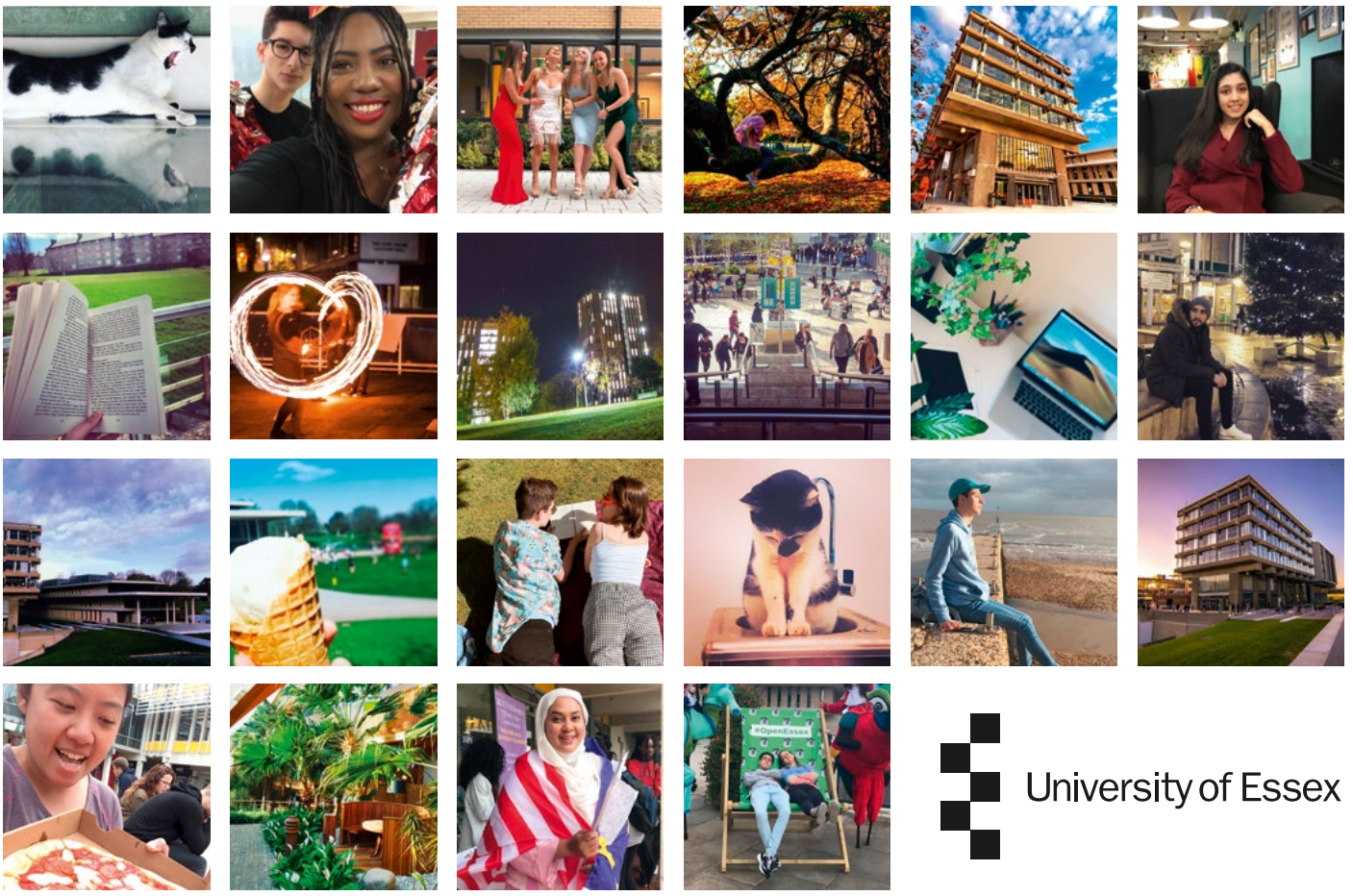


LIVE ESSEX



GET TO KNOW ESSEX!

Across these pages we'll give you the low-down on what it's really like to live and study at Essex. Jam-packed with content written by students, get yourself comfy and read on for a no-nonsense insight into life as an Essex student.

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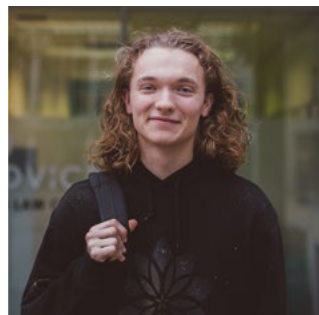
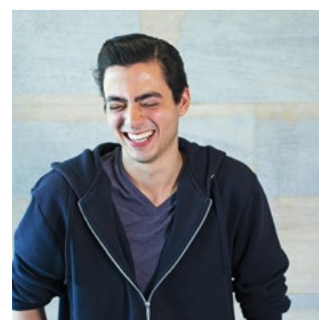
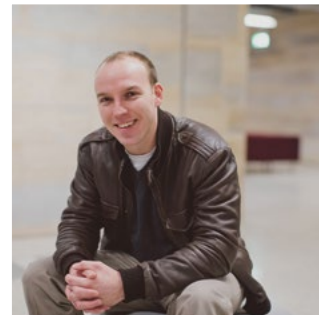
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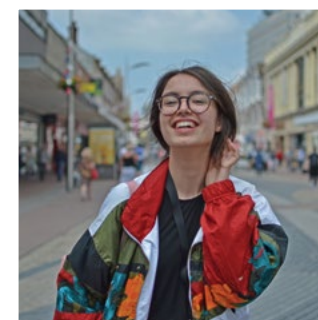
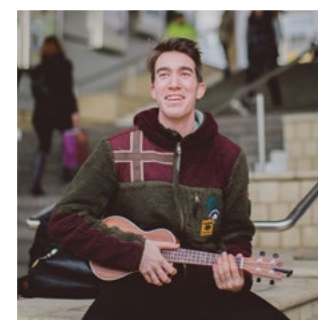
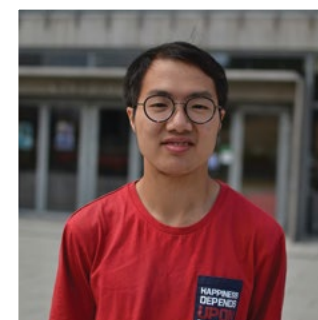
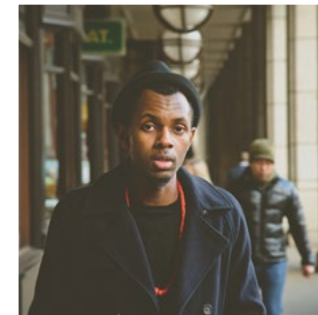
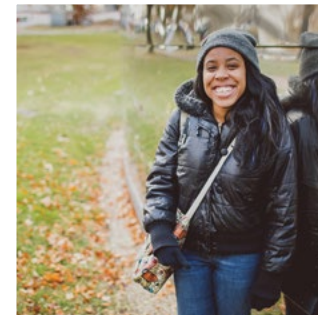
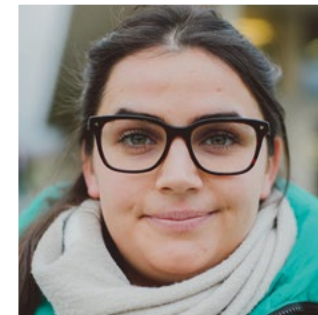
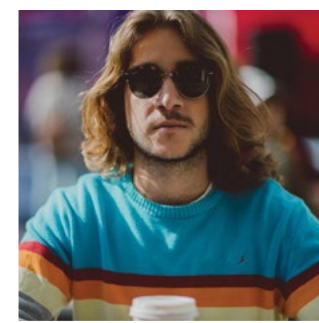
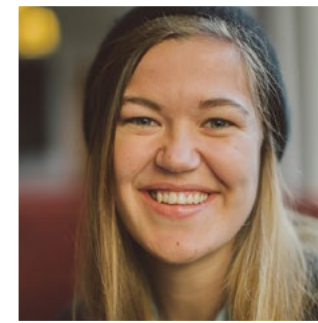
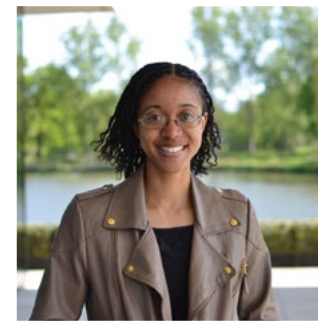
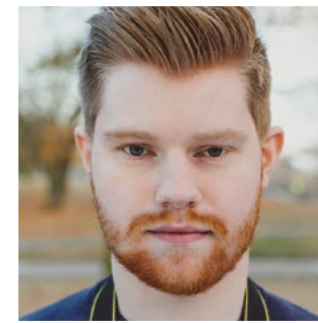
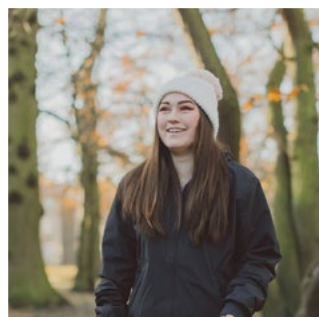


WHO WE ARE

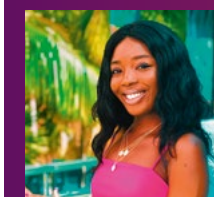


**We are different and
we are the same.
We are humble and we are brave.
We are many and we are one.**

#WeAreEssex



**A SPECIAL THANK YOU TO ALL THE STUDENTS WHO HAVE SHARED THEIR
LIFE AT ESSEX FOR THIS MAGAZINE...**



Mo Adebisola



Katrina Palmer



Irene Gomez



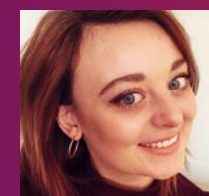
Mary Osofisan



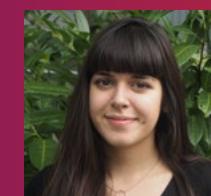
Jonathan Hendry



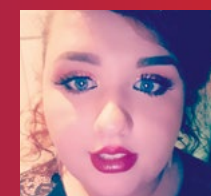
Perry James



Emma Holland



Kalina Katsarka



Brittney Harris



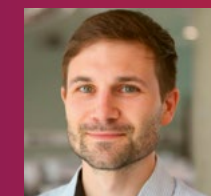
Sam Webster



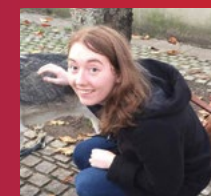
Ania
Romankiewicz



Alice Sherlock



Nigel Collins



Ellie Matthews



Aliesha Farrell



SHAABA AND JAMIE



RASHEEDAT

WE ARE ESSEX

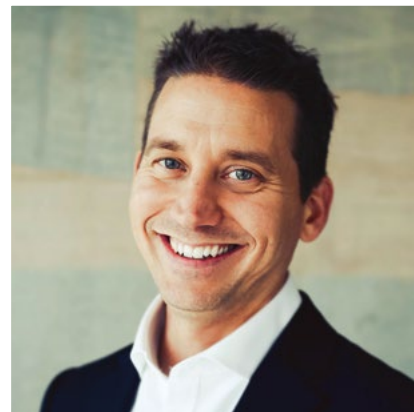
It's the individuals that make Essex what it is, so we spoke to some of the students that make this university feel like home and heard their unique stories.



