and Afoma focus on “campaigns that allow our students to make a tangible change.” Demi encourages students to “Join the community! Our reps host regular socials such as movie nights and cook-ups which bring us all together.”

There are BAME reps in almost every college, and you can get involved by attending meetings held every Thursday evening, 6:30-8PM in D/N/056. They act as a safe space to discuss relevant issues.

## Women's Network

“It’s really easy to get involved - just come along to a social or meeting and you can make real change on campus,” according to Women’s Officer Michaela. “If you don’t like something, then you can sure as hell try and change it.”

The Women’s Network represents and advocates all women and non-binary students on and off campus. Michaela and Catherine, the University’s Women’s Officers, presented a manifesto this year that promised greater non-binary representation and more action against unconscious gender bias in academic departments.

## Disabled Students' Network (DSN)

“Coming to university can be quite daunting, as all of the support that you may have had in place during your time at home/school suddenly disappears,” says Jessie Emms, James College Disability Rep. “The process of setting things up again can be a challenge, but this is why we are here to support you on the journey.”

Aisling Musson, Disabled Students’ Officer, coordinates the DSN, while Jessie hosts ‘Encompass’, a weekly group for those with physical and/or mental disabilities or impairments.

## LGBTQ+

“Everyone in the Network is lovely and really does their best to include you, which is also the case for the University in general. Any problems are actually listened to rather than being brushed aside,” explains PTO Henry Fairington.

The LGBTQ Network and Social Group aim to represent and support all non-heterosexual and/or non-cisgender students. The latter group focuses on hosting social activities throughout the term; Social Chair Maria Nikolova says, “It’s helped me to meet like-minded friends and has immensely contributed to building my confidence in who I am.”

## Intersectionality

The DSN will be hosting ‘Intersectionali-Tea’ socials with officers from various networks to help foster greater connections between the groups and for individuals who identify with multiple networks.

Head to the Glasshouse on Hes East on Friday 29 September, 11AM-5PM, to check it out and meet your PTOs.

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## Contact

The Part-Time Officers are elected by students to represent you. Networks and societies have mailing lists and Facebook groups you can use to keep updated on meetings and socials, while contact details for all PTOs can be found on the YUSU website under ‘Representation’. There are plenty of introductory events going on throughout Freshers as well as regular meetings and socials during term-time.

*Words by Izzy Moore*

# IT'S NOT THE END OF THE WORLD IF...

## ...YOU NEED TO ASK FOR HELP

I developed anxiety in my first year: just going to the kitchen for a glass of water provoked a panic attack. There was no specific reason - I found the adjustment to uni life really difficult. Eventually, I arranged an Open Door appointment, which helped me to work out steps for moving forward. My second year was more settled, but help was always there if I needed it. There's no shame in needing some support!

*Lucy - Muse Editor*

## ...YOU DON'T GET ON WITH YOUR FLATMATES

My first term was an awkward one: I got into a relationship that my flatmates didn't approve of. They said it was ruining our "dynamic", and I felt isolated in my own (new) home. That turned out to be the launch pad for my social life. To cope, I threw myself into *Nouse*, eventually became Editor, and made friends for life. Student life is what you make of it - there are so many new experiences on offer.

*Finn - Editor*

## ...YOU'RE FEELING AIMLESS

Given that I'm at university with the clear goal of getting a degree, it seems as though I should feel more motivated than ever. But I've often found that all the free time leaves me feeling aimless. I've discovered many solutions that work for me - a great one is to find an activity and throw yourself into it. Empty time can make you feel listless, so fill up your days as best as you can.

*Rory - Comment Editor*



## ...THINGS DON'T GO TO PLAN

Four years ago, I found myself being carted off to university not really knowing what I was doing. Things went downhill from there, and only five weeks into 'the best years of my life', I had no choice but to drop out due to depression and anorexia. Fast-forward a few years and here I am, going into my third year of a different course at a different university, absolutely loving it. There's nothing wrong with taking time out to re-evaluate.

*Harriet - Deputy Muse Editor*

## ...YOU'RE JUST A BIT SCARED

Before coming to uni, I always considered myself to be a really confident, outgoing person who could handle anything. However, when it came to driving up to York I was paralysed by fear. Would I get on with people? Would my course be what I imagined? Could I settle in a new city? When my parents left I was on the verge of tears. But I got stuck into Freshers' Week, *Nouse*, and making new friends, and I soon found I was having the time of my life. University is about getting involved and embracing as many opportunities as you can.

*Jack - Deputy Editor*

## ...YOU DON'T WANT TO DRINK

Freshers' Week is known as a time when new students get wasted for five days straight. That is changing nationally, and York Uni, your college, and YUSU are working really hard to ensure everyone, regardless of how much they want to drink, has an incredible time. As someone who didn't drink much for the last three Freshers' Weeks I did, I can recommend the Comedy Night, Freshers' Fair, tours of the city with your college, and the all-new Freshers' Festival. Have the best time, and love York.

*Millie - Former YUSU President*



# Fancy student journalism?

- **WELCOME MEETING: MEET THE EDITORS!** 4 October, 18:30 (Week 2) in P/X/001
- **FULL TEAM ELECTIONS** 11 October, 19:00 (Week 3) in SLB/118

Find more info on our "Nouse Writers 2017/18" Facebook group, or email [nouse@yusu.org](mailto:nouse@yusu.org) with any questions. Come and chat to us at Freshers' Fair too - we'll be at Greg's Place!

