The BIG DEAL

HOW TO...
THE 2016-17 STUDENT ACTIVITIES GUIDE

BUCKS STUDENTS' UNION
University can be an overwhelming experience but it can also be one of the best experiences you’ll ever have. As current students we cannot stress just how beneficial the training and activities are to your university life. University may be about getting that academic qualification, however, the jobs market is tough so you have to stand out from the crowd and we want to help you do just that.

Whether you have just completed your A-Levels, you’re a nursing student, with a family, or embarking on a PhD, the Union always has something to offer you.

Getting involved in lots of different activities opens up new experiences and friendship groups that you may not have found ordinarily. You can even learn transferable skills that will benefit you in your future employment, start a hobby for life, or maybe just help pass the time and give you a welcome break from your studies.

From public speaking to emergency first aid, self defence to sign language and cooking to scuba diving you can have it all.

If you have an ability or skill you want to share with others, or if you would like us to put on activities you can’t find elsewhere, then get in touch and help us offer more.

All of our activities will be advertised on the ‘What’s On’ page of our website with full details on how you can sign-up so let’s see how many things you can try out this year!

Daisy, Kate and Sarah
Your Activities Team

buckstudentsunion.org/whatson
As your Students’ Union we want to make sure your time at Bucks is as beneficial and fun as it possibly can be! Keep an eye out for our course icons as we have recommended some of our training that we believe will benefit your academic studies.

Remember, regardless of what course you are enrolled on, our wide range of activities are open to all students, so you can mix and match as many events and activities as you’d like to get involved with.

SKILLS SESSIONS
REWARD SCHEME

Bucks Students’ Union is committed to making life better for students at Bucks. That’s why we put on a huge variety of skills sessions that are completely free for our members to attend.

As well as the valuable additional skills you will gain, we are offering a reward for those of you who choose to take advantage of the amazing free skills sessions we have to offer!

HERE’S HOW IT WORKS:

Attend three skills sessions and get a £3 voucher to spend on Starbucks coffee in Rusty’s or any drink in The Lounge or Pulse.

Attend six skills sessions and get either: a £5 voucher to spend on food in The Lounge or Pulse; or a priority place on an upcoming recreational activity.

Attend ten skills sessions and get a £20 voucher to spend on official Bucks merchandise.

For a full list of our upcoming skills sessions visit: bucksstudentsunion.org/whatson

Terms and conditions:

Only applicable to attendance of skills sessions (not recreational activities) held between 26/09/16 and 02/06/2017 and booked through the Bucks Students’ Union website.

Attendance must be recorded on the register of each session. Vouchers for all rewards must be obtained by emailing sutraining@bucks.ac.uk after attendance of sessions.

Only vouchers with approved signatures will be valid. Vouchers are only valid towards the specific products in the indicated outlets and have no cash value. No change will be given if less than the total amount of the voucher is claimed. Priority recreational activity place must be requested at least 14 days before the event.

- Social Work & Integrated Care
- Pre-qualifying Nursing & Vocational Healthcare
- Community Health, Education & Social Sciences
- Psychology
- Institute of Professional Policing

- Media & Creative Industries
- Media Production
- Art & Design
- Music & Events Management

- Computing
- Law
- Bucks Business School
- Aviation, Events & Tourism Management

- Applied Health & Exercise Sciences
- Performance & Dance
Get Yourself Employed!

This programme will help you stand out from the crowd when applying for the job of your choice. We can offer sessions on CV writing, interview skills, assessment centres, psychometric tests, marketing yourself and setting up your own business.

IMPROVE YOUR EMPLOYABILITY

Graduation may seem like its light years away, or for some of you far too close, but whether you’ve just arrived at university or you’re in your final year, there is always time to add to your CV. Our employability sessions aim to improve your confidence both in and out of university, whether that’s to support your professional goals or to simply develop your key life skills.

Careers in the Arts

Interested in a career in the arts? Come along to the Wycombe Swan Theatre for a talk on current or future opportunities, what it’s like working within the arts and the best ways to get your foot in the door and start your career. Throughout the year there will be a number of opportunities to attend events and shows at the Wycombe Swan, but if you want to get backstage and find out what it’s like behind the scenes, this is the time to do it!