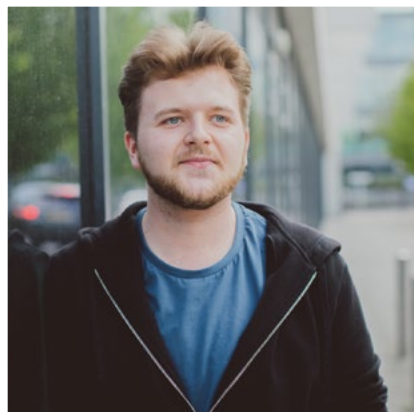
SIOBHAN



ERIC



CATALIN



CATALIN

ERIC

"I spent my first year trying to find the sport that was for me. I tried badminton, volleyball and loads of others but they didn't work out. It was a bit frustrating but I'm quite a positive person so I just kept on going. Life goes on! If something goes wrong, I don't look back, I just look forward. It wasn't until my second year that I got noticed for my potential in boxing."

"HE PRESENTED ME WITH A LITTLE CARD. IT SAID 'THE UNIVERSITY IS OUR SECOND HOME, OUR HOME AWAY FROM HOME', WHICH IT REALLY IS."

SHAABA AND JAMIE

"The number 17 is a special number for me, and for two months he kept doing cute things on the 17th of the month. I just thought he was being a good boyfriend. He took me round places which meant something to us... the last place was between the lakes on campus and he presented me with a little card. It said 'The University is our second home, our home away from home', which it really is. And then he just produced a ring! I cried and was so not expecting it."

CATALIN

"Everyone is so friendly, I couldn't wish for more. I've already met two very good friends, they are literally something else! The discussions I have with them are great, they think like me. I was mostly shy before, but now I don't have any problems, I can even talk in public, I

have evolved! At the moment I am vice-president of the Romania Society, and the PR Manager of the Game Development Society, so those two positions put me in front of crowds to talk, and that's helped me a lot."

RASHEEDAT

"Maybe it's being in university, or because of the age I am at the moment, but right now I have a lot of questions and a lot of doubts, but the more questions I have and the more I get my answers, the more my faith grows. People think of religion and they think of something that is constant, but it's constantly evolving. Your personal journey with a religion is always moving. I didn't used to cover my hair, I started when I got to uni, so for me it's been constantly trying different things."

"I'M REALLY PROUD OF MYSELF FOR TAKING THOSE STEPS AND DOING SOMETHING GREAT. I'M MUCH LESS QUIET THAN I USED TO BE."

SIOBHAN

"At university I've really developed as a person, and my confidence has grown so much. I was a Residents Assistant in my second year, I've been elected president of the Pole Dance Club, and I work in the Employability and Careers Centre and as a student ambassador, so I'm really proud of myself for taking those steps and doing something great. I'm much less quiet than I used to be."



**READ MORE STORIES AT
ESSEX.AC.UK/WE-ARE-ESSEX**

REBEL IN OUR HISTORY

Founding Vice-Chancellor Albert Sloman might have provided the blueprint for the University of Essex, but it was the students who shaped it and made it their own.

1961



Expectation was high when in 1961, a University of Essex was proposed. The University was an exciting prospect to students wanting an education relevant to the world around them. From the start, Essex was known as a 'liberal' university, opening its doors to the first student cohort in 1964.

meant students found a ready platform for discussion and debate. The tools for students to activate Essex were provided; progressive lecturers working at a freer, more daring and experimental University, whose integrated architecture brought students together for study and socialising. With the components in place for a forward-thinking University, this sometimes disobedient institution has been defined by over 50 years of students thinking critically and wanting to make a difference.

1970s



A decade dominated by strikes, an oil crisis and the three-day week. It was the time of punk and glitter, grit and glamour. At Essex, the 1970s were filled with protests – our students wanted to change the world and make a difference.

1968



Essex became infamous for student unrest in the late '60s. The intellectual freedom and close-knit community

1980s



In the '80s we celebrated becoming the most international campus in the UK and we were recognised for our academic achievements, entering the Top 20 in the country for our research.

1990s



Towards the end of the decade, the University awarded Graca Machel an honorary degree for her work supporting children's rights. She brought her boyfriend, Nelson Mandela, who recognised the University's academic reputation, saying, "This is a very famous University that has been involved in the fight for human rights in all parts of the world."

2000s

Essex expanded its numbers throughout this decade and in 2007 reached 10,000 students coming to study from all over the world. In the 2000s, Essex expanded further when two new campuses were developed, one in Southend and one in Loughton. This expansion is something Albert Sloman had always hoped for.





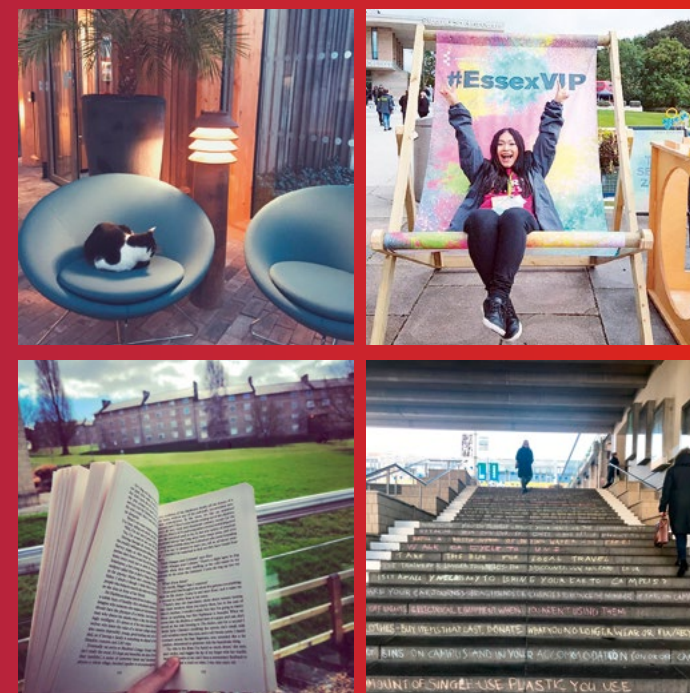
#MYESSEX

DON'T JUST TAKE OUR WORD FOR IT.

Check out #MyEssex on Instagram to see more photos of Essex life through the eyes of our students. Every month we choose the best photo, and give a £50 voucher to the winner. Next time you are on campus, tag us in your posts to get involved and for your chance to win!



 **@UNIESSEX**
#MYESSEX



**MOST OF THE PHOTOS USED
IN THIS MAGAZINE ARE BY OUR
WONDERFUL STUDENTS:**

@ajrwphotographer
 @alierdenay
 @angel4tonight
 @antxnla
 @amnestyessex
 @amybreadmore
 @amylouise1289
 @ar_monkia
 @b.ecca_r
 @bestiaebast
 @bookclub_betty
 @carlacamilleri
 @codyhenry
 @curiousgyspsygeorge
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 @_iuliagabriela
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 @polinakabzon
 @rc_amt
 @realchrismitchell
 @rockybrar
 @rubentre08
 @saffyyyy
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 @shanghaihannah
 @sltsocietyessex
 @sophc_xo
 @storaskacinas
 @trisha_lalala
 @worldthroughmyeyess
 @yeungtai

UNIVERSITY IS MORE THAN A DEGREE

ALICE SHERLOCK
BSC PSYCHOLOGY

Graduation marks the finale of your university experience and the receipt of your degree certificate, but what about your university journey? Surely that matters too?

This piece of paper, confirming your attendance and your academic accomplishments, wraps up university into something relatively simple. It's a questionable feeling having something so straightforward authorise the importance of your degree. Some might say your degree certificate is the most important thing to come from attending university, and yes of course it is central, but what about the journey? What if this journey is more significant in the long run than your degree certificate?

In 2012, I began studying at the University of Essex as, what I would say now, a young naïve eighteen year old. At the time, I believed I was comfortable in knowing myself thoroughly. Now, seven (blooming hell) years on, I can see how young I actually was and how I still had so much to discover. These days, I understand and appreciate just how much uni helped my self-awareness, my individuality, and how I've grown. Whilst my degree is incredibly important, it's this journey to self-awareness that has

impacted my life more and something I definitely credit my time at university as advancing in a humongous way.

The learning curve at university is incomparable. Everything from living alone to hearing people's opinions on politics, religion, and culture, to meeting

folks from cities you never knew existed (when I first met my flat mate- now my best friend- from Leicester, I had to Google the city, I had absolutely no idea what or where it was). Chatting with housemates, colleagues, and lecturers brings about new ways of thinking and fresh perspectives on life.



Personally, I not only learned important adulting techniques, such as to avoid putting metal in microwaves (unfortunately discovered the hard way), I also learned that being me is completely and one hundred percent okay. Moreover, I realised how to be me. I discovered my passions, found my confidence, what I look for in my future and in loved ones. I understood my weaker areas and sought other roads to improvement, growth and advancement.

“WE ALSO CAME AWAY WITH SELF-DISCOVERY, WONDERFUL MEMORIES, AND BEST FRIENDS.”

There can be some worries that university is expensive and time consuming, but perhaps I, and many others, didn't give our time and money for just a degree. We also came away with self-discovery, wonderful memories, and best friends, all of which are still with us today and will be for an eternity. I really believe you are not just paying for a certificate and an education, you also enjoy years of learning to become an adult, and this journey is categorically priceless and truly unforgettable.

As gushy as it is to say, you do 'find' yourself at university, or I feel I certainly did. It's a wonderful, safe place to learn about yourself, in all the intricacies and depth that make you an individual. Uni expands your mind in ways never considered before, challenges your comfort zone, and can redefine a life path. It's all a journey to self-development, to grow and evolve as a person, and elicits a personal journey no other environment could mimic. It truly is unique.

Yes, go to university to get that qualification at the end, but also go to realise, to dare yourself, and to gain a strong sense of you.

“YES, GO TO UNIVERSITY TO GET THAT QUALIFICATION AT THE END, BUT ALSO GO TO REALISE, TO DARE YOURSELF, AND TO GAIN A STRONG SENSE OF YOU.”



PACKING THE ESSENTIALS



"A DOOR STOP WHEN YOU'RE LIVING IN HALLS WILL BE YOUR BEST FRIEND FOR THOSE FIRST FEW WEEKS."

**PERRY JAMES
BA DRAMA**

You will inevitably get yourself into pointless dilemmas. Will I use a garlic crusher?! If I buy a big bag of pasta, can I eat it for every meal? The list goes on... But there will be those things that you realise too late you actually need. Let me ease your pain with the top 10 things that you shouldn't leave for university without.

1 EXTENSION CABLE

When you move into your new room, you'll have no idea where your plug sockets will be! Bring an extension lead, so you can get your room exactly how you want it.

2 PARACETAMOL

Just having a packet in your cupboards can make those sick days all the more bearable.

3 SEWING KIT

This is probably the most obscure item on my list, but you will find that you or your friends will need it more than you think!

4 CHOCOLATE AND BISCUITS

If there is a sure way to make friends with your flatmates, it has to be whipping out some chocolate or biscuits during a chat in the kitchen (if you are good enough to share!)

5 OVEN GLOVES

Don't learn the hard way, using a tea towel often ends in burns! Get some oven gloves to get those turkey dinosaurs out of the oven safely.

6 A DIARY

Free up some brain space. With classes, society socials, work, coursework... it's easy to forget where you're supposed to be and what you're meant to be doing!

7 PASSPORT

You probably won't be going abroad that often during your time at uni, but your passport can come in handy for other reasons. If you want to get a job you'll be asked for your "right to work documents", to prove you have permission to work in the country. And just in case your other ID goes missing, it's a good back-up for entry into pubs and clubs (just don't lose it, they aren't cheap to replace!)

8 PLAYING CARDS

Having a set of playing cards can make those lazy Sunday afternoons much less boring.

9 MEMORY STICK

I've heard countless stories from my friends whose essays have been wiped just before deadline day. Don't let this happen to you, always save and back up your work as you go along.

10 DOOR STOP

A door stop when you're living in halls will be your best friend for those first few weeks. People are far more likely to pop in and say hello if you have your door propped open.



"IF THERE IS A SURE WAY TO MAKE FRIENDS WITH YOUR FLATMATES, IT HAS TO BE WHIPPING OUT SOME CHOCOLATE OR BISCUITS."



WHY SOCIETIES ARE MY FAVOURITE THING AT ESSEX

JONATHAN HENDRY BA EUROPEAN STUDIES WITH POLITICS

When I first arrived at the University of Essex from the United States, I didn't know a single person on campus. This is a very common issue at university, especially for international students, but even students from other areas of the country have the same problem. Despite the fact there were lots of other students who also had no friends here, it was really hard to meet people. In fact, from when I arrived until after Halloween I had only made one friend close enough to talk to on a regular basis. The thing that changed it all for me was the societies!

Here at the University of Essex, there's over 150 sports clubs and societies! From sports-related, cultural and national societies, Religious societies and even those which are more activity based, there's something for everyone. The best part is that students can make their own, like the new K-Pop society that was started this year.

As I mentioned, societies had a profound impact on how much I enjoyed my time at university, so here are just a few that I especially loved.

SHOW CHOIR

If you've ever seen the film Pitch Perfect, or the TV Show Glee and wanted to be in it, this is the society for you. During my casual browse of the societies available here, I was immediately drawn to this one. As opposed to the University Formal Choir (which recently performed with the Royal Philharmonic Orchestra), the Show Choir is all about fun and activities. This spring, we sent a team down to Portsmouth for a show choir competition, Pitch Perfect style, and we have regular riff-offs during rehearsals. We also have a variety of workshops during term time to improve our singing and performances on campus at events like the Winter Fayre. Plus, we have regular socials, from game nights to bowling and taking over the weekly karaoke night, Milk It, on campus.

THEATRE ARTS SOCIETY

Since I was home-schooled growing up, I never had the chance to be in school plays and productions. This was a big goal for me and I was worried I'd never get to experience that as a Politics student. Thankfully, the Theatre Department puts on regular

productions with open auditions, no matter your course. Almost weekly it seems there are casting calls for various school and student productions for all levels of talent (there are even non-speaking roles). The first audition I went to I landed a role in the Christmas Pantomime, Journey to Oz, and it was brilliant! I got to act, sing, and dance and there's nothing like hours of rehearsal to make friends who you'll keep for the rest of your time at Uni. I even got cast in Shakespeare's A Midsummer Night's Dream this spring, much to the delight of my family back home and my cast mates from the Panto who came out to see it. Even if you don't want to be in a performance you can still join to keep up with all the plays and come out to our BBQ's by the lakes.



HARRY POTTER SOCIETY

One of the most unique societies is the Harry Potter society. We start the year with a sorting ceremony and have regular parties throughout the year from Halloween to Yule Ball. The normal weekly meeting is a blast too with everything from scavenger hunts

across campus for fantastic beasts (my personal favourite), to taking over the weekly pub quiz and turning it Harry Potter themed. Plus we take off-campus trips to things like the midnight premiere of the new Fantastic Beasts film and the Warner Bros Studio Tour outside London where the series was filmed!

CRICKET CLUB

When I got settled here at University I decided I wanted to learn a new sport and spent several hours discussing the 50+ alternatives here at Essex. Eventually, I decided on Cricket because it's a quintessentially British sport and also presumably similar to Softball which I had played for the Air Force. It turned out to be not as nearly as close as I had imagined, but actually became one of the best parts of my time here at Essex. They have open tryouts and taster sessions near the beginning of term, and thankfully there were others who had never played. The team made me feel super welcome and accepted despite the fact they had to explain the majority of the game to me, and our weekly themed socials on a Wednesday soon became the highlight of my week! We even all went as a team to the seaside in Italy over Easter break and had an absolute blast!

No matter what your interests are there's guaranteed to be a society (or six) for you! They are such a fun way to get to meet people who share similar interests with you and make some incredible friends. Plus, at the end of the year, we have a huge Societies and Awards dinner where everyone dresses up and are in the running for awards like Event and Team of the year.

FIND YOUR SOCIETY MATCH

EMMA HOLLAND
MA ADVERTISING, MARKETING
AND MEDIA

Take the test and find out!

1 WHEN YOU GROW UP, YOU'D MOST LIKE TO BE...

- ☐ a Prime Minister
- ☐ b Star of the West End, *dahling*
- ☐ c Ambassador to the United Nations
- ☐ d A charity worker
- ☐ e A Pulitzer-winning journalist

2 MOST LIKELY TO BE PROPPED OPEN ON YOUR BEDSIDE TABLE IS...

- ☐ a Barack Obama's autobiography
- ☐ b Caitlin Moran's 'How To Be Famous'
- ☐ c A brochure for a travel/volunteering programme
- ☐ d Your own manuscript
- ☐ e The novel everyone's calling the next Harry Potter

3 YOU MEET SOMEONE NEW IN THE PUB. THE FIRST THING YOU DO IS...

- ☐ a Engage them in a debate on the merits/downfalls of Brexit
- ☐ b Drag them up for karaoke
- ☐ c Check they're having a great time, their drink is topped up and how they're getting home after
- ☐ d You're not talking to anyone; you're at the bar with a whisky like a true tortured artist
- ☐ e Ask them their favourite Star Wars character or which house they'd be in at Hogwarts

4 YOU'RE MOST COMFORTABLE WHEN YOU'RE WEARING...

- ☐ a A power suit
- ☐ b Loud prints and statement accessories
- ☐ c A t-shirt from when you volunteered at Reading Festival
- ☐ d Something you customised yourself
- ☐ e A graphic tee emblazoned with your favourite band

5 YOUR IDEA OF THE PERFECT SUMMER IS...

- ☐ a Interning as a parliamentary aide for your local MP
- ☐ b Rehearsing your lines for the indie play you're the lead of
- ☐ c Heading to Tanzania to help build a school
- ☐ d Setting up camp in a coffee shop with your notepad and an endless supply of lattes to get those creative juices flowing
- ☐ e On the beach with a novel during the day, and in the cinema for the latest releases by night

6 YOUR SHOPPING LIST ALWAYS INCLUDES...

- ☐ a A copy of a broadsheet newspaper
- ☐ b Props for your latest project
- ☐ c Organic, Fairtrade bananas
- ☐ d The best stationery Tesco has to offer
- ☐ e Endless books and DVDs

7 IF YOUR LIFE WAS A FILM, THE SOUNDTRACK WOULD BE...

- ☐ a Things Can Only Get Better by D:Ream
- ☐ b Your life already is a series of musical numbers
- ☐ c Do They Know It's Christmas all year round
- ☐ d You composed it yourself and you know it's going to be a big hit
- ☐ e The official Top 40

8 YOUR BEDROOM IS DECORATED WITH...

- ☐ a Signs you made yourself for political marches, complete with hilarious puns
- ☐ b Signed posters from your favourite films and plays – for inspiration of course!
- ☐ c Photos from your summer spent cleaning beaches and helping out at the local cat shelter
- ☐ d Publisher rejection letters, Stephen King style
- ☐ e Film posters

9 AT SCHOOL YOU WERE ALWAYS...

- ☐ a Running for a position on school council
- ☐ b Staying behind to audition for the star role in the production
- ☐ c Shaking collection tins at people
- ☐ d In the art classroom working on your latest masterpiece
- ☐ e Watching Friends on your phone under the table

MOSTLY A

You love to make your point heard! Try Debating, Politics, Public Speaking or one of our political party societies.

MOSTLY B

You crave the spotlight! Try Show Choir, Theatre Arts, Juggling, Fire and Magic, Choir, or MuSoc (that's Music Society).

MOSTLY C

You want to create positive change! Try St John Ambulance LINKS, Amnesty International, Enactus or Human Rights.

MOSTLY D

You need a creative outlet! Try Writing, Music Production, Game Development, Origami or Photography.

MOSTLY E

You're a connoisseur of pop culture! Try Harry Potter, Anime & Manga, Metal, Musical Theatre or Film.

GET YOUR KIT ON

“IF YOU’RE LOOKING TO GAIN A NEW SKILL, ESSEX SPORT ALSO OFFERS A RANGE OF ‘LEARN TO’ COURSES TO HELP YOU MASTER SOMETHING NEW”

KATRINA PALMER MA POLITICS

Partaking in sport and being active has loads of benefits, both physically and mentally. It’s a great way to make friends and can even help you with your studies. Here at Essex there’s loads of great options and opportunities for you to get involved in sport – no matter what level you are.

THE ESSEX BLADES

The Essex Blades is the shared name for all of the SU Sports Clubs on campus. With 44 clubs and over 4,500 members there’s bound to be a club you’ll enjoy! There really is something for everyone, from clubs you’re used to playing at school like Netball, Rugby or Football to ones you perhaps haven’t given a go before like Ultimate Frisbee, Fencing or Boxing. Our clubs train together throughout the year, with many competing in local and national competitions. The SU offer a variety of social events for Blades members throughout the year too! From Derby Day to Alumni Weekend to Sports Awards, there’s always a chance to celebrate your club’s success.

JUST PLAY

If competitive sport isn’t your thing, the University offers the excellent Just Play scheme. Just Play focuses on engaging students from all abilities and backgrounds, with non-competitive and low commitment sport. They plan a minimum of two large scale events per term such as gaming days or the Holi Festival! You can always keep up to date with the latest information by searching Just Play on social.

ESSEX SPORT

Essex Sport is our University run scheme that connects all of our amazing sports facilities here at Essex, for athletes and occasional exercisers. First, there’s the state-of-the-art gym, which is home to over 260 fitness stations and a range of daily fitness classes! Membership packages have been tailored to suit everyone’s need with options of a monthly direct debit or a one-off annual membership. The University is also part of the British Universities & Colleges Sports (BUCS) community meaning that our annual Gold Members have access to over 60 other university gyms as part of the UNiVersal Gym Scheme.

Essex Sport also offers free active sessions for its members. These are an easy and fun way to try a new sport without committing to a sports team. Sports available for you to try include badminton, basketball, volleyball and walking netball. If you’re looking to gain a new skill, Essex Sport also offers a range of ‘Learn To’ courses to help you master something new, including intro to lifting, latin & ballroom dance and kickboxing. Finally, they also offer recreational leagues and tournaments for students and staff who want to play competitive sport in a fun and relaxed environment. Throughout the year they offer 5-a-side football, mixed netball and rugby intramural.

FACILITIES

All these options are great but where are they going to take place? Essex has a great range of facilities at our Colchester Campus! 2018 saw the launch of the £12 million Essex Sport Arena which includes 20 courts for netball, volleyball, basketball, badminton and futsal. The sports centre is also home to fitness studios, a large sports hall, a climbing wall and plenty of squash courts. If you would rather take your exercise outside then our 40-acre campus includes excellent all-weather tennis courts, an 18-hole disc golf course with loads of green space for you and your friends to play whichever new sport you have mastered throughout the academic year!