Public Speaking

Make sure you’re always ready to speak in front of an audience! Attending this workshop will provide you with practical tips and advice on public speaking and presenting. This session will help you to develop confidence, address nerves and deliver engaging speeches in a friendly environment that will enable you to try out techniques and develop your own personal style. Whether you will be speaking in front of a lecture theatre, as an election candidate, or you are an experienced public speaker looking to refresh your skills, this session is a must.

“Attending this workshop assisted me in building my self-esteem and confidence.”
I Know What You Did Last Summer (Online Reputation Management)

Have you ever uploaded a video or photo to social media and then regretted it? Written a status and then changed your mind? This unique session is designed to assist you in managing your social media accounts effectively in order to support and enhance your employability. With social media playing a key role in our day-to-day lives, it is important to understand the influence it can have on your reputation both inside and outside of the workplace.

Journalism

Thinking about a career in journalism, or just want to try your hand at writing your own article? News Associates Journalism School will be holding an interactive journalism taster course! During this workshop, you will have the opportunity to take part in a live journalism experience in which you will gather interviews and evidence before writing your own story on a piece of breaking news. This is an exciting opportunity to take part in a unique workshop delivered by a leading journalism school.

No Business Like Show Business

Considering a career on the stage? With a multitude of experience, Albey Brookes has appeared in the West End's Dirty Dancing, Singing In The Rain, and most recently Aladdin! Albey will be hosting a number of workshops throughout the year designed to provide you with everything you need to know about the world of show business and an opportunity for you to ask any questions you may have. The sessions will include mock auditions, dance lessons, and even advice on how best to promote yourself. These workshops are unique and exciting so make sure you don’t miss out!

Time Management

Our Time Management workshop is the perfect session to attend in order to assist you in organising your workload and ensuring you make the most of your time here. Make sure you don’t miss out on anything Bucks has to offer by coming along to this session. You will be provided with tips and advice on everything you need to know so that you can manage your time effectively!
Mindful Monday’s - Building a Better You

This six session programme focuses on developing your emotional resilience and applying psychological techniques in all aspects of your life. You will cover a wide range of topics from understanding your biggest fears and how to deal with them to learning how to apply Cognitive Behavioural Therapy techniques on yourself. This course is open to everyone and would be especially beneficial to our Nursing and Psychology students. At the end of the programme you’ll not only come away with a certificate to show off your new found knowledge but you’ll also gain an increased sense of confidence.

The trainer was very interactive, answered all the questions, gave real life situations and taught us at a good pace.

Where Are They Now?

Throughout the year we will be hosting a number of Q&A sessions with Bucks Alumni who have gone on to achieve great success since completing their studies. These former students range from business owners to industry professionals and have a wealth of experience ready to share with you. The first session will be with Beth Brennan, co-founder and owner of TeamToone Fitness, an online coaching and 1-2-1 personal training company.

Emergency First Aid & Paediatric First Aid

No matter what you’re studying, or what you’re planning on doing after graduation, first aid is a vital skill and is a great addition to anything you achieve during your time here. Emergency First Aid is an accredited one day course; you will be provided with everything you need to know and have the opportunity to practice your new skill with the support of a qualified instructor.

We will also be providing Paediatric First Aid which is an accredited two-day course focusing on emergency scenarios that face those looking after young children and infants. On completion you will understand the role and responsibilities of the paediatric first aider and be able to assess an emergency situation safely and provide first aid to an infant or child.
I enjoyed the informal group discussions and case studies as the examples were really interesting.

Autism Awareness
During this interactive workshop you will have an opportunity to further understand the characteristics of people on the autism spectrum with the aim of highlighting the positive aspects of this disability. Take this opportunity to ask questions, discuss ideas and develop your knowledge.

Self-Protection/Combat Academy
Over the course of the year we will be running a number of sessions designed to assist you in how to identify, prevent, cope with and escape from an attack or situation in which you feel vulnerable or in danger. The workshop will be run by experienced instructors and will cover positive, confident body language, threat awareness and avoidance, techniques to de-escalate aggression, your biological and cognitive response to fear, how to recognise and respond to it and self-defence and escape techniques.

Positive Behaviour Management
Every group develops different dynamics and every participant is a unique individual – making managing behaviour a challenging, hands-on part of your job. If you work with young people, in a school or club environment, this workshop’s been designed for you. You will gain a much better handle on young people’s behaviour; discover how your behaviour impacts upon others; learn how to create a positive coaching environment and understand and apply strategies to deal with challenging behaviour.

Sign Language
This interactive course is designed to teach you the basics you need to communicate using sign language. This is the perfect opportunity to increase your communication techniques and awareness, don’t forget to add it to your CV!