Getting involved in sport at Essex is easy and it’s an excellent way to make loads of new friends so don’t be afraid to explore the campus and give something new, or old, a go!



STUDY ABROAD

Essex abroad gives you the life-changing opportunity to study or work for a full year or a term at one of our partner institutions around the globe.



HAWAII SAM WEBSTER BSC MARINE BIOLOGY

Embarking on a year abroad to Hawaii has been the best decision I ever made. Not that I knew it at the time.

I'll be honest, the whole process of moving to another country for a year (especially one not in Europe) is stressful; you need to sort out your visa, housing, financial funding, subjects, travel insurance and more. On top of that when you arrive at your new university you'll then have to tackle the cultural barrier and potentially a language barrier depending on where you go in the world, and then you'll have to make new friends which I know is harder for some than it is for others (luckily I can't go a day only in my own company and so had no real issues there). However, once you get through this you'll realise it was all worth it.

"I COULDN'T RECOMMEND STUDYING IN HAWAII MORE IF YOU'RE LUCKY ENOUGH TO FIND YOURSELF WITH THE OPPORTUNITY."

Domestic flights to neighbouring islands are relatively cheap within Hawaii (approx. £100 return) and so as soon as I found myself with a long weekend, of which there were many – America seems to have a public holiday almost once a month – I would fly to a different island with a friend, rent a car and road trip. In total during my stay, I got to explore: Oahu, Big Island, Maui and Kauai. There are only two other islands accessible to the average tourist (which I would love to no longer class myself as): Lanai and Molokai, and I plan to go back and visit those in the coming year.

As for my 'home' island on which I studied, Oahu, there are endless hikes, waterfalls and beaches to explore.



I can recall a number of hikes that my friends and I daringly endeavoured, including, of course, the infamous Stairway to Heaven. Other unforgettable experiences include: camping on beaches under the stars, waking up for a sunrise snorkel with dolphins, rock climbing up waterfalls, hiking along ridge lines for sunset and sunrise, kayaking across sharky waters, exploring ancient aqueduct tunnels, passing through mountains of dense jungle and much, much more.

I couldn't recommend studying in Hawaii more if you're lucky enough to find yourself with the opportunity. I will undoubtedly be back there to continue exploring one of the most biodiverse places on Earth – Hawaii is home to 8 of the 13 worldwide climate zones and this is evident as you travel from one island to the next.

Whilst exploring all that Hawaii has to offer I found that for such a biodiverse and ecologically important place, it was very far behind with regard to sustainability and the lack of environmental awareness of the people who live there. Beaches and hikes were often spoiled by plastic pollution and by people not cleaning up after themselves. Plastic bags are still given out freely in most shops. Infrastructure to deal with run-off after heavy rains (of which there are a lot of in Hawaii) is almost completely absent, which is incredibly damaging to its surrounding reefs. There is an excessive use of its limited freshwater supply - and the list could go on.

Partly prompted by this, during a winter-break trip to the Philippines with

a friend from Hawaii Pacific University, we decided to use social media as a platform to spread some environmental awareness. We collected bags of rubbish on each otherwise pristine beach we visited. We went on "clean-up snorkels", reduced our plastic footprint for years to come, supported local businesses and ate meat-free for the month we were exploring. The direct impact of two people cleaning up beaches in a remote part of SE Asia was, of course, minimal, but our hope was to inspire at the least our friends back home. Through our Instagram images and comments we wanted to graphically illustrate the indirect environmental impact of plastic pollution and decisions made by both individuals and powerful corporations.

Becoming more environmentally conscious was not something I had expected when embarking on my year abroad, but I am glad this has been the case. As daunting as a whole year studying abroad might seem I can guarantee you that the outcome will be worth it and you will come back challenged and changed in many predictable and unpredictable ways.



GEORGIA, USA

MO ADEBUSOLA BA CRIMINOLOGY AND AMERICAN STUDIES



When I started my application to study abroad in America I was torn beyond belief as to which university I should choose to study at for a semester. 'Bearing' (this is witty... you will see later on) in mind, I wanted to have a memorable experience in a state that had a completely different and unique culture to other states in America. After speaking to various students, I knew exactly where I wanted to go, it was perfect for me... Mercer University in the South.

“MERCER IS REMARKABLE, FROM THE PROFESSORS TO THE STUDENTS AND THE HILARIOUS CASHIERS IN THE FOOD COURTS.”

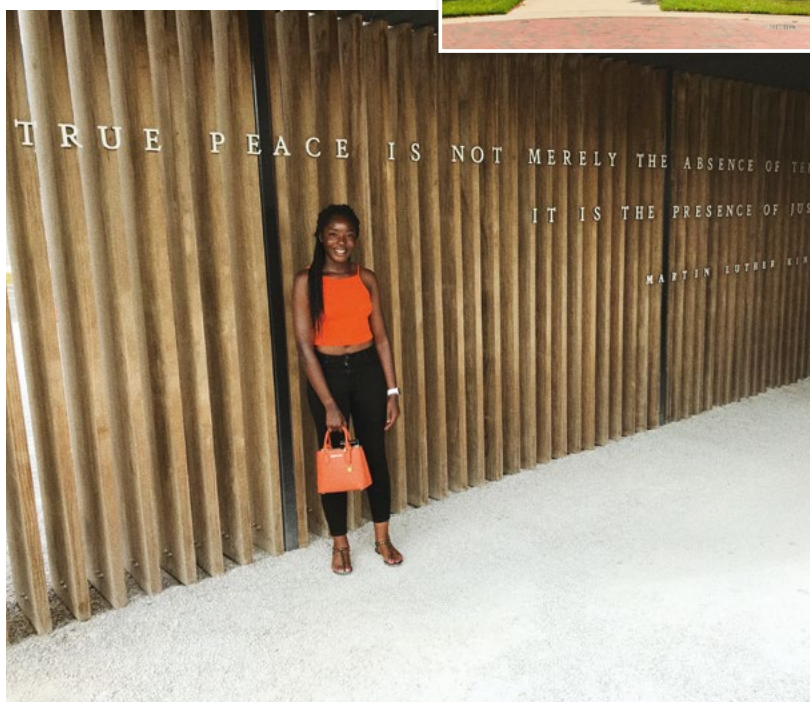
My experience at Mercer was unexplainable and that is no exaggeration at all. I really had the best time of my life, and up until now, I'm still reminiscent on my time there, as I made friends for life and had opportunities that were simply and utterly once in a lifetime. Mercer University is located in Macon, Georgia, which is 2 hours from Atlanta on the longest highway in Georgia. This was extremely useful when I wanted to escape to the city for the weekend or mid-term break. Campus life at Mercer was so chilled because my

classes were literally 10 minutes away, and I could easily stop by to Einstein's Bagels before my 8am classes to get my usual chocolate chip bagel (toasted). The students were friendly and accommodating, mostly because they were fascinated by my British accent. The campus was a little bigger than Essex, but still maintained the same kind of intimate community feel, whereby I saw and knew most people by mid-September/early October.

The culture was definitely a shock, but in the best way. People were so polite and friendly, and I do believe it was due to Southern hospitality as that is a well-known practice in the South. The academic side was tough, I will be honest, but the professors were so encouraging and helpful, which made the work much more bearable to handle. You might be thinking, what do these puns mean? Mercer's mascot is the Bear, though my references were completely unintentional I promise! However, I had the opportunity to work for the Bear Force, which involved working the football and basketball games hosted in the arena and stadium on campus. It was a new experience, as I'd never been to an American football or basketball game... the vibrant nature of the crowd, athletes and cheerleaders made the atmosphere and game more thrilling and enjoyable. In addition, I also joined a co-ed fraternity called Alpha

Phi Omega, which is based around leadership and helping the community. This involved helping out soup kitchens and making trips to donate food to the food bank.

I do believe my time at Mercer impacted me a lot, as I became so much more confident and it also taught me that I can achieve anything I want to in life, if I remain focused and put my mind to it. Without a doubt, I would recommend Mercer University to anyone who would like to experience the Southern culture and step out of their comfort zone. There is so much history in the South that is definitely one thing I would recommend exploring, as I was able to visit Alabama for the day! Mercer is remarkable, from the professors to the students and the hilarious cashiers in the food courts, everyone is unique and delightful in their own way. It is an experience I will treasure for life.



HONG KONG

MARY OSOFIAN LLB LAW



Last academic year I went to study abroad at The Chinese University of Hong Kong.

The campus was absolutely MASSIVE, the largest university campus in Hong Kong! It was so large that there were shuttle buses; a fully running bus system to transport staff and students to various locations of the campus. I felt like a tiny fish in an ocean of people. Before arriving in Hong Kong I was extremely apprehensive about sharing a room, my friends even teased me that my toes would be touching my roomie's toes. However, when I arrived at my dorm and met my roomie, all my fears left. We got along very well, sometimes we would cook and have dinner together, we took a trip to her hometown and local beach and we've even since met up a few times when she travelled to London.

“THE TIMELESS MEMORIES WHICH I HAVE CREATED, ALL TRUMP THE MINOR FEARS AND DIFFICULTIES THAT I ENCOUNTERED.”

During my time in Hong Kong, I not only studied, but also got involved in various activities. I attended cooking and Gung Fu classes and also participated in external programmes which included



collaborations with students from other universities in Hong Kong (i.e. HKU, HKUST), such as the Common Purpose Leadership Programme and the Open Trade Asia Negotiation Simulation. I was also fortunate to have had the opportunity to give a TEDx Talk; this was one of my highlights. After my final exams in April I travelled to Japan with a few other exchange students!

I would definitely recommend studying abroad because the possibilities are endless. You are able to stretch and develop your academic skills and also your social, interpersonal and independence skills. It is an opportunity to come out of your comfort zone and try something new; whether that is a language or a food. I can honestly say that studying abroad in Hong Kong has been one of the best experiences of my life. It wasn't always easy being away from home, but the personal development and the timeless memories which I have created, all trump the minor fears and difficulties that I encountered during my time there.



SWOT UP ON PLACEMENT YEARS

NIGEL COLLINS
FACULTY PLACEMENTS OFFICER

You might have heard the term “sandwich placement”, “twelve month internship”, “industrial placement”, “year in industry”... effectively these are all the same thing. It means you will spend a year of your degree working for an organisation and this is recorded on your certificate when you graduate. You need to apply for opportunities, go through the recruitment process – just like applying for a professional job.

WHY SHOULD I CONSIDER A PLACEMENT YEAR?

There are lots of benefits, even if you apply for a placement, get rejected and continue onto your final year, you'll still be in a strong place, here's why...

1 PREPARATION

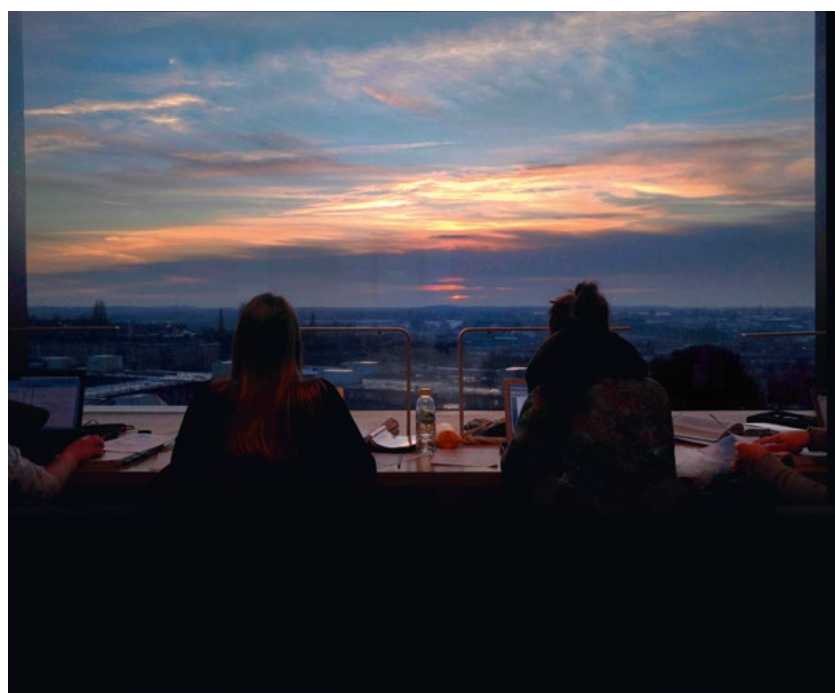
Trying to secure a placement can be gruelling. However it is also rewarding and develops some key skills. Sometime in the future you'll have to apply for a job. By writing applications now, you are preparing yourself for the real world of work. The more practice you have, the better you'll become at it.

2 INSIGHT

Many students have no idea what they want to do at the end of their degree. Getting a placement can be a great way of gaining sector experience and can shape a decision for you. How do you know what kind of placement you want? A quick way of gaining an insight is to search for placements relevant to your degree. RateMyPlacement and

GradCracker are excellent places to start, as is the Company Directory on CareerHub+, filter the search to your degree and see what's suggested. Suddenly you are faced with job titles you've never heard of – here's your

chance to find out what these people do. You'll have a much better idea of what is out there for you and you're developing job searching skills that you can use later on.



3 COMPETITION

It is your job to convince the employer that you are the best candidate for the role and to make yourself stand out. It is important to focus on making good quality applications, where you have carefully considered the employer, job description and how you can make a positive impact – this is the skill you'll need to call upon throughout your career.

4 RESILIENCE

Resilience is actually something that many employers look for in their graduates as it enables you to cope and adapt to change, stress and problems that will come up in both your career and personal life. In some cases, you may not even receive a response from a well thought out application, or you might have aced your interview, passed the necessary test, attended the assessment centre and nailed the presentation, only to receive an email saying you just missed out. Experiencing these processes helps you to build that resilience, feel better prepared and perform better in the future.

5 WHY THE HECK NOT?

Trying things out and having a go will help ensure your university life is as positive and exciting as it can be. Immerse yourself in the opportunities available to you, broaden your horizons and meet people from all over the world. If you have tried to get a placement and you haven't succeeded, it doesn't mean you've failed. You've become well-prepared for the job market, better informed about your career, able to present yourself effectively and deal with stress.

SO IF YOU'RE THINKING OF A PLACEMENT YEAR, GO FOR IT. YOUR FACULTY PLACEMENTS TEAM WILL SUPPORT YOU EVERY STEP OF THE WAY!



ESSEX BUCKET LIST

ANIA ROMANKIEWICZ
BA MODERN LANGUAGES

Probably the most important thing on your to do list whilst at university is to graduate at the end of it, but in the meantime there is so much to explore and experience! Here are a few things every student should do at least once during their time at Essex.

1 PERFORM AT THE OPEN MIC

Every Friday night, the Lakeside Theatre hosts the Open Mic night, so you can share any talent or thought you have in the cosy and friendly atmosphere of the Theatre Café. The mic and stage are yours, so you can show off whatever you like; from singing, to playing an instrument, to dancing, to reading out a poem or a manifesto, to doing a magic trick... take your chance!

2 RIDE ON THE LIBRARY LIFT

The library lift at our Colchester Campus amazes everyone when they see it for the first time, because it never stops. You step into it while it's moving and step out while it's moving too, and it just goes round and round. The rules do say you shouldn't do a full circle with the lifts, so don't do it... ever...

3 GO TO SUBZERO NIGHTCLUB

SubZero is the nightclub at our Colchester Campus. Some people say it's awesome, some people say it's not quite so. You have to give it a try, at least once!

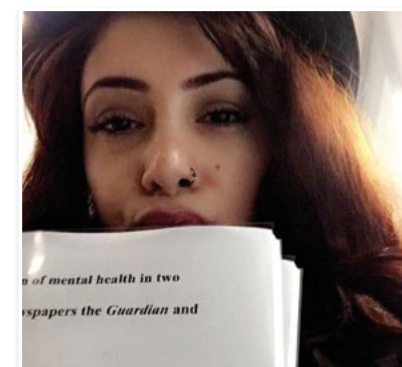


4 GO ON A YEAR ABROAD

The likelihood is, you'll only get one chance in your life to do this, so get out of your comfort zone and step into the unknown! Living in a new place and in a different culture is destined to be a life-changing experience, so don't miss out!

5 HAND IN AN ESSAY EARLY

You'll get to know the feeling of dread when you see the big red countdown until your next essay deadline on your portal. Some people say they can only write essays in these pressured conditions and somehow they make it through without a heart attack. But if you start writing your essay as soon as the task is set, and complete it weeks before the deadline, you'll be living your best stress-free life. At least do it once, just to prove to yourself that you can.

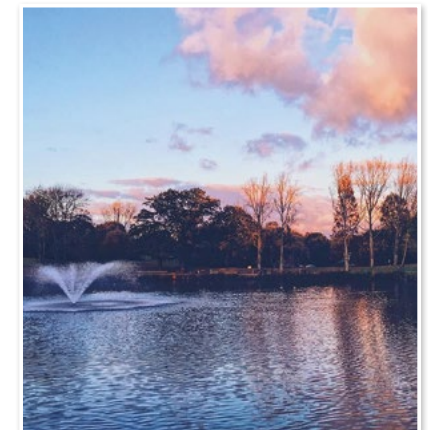


6 VISIT THE ART EXCHANGE

The place where exhibitions, talks with artists and art classes happen is on our Colchester Campus and it's free for students! Have a break and just show up at the Art Exchange, or get involved in one of the art sessions. Get those creative juices flowing; shake your booty in a dance class, free your energy in African drumming or capture a naked yogi with some chalk and paper in life drawing.

7 HAVE A BBQ BY THE LAKES

Gather your friends, bring some food to share with everybody, some instruments, some games and just enjoy a chilled afternoon by the lakes with ducklings, rabbits and squirrels coming to say hello. And if you're in Southend, it's just as good down at the beach!



8 TAKE PART IN FUNDRAISING, MANIFESTATION OR PROTEST

Make some noise for the right cause. Become an activist and support any project you think is right and worth shouting about. At Essex you have a chance to express your views and not be criticised for it. With such a multi-cultural community on campus, you will always find people that share your views and want to unite for a good cause. Even the smallest change is a step forward, so find your voice and use it!

9 PUT A LOCK ON THE SU FAMILY WALL

It's not quite the Lock Bridge in Paris, but what better way than to leave your mark on Essex forever by writing your initials on a padlock and locking yourself to campus.

VOLUNTEERING WITH VTEAM

BRITTNEY HARRIS
BSC GENETICS AND
GENOMICS

Volunteering is something I have always been passionate about so discovering the VTeam here at Essex was something I was extremely excited about. It provides opportunities to volunteer regularly or for one off projects.

Whether you love cats, coding or campfires, there are loads of options to get involved and help different communities. As well as meeting new people and learning new skills, volunteering can be a lot of fun - you can explore the local area and take a break from studying.

During my first year at Essex I have been involved in several of the VTeam projects.

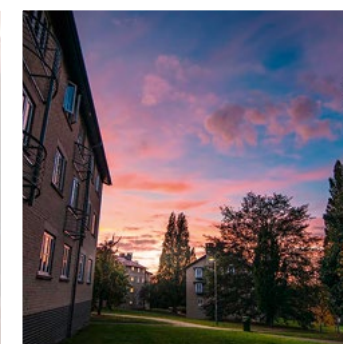
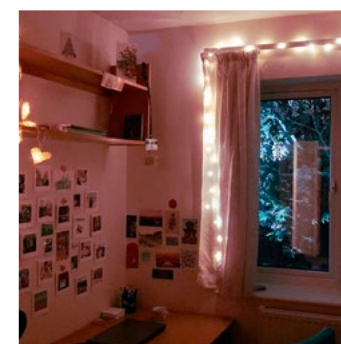
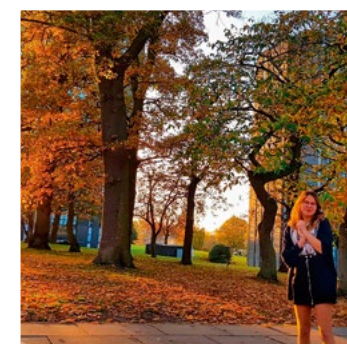
I am both the Communication Officer and a Session Leader for the Animal Protection Project, which has allowed me to step out of my comfort zone and meet a lot of like-minded people.

I have also attended one off sessions including: Mersea Island beach clean-up, painting murals at a local care home and helping out at local nature reserves, each experience has been so unique and created memories I will never forget.

Volunteering with VTeam can really enhance your experience at university, and who doesn't love spending their Saturday's cuddling cats?

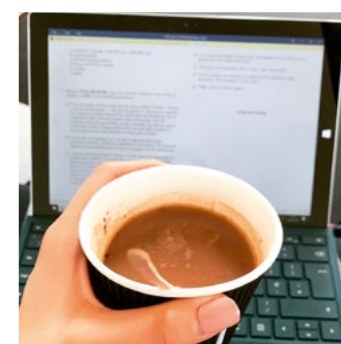
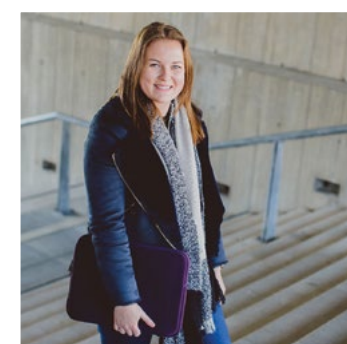
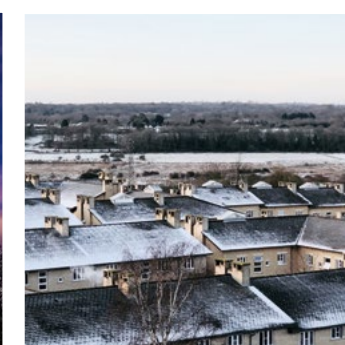
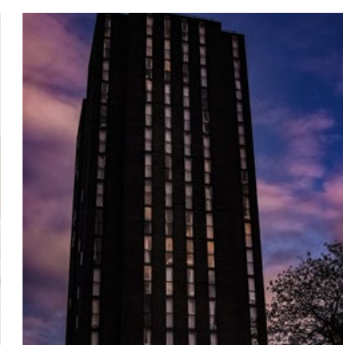
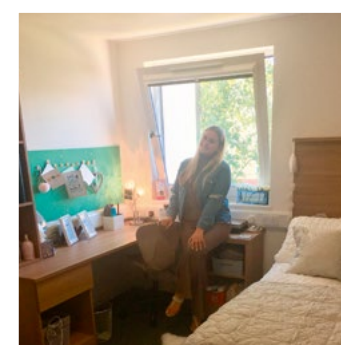
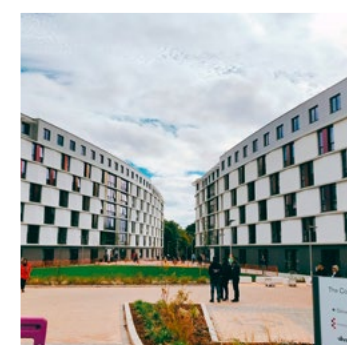
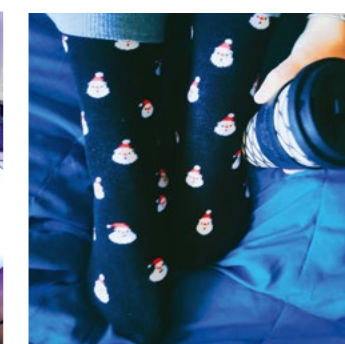
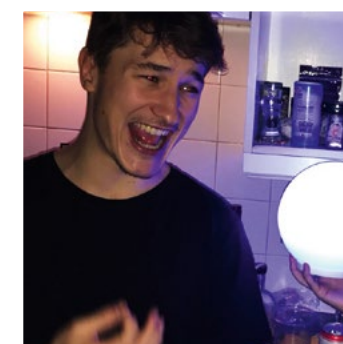