From start to finish this was one of the most enjoyable training sessions I have ever taken part in.
This interactive course is designed to teach you the basics you need to communicate using sign language. This is the perfect opportunity to increase your communication techniques and awareness, don’t forget to add it to your CV!

From start to finish this was one of the most enjoyable training sessions I have ever taken part in. Lots of information was given with plenty of opportunity to practice. The whole course was interesting and engaging.

Sports Taping

Fiscal movement taping aims to teach you lots of taping techniques and the concepts on which they are based. Throughout the course of the day you’ll be given tutorials on the body’s anatomy and how best to support an injury with the use of sports taping. Later on, you’ll have the opportunity to put what you’ve learned into practice and begin to gain some essential experience in using the specialist tape.

Personal Licence Holder

This is a great way to enhance your CV and employability for anyone who wishes to work in licensed premises. On completion of this certified course, candidates will hold a licensing qualification which they can use to apply for their personal licence.

Safeguarding

This workshop aims to increase awareness of safeguarding and protecting children, helping sports coaches to recognise signs of abuse and poor practice and deal sensitively and effectively with issues that arise. It also prompts a review of coaching practice to ensure that sport provides a positive and enriching experience for children, don’t miss out on this!

The whole course was interesting and engaging.

End The Awkward

Is awkwardness around disability really that important? Yes. Come along to this session and learn about different disabilities and understand the impact some disabilities have on individuals. You will look at the language people use and consider how to interact with disabled people. You will also address the issues around sight and hearing loss and understand this impairment by participating in this interactive element of the session.

Lots of information was given with plenty of opportunity to practice.
CREATIVE SINGING LESSONS
Get creative this year and immerse yourself in the weird and wonderful activities we have on offer for you! Whether you want to learn a new skill or just enjoy trying out new ideas we can help you do that. We’ll be offering everything from jewellery making to cookery to photography and singing.

Love to sing? Or want to fine tune those pipes? Why not sign up to this five week course of lessons with an external professional singing teacher? A very popular class and places are issued on a first come, first served basis, so don’t miss out!

BEGINNERS SCUBA DIVING
Are you planning on travelling during the summer, or taking some time out after your degree? We have teamed up with The London School of Diving to offer you a one off Discover Scuba Diving session. Try dives are an exciting way to see what scuba diving is all about in a safe, secure environment.

If you want to try scuba diving, but aren’t quite ready to take the plunge into a certification course, Discover Scuba Diving is for you. You will work with one of the qualified Dive Masters who will guide you through the process of getting in and taking your first breaths under water in their very own diving pool.

I have really enjoyed my singing lessons during my first year. I have found them really helpful and they have really helped my singing to improve.
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“Life Drawing
Whether you draw regularly or have never tried your hand at this before, why not get involved in our life drawing course? Each session explores the underlying structure of the figure, shape, movement, light and shade and the ideas expressed in each pose. Everyone can learn the fundamentals of laying down the gesture and playing with mark making through the strategies presented throughout the course by distilling gesture into lines of action and simple shapes, creating strong silhouettes and effectively using space.

Cooking
Don’t pine for home cooked meals and comfort food, learn how to prepare delicious, healthy food for yourself with our bespoke cookery classes provided by the Pudding Pie Cookery School. Whether you have never cooked before or you’re a Jamie Oliver in the kitchen, this is the perfect interactive guide to quick, easy, healthy, low cost meals; the perfect way to start your university year!

Cocktails & Mocktails
Our cocktail and mocktail masterclasses are the perfect way to start off your evening and socialise whilst trying out something new. Finish your lectures and come down to our creative classes to try your hand at mixing up one of our classic combinations. We will be running this event regularly throughout the year at both campuses’ so whether you’re based in Uxbridge or High Wycombe sign-up and get involved!

Jewellery Making
Our jewellery making workshop is fun, friendly and a great way to spend an hour or so unwinding and learning a new skill. So if you’ve got some time to spare between lectures or just want to try your hand at something new join in and learn how to make yourself something to wear or even design a gift for someone else.

I enjoyed making bracelets for myself and for family in such a relaxing environment.
AND HAVE FUN

Exams and assignment deadlines can at times be stressful and that’s why we want to make sure you look after yourself and your wellbeing. Make sure you take some time out to de-stress and unwind with our selection of calm, cool and relaxing events.