**"WHO DOESN'T LOVE
SPENDING THEIR SATURDAY'S
CUDDLING CATS?"**



ACCOMMODATION

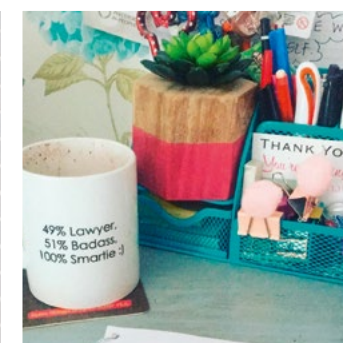
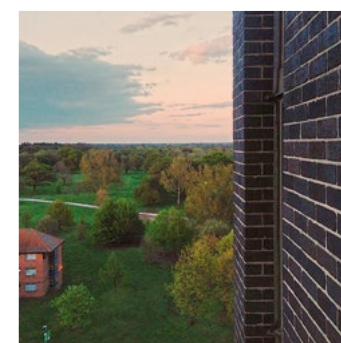
We know that deciding which accommodation suits you is an important job on the to do list. You can apply for your accommodation as soon as you've made us your firm choice.



Check out which accommodation is available for you:
UG - available for undergraduate students
PG - available for postgraduate students

The prices printed are the 2019 charges, it is likely that our rental charges for 2020-2021 will increase. We'll publish the new charges on our website as soon as they are available.

For more info, search 'accommodation' on our website.



THE HOUSES

COLCHESTER CAMPUS

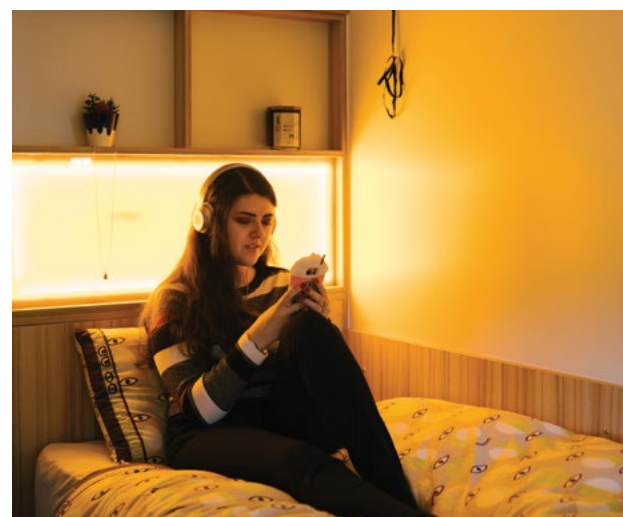
267 ROOMS
FREE WIFI
EN-SUITE
3 MIN WALK TO CAMPUS
4-6 ROOMS PER FLAT
UG

£136.92-£148.75
SHARED TWIN EN-SUITE
£91.84



YOU'LL LOVE THIS IF YOU:

- Want a quiet lifestyle
- Like to be surrounded by nature
- Enjoy a homely atmosphere
- Want a modern feel



THE TOWERS

COLCHESTER CAMPUS

1142 ROOMS
FREE WIFI
SHARED SHOWERS & TOILET
2 MIN WALK TO CAMPUS
13-16 ROOMS PER FLAT
UG AND PG

£99.05-£101.50



THE TOWERS WERE VOTED IN THE
TOP 50 UK HALLS AS BEST VALUE
FOR MONEY (2019)



YOU'LL LOVE THIS IF YOU:

- Don't mind sharing
- Would rather spend your rent on pizza
- Don't have a fear of heights
- Like meeting lots of people
- Want to live somewhere iconic





UNIVERSITY QUAYS

COLCHESTER CAMPUS

766 ROOMS
FREE WIFI
EN-SUITE
20 MIN WALK TO CAMPUS
4-8 ROOMS PER FLAT
UG AND PG

£143.78-£169.05



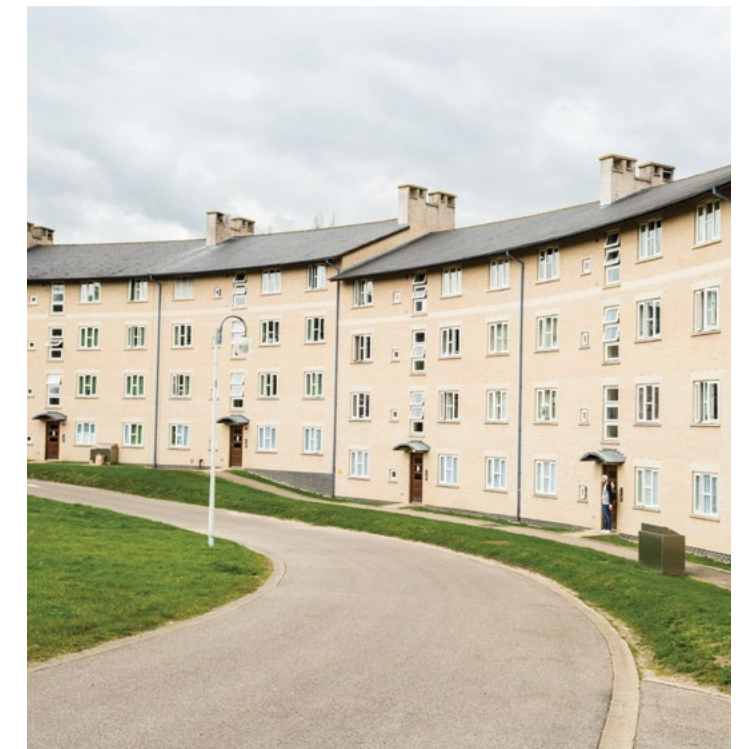
SOUTH COURTS

COLCHESTER CAMPUS

1,218 ROOMS
FREE WIFI
EN-SUITE
3 MIN WALK TO CAMPUS
4-14 ROOMS PER FLAT
UG

£150.78-£152.95

SHARED TWIN EN-SUITE £91.84



YOU'LL LOVE THIS IF YOU:

- Want to be able to roll out of bed and into Domino's
- Want a peaceful existence
- Enjoy picturesque walks onto campus
- Like to be close to the town



YOU'LL LOVE THIS IF YOU:

- Want a modern feel
- Would like to be close to the gym
- Love a good social life
- Prefer a bit more space



THE COPSE

COLCHESTER CAMPUS

643 ROOMS
FREE WIFI
EN-SUITE
10 MIN WALK TO CAMPUS
4-12 ROOMS PER FLAT
UG

£163.17-£191.31



YOU'LL LOVE THIS IF YOU:

- Enjoy the finer things in life
- Want to starfish in a four-foot bed
- Like stylish rooms
- Need lots of storage

THE MEADOWS

COLCHESTER CAMPUS

228 TOWNHOUSE ROOMS
AND 420 FLAT ROOMS
FREE WIFI
EN-SUITE
15 MIN WALK TO CAMPUS
AND 12 ROOMS PER
TOWNHOUSE
UG AND PG

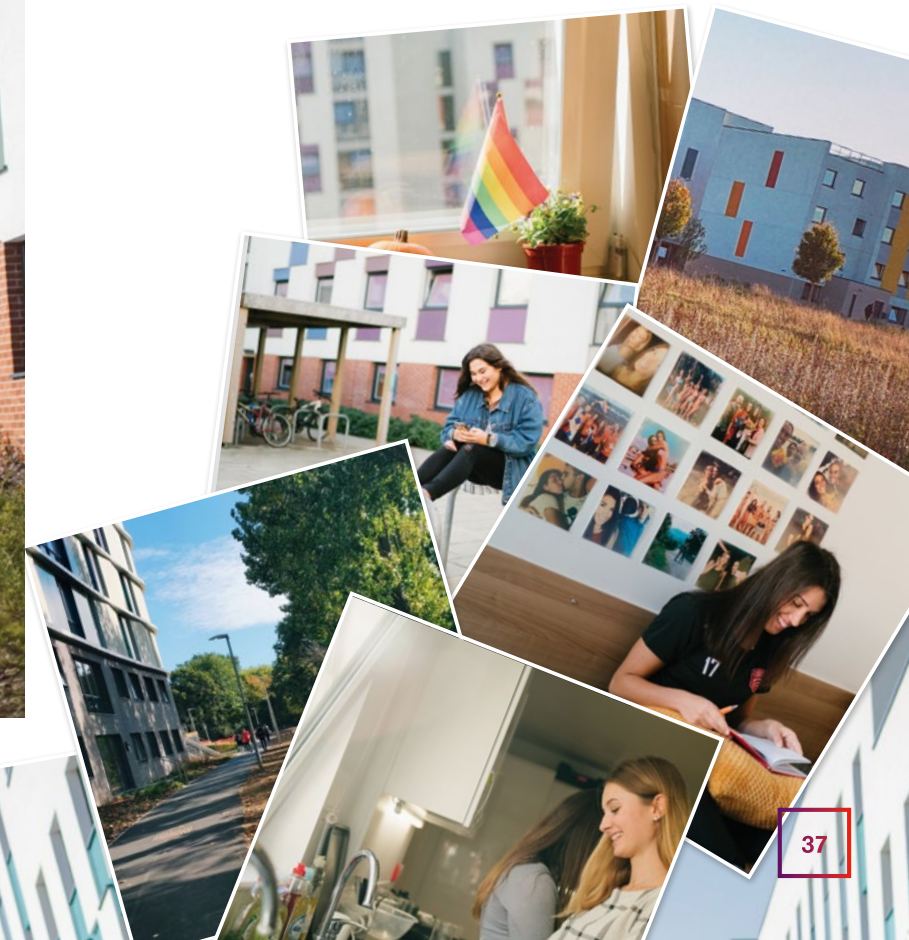
THE MEADOWS HAVE
EN-SUITE ROOMS
FOR 5-7 PEOPLE
FROM £156.94

THE MEADOWS ALSO HAVE
TOWNHOUSES FOR 12 PEOPLE
FROM £150.43PP WHERE 2
STUDENTS SHARE A BATHROOM



YOU'LL LOVE THIS IF YOU:

- Need chilled vibes
- Fancy a little stroll to campus in the morning
- Like a more spacious bed
- Want to be closer to the town



WOLFSON COURT

COLCHESTER CAMPUS

**57 ROOMS
FREE WIFI
SHARED SHOWER AND TOILET
3 MIN WALK TO CAMPUS
7 ROOMS PER FLAT
UG**

£104.16-£117.53



YOU'LL LOVE THIS IF YOU:

- Like some peace and quiet
- Enjoy a small community atmosphere
- Want to spend your rent money on clothes instead



UNIVERSITY SQUARE

SOUTHEND CAMPUS

**562 ROOMS
FREE WIFI
EN-SUITE
2 MIN WALK TO SOUTHEND HIGH STREET
8-10 ROOMS PER FLAT
SINGLE OCCUPANCY STUDIO FLATS
UG AND PG**

£148.05-£182.63

2 AND 3 YEAR DEALS AVAILABLE



YOU'LL LOVE THIS IF YOU:

- Need student accommodation in Southend
- Wish to enjoy the world's longest pier
- Want a two-minute walk to lectures
- Love to eat out – you are surrounded by restaurants!



WELCOME WEEK

ROWENA FIELD-CARTER
BA MODERN HISTORY

Imagine you've finally arrived on campus. You've collected your accommodation key and you're on your way to finding your room for the next year.

You're excited, nervous, and perhaps a bit overwhelmed, but mostly can't wait to start the next chapter of your life. Welcome Week at Essex is all about introducing you to your new life as a student, and helping you to find your feet.

Once you've unpacked and made the place feel more like home, it's time for the fun to begin. The Students' Union put on lots of events during the first week; from nights out and special guest DJs, to community mixers and the greatly anticipated Freshers' Fair. When you start as a student at Essex you automatically become a member of the SU which makes you part of one big family of Essex students, past and present.

"ONCE YOU'VE UNPACKED AND MADE THE PLACE FEEL MORE LIKE HOME, IT'S TIME FOR THE FUN TO BEGIN!"

Welcome Week is all about getting to know your surroundings, making friends and hopefully making memories. But there are also some important things you need to sort out too, like registration. Once you've registered, got your student

I.D. card and gone through the SU Heirloom house to learn a bit more about the SU and where you fit in, you're free to spend the week exploring.



This is your chance to get stuck in, try something new and get chatting to other freshers (after all you're all in the same boat!)

"THIS IS YOUR CHANCE TO GET STUCK IN, TRY SOMETHING NEW AND GET CHATTING TO OTHER FRESHERS!"

The atmosphere on campus is always lively and energised during this first week, so make the most of it! Not everyone is super extroverted and willing to talk to lots of strangers, but that's fine too. It can be a lot to take in, and there are support services and people you can talk to if you need advice or just that little bit of extra help finding your way. It's also wise to register with the health centre as soon as possible... just in case!

At the end of the week, Freshers' Fair is spread across the centre of campus, and this is your chance to find out about all the different societies, sports clubs, volunteering or even student radio and magazine to get involved with. The vibe is always great, and you might discover a new passion by trying out different activities.

AFTER YOU'VE SETTLED INTO YOUR NEW ROOM, DONE ALL THE IMPORTANT STUFF, PARTIED A FEW NIGHTS AWAY AND SPOKEN TO PEOPLE FROM ALL OVER THE WORLD, THEN THE NEXT CHAPTER OF UNIVERSITY LIFE BEGINS...



THINGS TO DO IN THE LOCAL AREA

"IF YOU'RE A SEAFOOD FAN, IT'S THE PERFECT PLACE TO EAT YOUR BODY WEIGHT IN PRAWNS, OYSTERS AND ROLLMOPS!"

KATRINA PALMER
MA POLITICS

Essex. The county that is home to our university campuses and potentially your new home away from home. I'm sure you've heard and researched all there is to do in either Colchester or Southend. But besides these two towns, what is there really to do in Essex? As an Essex girl myself, I've explored the area my whole life and using this knowledge I've tried to compile the highlights, with something that everyone can enjoy, in places that are only a train ride away.

MERSEA ISLAND

Only 9 miles away from Colchester and approached by a causeway from the mainland, cut off at high spring tide, visiting Mersea Island is a must. Whilst Mersea is not known for its golden sands and blue seas, it is very well known for its seafood. If you're a seafood fan, it's the perfect place to eat your body weight in prawns, oysters and rollmops. Don't worry if you're not – there are plenty of scenic pubs perfect for lunch on a sunny day!

LEIGH-ON-SEA

Staying on the coastal theme, Leigh-on-Sea is a town full of unique charm and character. With its famous cockle sheds, a selection of pubs and excellent restaurants, it is the perfect place to escape university and take in some fresh sea air. The outdoor terrace of The Peterboat pub looking out onto the sea is the perfect place for drinks! If you're hungry after that then head over to Stop the World Café for some freshly made cakes.

DEDHAM BOATHOUSE AND FLATFORD MILL

For many years, Dedham has been known as the place to hire a rowing boat. The Boathouse Restaurant has carried on this tradition and has a number of rowing boats available for hire for a relaxing row along the river Stour. Flatford Mill – the mill made famous by John Constable is just a mile and a half along the river and a lovely thing to see if you're feeling energetic enough to row all the way there and back!

THE JAM FACTORY, TIPTREE

The Jam Factory is home to Wilkin & Sons LTD Tiptree Jam and is found in Britain's largest village – Tiptree. There is plenty to do here, including a

trip around the small, but interesting, Tiptree Jam Museum and a stop off at the Tiptree tea room where you can sample a traditional English afternoon tea with freshly made Tiptree Jam.

SECRET NUCLEAR BUNKER

Whilst not exactly being secret anymore, Brentwood is home to the biggest and deepest Cold War Bunker open to the public in the southeast of England. Designed for up to 600 people, the bunker is definitely an exciting visit. Whilst you're in Brentwood pop down to the high street to visit the very places TOWIE was filmed, and you're more than likely going to bump into at least one cast member...

CHELMSFORD

If you're looking for a night out away from the confines of Sub Zero, hop on a train to Chelmsford. With a variety of pubs and clubs to pick from there is bound to be a venue you and your friends will all enjoy. My recommendation would be Popworld, which is bound to satisfy any cheesy pop guilty pleasure. If going out isn't really your thing,

Chelmsford is a city full of great things to do, whether that's shopping, ice-skating at Riverside or a walk around Hylands House.

LAKESIDE SHOPPING CENTRE

If you're looking for a place to shop and spend some of your freshly dropped student loan, Lakeside is the perfect place for it. Open until 10pm with over 250 shops, including one of the best Primark stores in the country, there is everything you need under one roof. After all that shopping, head over to the Boardwalk for a bite to eat at one of the centre's many restaurants.

THE BASILDON SIGN

The Essex town of Basildon, is living it's very own Hollywood dream. Whilst lacking some of the pizzazz of the 45ft Californian version, the sign is a laugh and a fab picture opportunity. Whilst in the area pop down to Billericay. Though there isn't much to do there it is home to the Shipman's and Smithy from Gavin and Stacey, so if you're a fan of the show it's a fun place to say you have visited. Next stop, Barry Island?



LET'S TALK ABOUT SOUTHEND

**"YOU CAN PLAN YOUR
WEEKEND GETAWAY TO
PARIS OR AMSTERDAM
FROM SOUTHEND
AIRPORT, AND ALL
THE FLIGHTS ARE
REASONABLY PRICED!"**

**KALINA KATSARSKA
BSC MARKETING**

**Before I started university,
I didn't do any research into
Southend, I just wanted it to be
a surprise...**

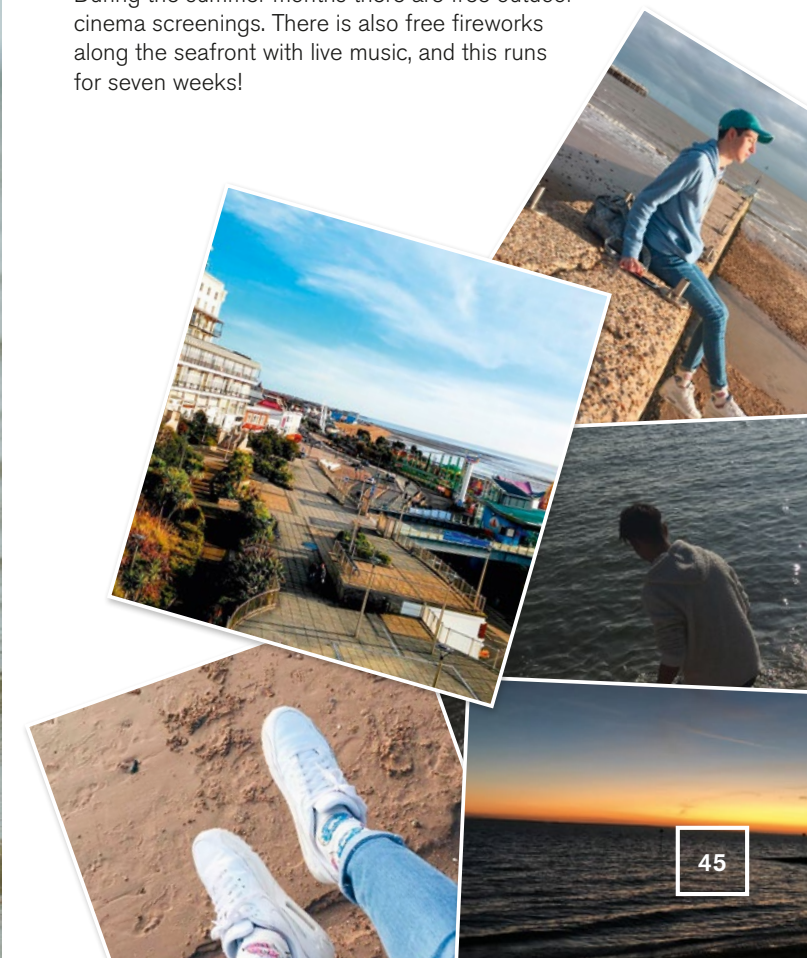
Never did I expect that I would be living in a bustling seaside town in such close proximity to London.

Coming here and living at the student accommodation, University Square, which is just next to Southend High Street, has given me the opportunity to discover so many things about the town. Taking a walk along the longest pier in the world is definitely one of my favourite things to do during the warmer days, as well as having a laugh at Adventure Island theme park which is a great stress relief around exam time.

Southend Campus is much smaller than Colchester, but it has so many lovely shops and places to spend your time. Minigolf, the cinema, bowling and Sea Life are all on your doorstep!

One of the best things about living in Southend is that the airport is just 10 minutes away by train and it's getting bigger every year. You can plan your weekend getaway to Paris or Amsterdam from Southend Airport, and all the flights are reasonably priced. There are also so many events going on in Southend, such as the Southend Festival which features a combination of art, comedy, music and literature, performed by talented local people as well as established and recognised artists. During the summer months there are free outdoor cinema screenings. There is also free fireworks along the seafront with live music, and this runs for seven weeks!

**"MINIGOLF, THE CINEMA,
BOWLING AND SEA LIFE ARE
ALL ON YOUR DOORSTEP!"**



FOOD FOR THOUGHT

As food is, of course, the most important thing in life, you'll be pleased to know that it is a priority at both our Colchester and Southend campuses. There's plenty to choose from, guaranteed to please all taste buds!