Go Ape!

Fly down a zip wire, leap off the tarzan swing and tackle the high ropes crossings whilst enjoying some breath-taking scenery. The adventure doesn’t need to stop there. Get off the beaten track and enjoy the latest forest adventure with Go Ape forest segway - an epic experience with a down to earth twist.

The BIG DEAL

Salsa

Dance the night away with your chance to master essential Salsa steps in a fun, friendly and energetic environment. It’s a partner dance, so you’ll meet plenty of new people along the way, the perfect way to make some new friends or socialise with old ones!

Trampolining

If you’ve never been to an indoor trampoline park, you’re in for a treat! Rush Trampoline Park has over 30,000 square feet of adventure, excitement and challenges. This activity is perfect for all ages as their wall-to-wall, interconnected trampolines will get your heart pumping and your face smiling; a great way to keep fit and explore something new!
Cat Café

Lady Dinah’s is London’s first Cat Café. Yes, a café filled with cats! You can spend the afternoon enjoying a hot drink in this community of like-minded, animal loving people. Not only is this a quirky, unique attraction, Lady Dinah’s Cat Emporium is situated in the heart of East London, the perfect excuse to take a trip out of Wycombe and explore some of the sights the capital has to offer!

Footgolf

Enjoy football and enjoy golf? Then why not come along and try out footgolf at the Green Park Activity Centre. This is a great way to show off your skills if you’ve played before, or learn a new skill if this is your first time!

Hearing Dogs

One of our most popular recreational activities over the last two years and it’s easy to see why. Whether you’re missing a pet from home or you just need to relieve some exam stress, this visit from the charity, Hearing Dogs for the Deaf, is the perfect cure. It couldn’t be simpler to get involved, just turn up and play with the puppies!

Head/Hand Massage

What better way to relax than with a free head, hand or back massage? Sit down, chill out and take a few minutes to unwind and release a lot of the tension that’s been built up in your time at university.

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EXPLORE

When it comes to expanding your horizons, they say “The more you see the more you understand”. Take advantage of these free trips around the country to some very famous parts of England. Learn new things, experience new ideas and visit places you’ve never been to before.

Student Pride

Student Pride is a huge event and a fantastic opportunity to get involved with the LGBT+ community in London. The weekend is organised and managed by a team of students and we will also be providing transport and accommodation in London; it is one not to be missed! What better way to spend your weekend?

Theatre Trips

From the London’s West End to the Wycombe Swan, we will be providing a number of tickets to musicals, plays and dance shows both in Wycombe and in the capital city. These are brilliant productions and are a great evening out. Remember, these tickets fly off the shelves so make sure you keep your eyes peeled for the sign-up dates to avoid disappointment.

Exhibitions and Museums

Make the most of studying so close to the capital; London has an abundance of exclusive museums and exhibitions. There is so much to learn and see. Not only will you gain free access to these events, you will also have the opportunity to head into London for the day.
Winter Wonderland

Join in the festive spirit and take a trip to Hyde Park’s Winter Wonderland this December. There is so much to see and do, browse the winter markets, get dizzy on festive fairground rides, perfect your ice skating skills, sing-a-long with the bands and indulge in some traditional winter foods! Winter Wonderland is your red nose to your reindeer, your mistletoe to your wine, your Santa to your sleigh and your tinsel to your tree – it truly is the classic Christmas activity not to be missed!

London Fashion Weekend

Get ready for the fashion event of the season held on the famous Kings Road in London! This is your moment to step into the life of a fashion insider; shop till you drop, watch the catwalk shows by famous designers, be first to discover the trends of the season and listen to industry professionals share their secrets on making it to the top. Experience the buzzing atmosphere, speak to the experts and be inspired by this dynamic interactive showcase.

Day Trips

Rub shoulders with royalty at Windsor castle, be inspired by the fashion in Camden Town and stroll along the pier at Brighton. If you fancy getting out of Wycombe for the day then grab a seat on one of our coaches to spend a day exploring somewhere completely new! We’ll be running a series of day trips for you to enjoy. Just sign-up online and get ready to go.
Don’t forget that all activities mentioned in this booklet plus many more are completely **free** to all Bucks students thanks to:

For more information or to book onto any of our activities please visit: [bucksstudentsunion.org/whatson](http://bucksstudentsunion.org/whatson) or email [surecactivities@bucks.ac.uk](mailto:surecactivities@bucks.ac.uk).