COLCHESTER

BLUES

Enjoy Italy's favourite coffee, Lavazza, as well as freshly made salads, jacket potatoes, and vegan homemade stews.

BONDS

Bonds is our outlet in Essex Business School and offers hot lunch boxes, snack pots and freshly made sandwiches.

BUFFALO JOE'S

The best in buttermilk chicken. Whether you like your chicken in a burger, wrap or rotisserie style, Buffalo Joe's have a chicken dish for you.

BYTES

Enjoy pastries and breakfast pots in the morning or salad boxes and wraps for lunch on our outside terrace. Find Bytes in the STEM building.

CANTEEN

You don't want to go into this one half-heartedly; they serve up the best breakfast on campus, which we all know is the most important meal of the day.

CANTINA

Serving Mexican and Indian delights, such as burritos, nachos and paratha on Square 3. What more could you want?

CRUMBS

Satisfy your sweet tooth here with Millie's cookies, Dots doughnuts and other sweet treats, More of a coffee connoisseur? Crumbs also serves Union batch brewed filter coffee.

FUSION

Grill favourites, chargrilled burgers, ribs and wraps with veggie and vegan options. Wash it down with a milkshake or Slush Puppie! Dine in or take away.

MOA

A proper sit down meal with table service (so posh), serving up succulent chicken, wraps, salads and a world of marinades.

SU BAR

For when you just want some pub grub, and the occasional pub quiz, karaoke night and screenings of the biggest sporting events.

ZEST FRESH

Serving light lunches, sandwiches, baguettes, pastries and Costa coffee. You'll be sure to find an abundance of healthy, natural and veggie options.



500 FREE POINTS

ON THE ESSEX FOOD REWARDS APP

When you are on the Colchester Campus, download our Essex Food app to receive points for every purchase at an Essex Food outlet. Show this voucher with your first purchase to receive a bonus 500 free app points (worth £5) when you sign up!

ESSEX
FOOD
REWARDS

SOUTHEND

GINO'S

Sitting opposite Maxwell's, lunchtime is always going to be a tough decision, especially with Gino's in the mix where you can build your own sarnie.



HAMLET COURT ROAD AREA

Taste a world of different flavours in this area with a wealth of independently owned eating outlets from countries around the world, including China, Italy, Greece and India.



MAXWELLS

Arguably the busiest place in Southend at lunchtime, with an infinite choice of sandwiches, pasta, bagels, paninis and jacket potatoes.

NOSH

Conveniently located on the ground floor of The Forum, library breaks are a must with Nosh on the doorstep.





“THESE EVENTS REFLECT THE STUDENT POPULATION; THEY’RE DIVERSE, THEY CELEBRATE OUR CULTURAL DIFFERENCES, SOMETIMES THEY HAVE A POLITICAL MESSAGE, BUT MOST OF ALL, THEY’RE FUN AND GET EVERYONE TALKING.”

ESSEX EVENTS

ELLIE MATTHEWS
BA SOCIOLOGY

What makes the University of Essex great is that not only do they go all out to celebrate the arrival of new students, but they also host events throughout the year. These events reflect the student population; they’re diverse, they celebrate our cultural differences, sometimes they have a political message, but most of all, they’re fun and get everyone talking. These are all based at Colchester, but if you live in Southend there’s always stuff going on in this lively seaside town. Here are just a few of my favourite events.

1 FIREWORKS NIGHT



As an international student myself, don’t ask me why we celebrate a night when someone tried to blowup Parliament... but the fireworks on Bonfire Night on campus are truly spectacular. It’s completely free and is a really popular night for both students and the public. As well as fireworks, there is live music, and stalls run by students where you can pick up some goodies and food!

2 CHINESE NEW YEAR

The University recognises that we have a large body of international students, and in February they put on an event to celebrate the Chinese New Year. It’s great as it introduces students to a completely different culture. There are also a number of stalls on campus where you can learn about the significance of the event.

3 CHALKING THE STEPS

Chalking the steps in the middle of campus has become a landmark occasion in the academic year, and shows the commitment the University has to politics and human rights. In the autumn term, students and staff come together to write out each article of the Universal Declaration of Human Rights in all different languages.

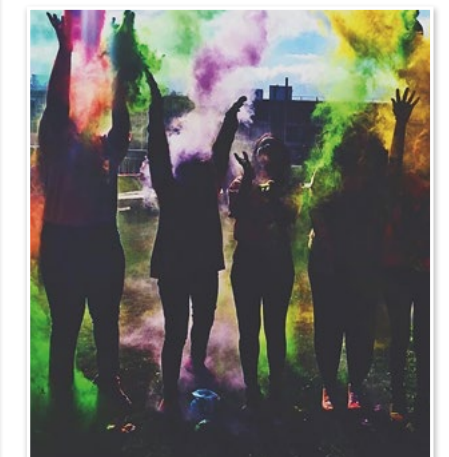


4 THURSDAY MARKET

Every Thursday we have a market on campus, vendors from outside the University as well as societies and the Students’ Union all have stalls which sell everything from yorkshire pudding wraps (yes, you did read that correctly) to chip butties (yes, and that). You know every Thursday is going to be a good lunch day!

5 HOLI FESTIVAL

Another prime example of the University’s commitment to promoting diversity is the celebration of the Festival of Colour with coloured powder. It’s held in the spring right by the lake, and gets very messy!



A WORLD FULL OF (JOB) POSSIBILITIES

IRENE GOMEZ
BA JOURNALISM AND LIBERAL ARTS

I firmly believe that the student experience is what you make of it, so this year I decided that I wanted to enhance my CV –and I’m succeeding, as I’m currently working as a designer for the Students’ Union and I blog for iamessex.

Getting a part-time job is a great way to earn extra money every month and boost your job prospects at the same time. There are numerous opportunities on campus for you to gain work experience whilst you study, so I’ve compiled a selection.

All of these opportunities are flexible and can sit perfectly around your studies. Many of them are advertised on the Essex CareerHub vacancy board, along with exciting internships and jobs in the local area, so it’s worth checking it out every once in a while. Any extra-curricular activity you get involved in will count towards the Big Essex Award, so don’t miss the opportunity to develop your skills, boost your CV, balance your bank account and get recognition!

STUDENT AMBASSADOR

This is one of the most common jobs at the University. Students with bags of enthusiasm help to promote Essex and higher education to prospective students, supporting applicant days, open days, campus tours and fairs. Perhaps you have already met one or you’ll meet one soon!

STUDENTS’ UNION

For good reason, the SU is the biggest employer on campus. Over 75% of its staff are students, so it offers a wide range of jobs such as bar staff, shop assistants, office workers, photographers, graphic designers, and crew roles. It is the chance to make a difference to the life of your fellow students and gain invaluable skills.

FRONTRUNNER

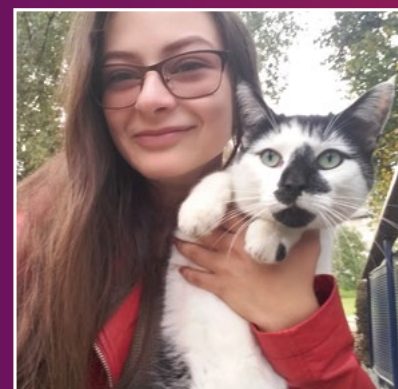
With little or no previous work experience required, this placement opportunity allows you to develop your professional skills in a real work setting. Over 100 placements are advertised across all areas of the University, from the Business School and the Lakeside Theatre to the Admissions Office and the ESSEXLab.

UROP

The Undergraduate Research Opportunities Programme (UROP) is a scheme for undergraduate students who want to learn first-hand what being a researcher truly means. You will have the opportunity to join the academic community and assist carrying out research for 100, 150 or 200 hours.



I AM ESSEX BLOG



Our online blog, written solely by current Essex students, gives an honest insight into student life at Essex. It brings all the best student advice into one place, from where you can find a quiet revision spot on campus, to how to budget your student loan for Christmas presents!

We focus on challenging conventions and giving you exciting opportunities to push boundaries, so naturally our blog features student opinions on current affairs and worldwide events.

New articles are published frequently, so make sure you check it out every so often to hear from fellow students who will, no doubt, help you to make the most of your student experience.

IAMESSEX.WORDPRESS.COM



THE ULTIMATE GUIDE TO ESSEX NIGHTLIFE

ALIESHA FARRELL
BA DRAMA

I am a firm believer that the biggest and best kind of stress relief is having fun with your friends. The nightlife here at Essex makes it so easy to go out and have a good time because there truly is something for everyone. So, I've decided to take you through the weekly schedule. See you on the dance floor!

MONDAY - MILK IT

This is my favourite night out of the week. Milk It is held in the SU bar every Monday evening, but what is it? Picture this- karaoke, followed by the cheesiest disco songs you can think of. It's honestly such a feel-good atmosphere whether you're drinking alcohol or not. Anyone can join in by dancing on the dance floor, singing a song on the karaoke or even just sitting on the side with friends and enjoying it.

Milk It is always the night that I see the bar the fullest, so many people show up which makes doing the conga at 1am all the more enjoyable. Milk It stays

in the SU bar every week, but usually on the last and/or first week of term, they take the party down to Sub Zero where more cheesy songs are played, accompanied by the famous Mega Milk It Cow mascot, who loves a cheeky selfie.

TUESDAY - ALL ABOUT YOU

Although there's no organised event tonight, why not make the most by planning a cosy film night with your flatmates, heading to Top Bar for a game of darts or even grabbing a quick bite at Buffalo Joe's?



WEDNESDAY - FED

FED is the sports night out; all the sports teams come together on one big night out in Sub Zero to celebrate this week's games. But it's not just for the sports teams, anyone can go. From my own personal experience, FED is brilliant because there are so many different types of people there. Many people I have spoken to will vouch for the fact that it's the best night in Sub because the amount of team spirit and people that are on the dance floor makes the party huge and enjoyable every week.

THURSDAY - QUIZ NIGHT

I would recommend going to the SU bar quiz on a Thursday evening. There's always a good cash prize for the winner and great prizes for the runner ups, and it's perfect for people who don't enjoy the club. A little bit of friendly competition never hurt anybody.

Who doesn't love a freebie? I sure as hell do. SU members get free entry every Thursday to Sub Zero. Sub has recently said goodbye to their current theme and instead are going to change it up. I'm looking forward to seeing what new themes they have to offer!

FRIDAY - STOCK EXCHANGE

Every Friday in the SU bar is stock exchange. This gives us students the opportunity to get mega cheap drinks. The idea is that every few minutes the prices of drinks (that will be displayed on the screens) will drop or rise based on the demand the bar is receiving at the time. So basically, it's like our very own stock market and we can make the drinks go as cheap as possible. This is the perfect way to pre-drink at an affordable price on a Friday night for anyone who plans on going out to Sub Zero after.

FRIDAY AND SATURDAY - SUB ZERO

Friday and Saturday are very popular nights out in Sub Zero due to it being the weekend. The themes from these two nights change on a weekly basis so you can guarantee that at some point, the ideal night for you will come up, and you won't want to miss it. They're the perfect nights to have a good dance on the dancefloor with the amazing atmosphere and weekend vibes. It's your chance to let off some steam before the next week starts and more work begins.

SUNDAY - TAKE IT EASY

It's pretty tough to go out every night and be ready for your Monday lectures! Take Sunday off as the perfect day of rest and prepare for another busy week ahead.



