Date	Time	Title	Description	Location
27th Aug	1200-1300	Wellbeing café	Join us for some quiet and calm time to chat or be with others (students and staff), enjoying some small craft activities, including jigsaws, mindful colouring, making lavender bags amongst others. All Welcome, and refreshments and activites are free.	The workshop, The Spark building
27th Aug	1900	Residences, Cadet welcome	Drop in and speak to one of the residence team. Movie and pizza from 7pm in the residences common room	Deanery, Chantry halls of residence.
28th Aug	1630 onwards	BBQ in the quad	An opportunity to come to the Quad (found in the RM building) and enjoy free BBQ food and meet other new students.	The Quad, RM building
28th Aug	1200-1300	Wellbeing café	Join us for some quiet and calm time to chat or be with others (students and staff), enjoying some small craft activities, including jigsaws, mindful colouring, making lavender bags amongst others. All Welcome, and refreshments and activites are free.	The workshop, The Spark building
11th Sept	1400-1500	Asian, black, mixed and other (ABMO) student event	Are you interested in meeting students from diverse backgrounds to chat about shared identities or circumstances, share experiences and make friends? Chat with us over a drink and snack about how we can welcome and advance students from diverse backgrounds and create a space to share knowledge and celebrate different cultures. We want to hear from you about what you'd like to see, whether that's student events, guest speakers or socials.	TBC Spark atrium
11th Sept	1600-1800	Successful start at Solent: Commuters, mature and students with caring responsibilities	Are you a mature/commuter or student with caring responsibilities? We invite you to attend a welcome evening, at which you will meet fellow students with similar circumstances and receive essential information to assist you in your student journey. The event will include refreshments and cover the following topics: +How Support Teams at Solent can support you -An introduction to Learning at Solent -Current mature/commuter/caring student success stories -Information on Societies and Sports you can get involved with -Introduction to the Monthly, Make and Mingle event series After each session there will be a chance for Q&As, and opportunities to get to know your peers!	TS311 (The Spark)
12th Sept	1100-1200	Welcome to Solent (international students)	Welcome to our university! Join us for a special Welcome Session tailored for new international students. This session will introduce you to essential campus resources that will support your academic and personal success. Student Hub: Discover the Student Hub, your go-to center for all student services and support. Learn about academic advising, career guidance, and student organizations that will help you thrive both academically and socially. Library Team: Meet our dedicated Library Team, who will show you how to navigate our comprehensive library resources. Learn how to access books, journals, and online databases, as well as make use of our study spaces and research support services. Access Team: Get to know the Access Team, committed to creating an inclusive and accessible environment for all students. Find out about the various campus facilities, support for students with disabilities, and how to access key services and amenities. We are excited to welcome you and help you get started on your journey here!	Jane Austen lecture theatre, the spark
12th Sept	1300-1400	Life as an international student	Join us for the "Life as an International Student" session, designed to help new international students acclimate to university life. This informative session will cover: Cultural Adjustment: Learn tips and strategies for adapting to a new cultural environment, including navigating cultural differences and building a supportive community. Academic Success: Get advice on managing your studies, understanding the academic expectations, and utilizing university resources to excel in your coursework. Social Integration: Discover ways to get involved on campus, make new friends, and participate in student organizations and events that align with your interests. Practical Tips: Receive essential information on living in your new city, including housing, transportation, healthcare, and local customs. Join us to make the most of your international student experience, connect with fellow students, and start your journey with confidence and excitement!	Jane Austen lecture theatre, the spark
12th Sept	1400-1500	Housing session for new international students	Welcome to your new home away from home! Join us for the "Housing Session," specifically designed for new international students. This session will provide you with essential information about: On-Campus Housing: Learn about the different on-campus housing options, how to apply, and the benefits of living on campus, including access to student services and campus facilities. Off-Campus Housing: Get guidance on finding and securing off-campus accommodation, understanding rental agreements, and tips for navigating the local housing market. Living Essentials: Receive practical advice on setting up your new home, including information on utilities, furniture, and safety tips to ensure a comfortable and secure living environment. Roommate Tips: Discover strategies for effective communication and building positive relationships with roommates to create a harmonious living situation. Make your housing experience smooth and stress-free, and get ready to settle into your new surroundings with confidence!	Jane Austen lecture theatre, the spark
12th Sept	1200-1400	Wellbeing café	Join us for some quiet and calm time to chat or be with others (students and staff), enjoying some small craft activities, including jigsaws, mindful colouring, making lavender bags amongst others. All Welcome, and refreshments and activities are free.	Solent Creatives, The Spark
12th Sept - 30th Sept	Every day	Residences treasure hunt	Join the residence treasure hunt and win a £100 amazon voucher, first prize (for winning team).	Collect sheets from reshub
13th Sept	1100-1200	Get ready to work	Identify. Did you know that having a part-time job when you study can not only support you financially, but is a great way to add useful skills and experience to your CV. Join the Solent Careers team to find out more about: Work opportunities in Southampton What employers are looking for in a candidate Applying for work in the UK And how we can help you in your job search	TS501 (The Spark)

			"UKVI Compliance Session," a crucial meeting for new international students to ensure you understand and adhere to the UK Visas and Immigration (UKVI) requirements. This session will cover:	
			Visa Requirements: Learn about the conditions of your student visa, including study hours, work permissions, and maintaining valid immigration status.	
			Reporting Obligations: Understand your responsibilities for reporting any changes in your circumstances, such as address updates, changes in your course, or travel plans.	
13th Sept	1300-1400	UKVI compliance session	Document Management: Get guidance on keeping your important documents safe and up-to- date, including your passport, Biometric Residence Permit (BRP), and university enrollment records.	Jane Austen lecture theatre, the spark
			Support Services: Find out how the university's International team can assist you with any visa-related issues and provide support to ensure you remain compliant with UKVI regulations.	
			Learn to navigate the complexities of UKVI compliance with confidence and focus on your academic journey without any worries!	
13th Sept	1600-1800	Pizza and Karaoke	Join us for an unforgettable evening of delicious pizza and lively karaoke, specially crafted for international students! Savor a world of flavors with a variety of pizzas while belting out your favorite tunes. Whether you're a pop star in the making or just in it for the fun, this is your chance to shine, make new friends, and create memories. Let's celebrate diversity, unity, and the start of an amazing journey together. Don't miss out on the ultimate fusion of food, music, and international camaraderie!	The Dock
13th Sept	1200-1400	Wellbeing café	Join us for some quiet and calm time to chat or be with others (students and staff), enjoying some small craft activities, including jigsaws, mindful colouring, making lavender bags amongst others. All Welcome, and refreshments and activites are free.	Solent Creatives, The Spark
16th Sept	1100-1400	Body MOT & Sports Head & Shoulder Massage	Free body MOT health check and massage: It is important to keep track of your health, both physically and mentally. A body MOT health check can assess your risk for cardiovascular disease and assess your overall health while a massage can help you to unwind by lowering stress levels and feelings of anxiety. The body MOT health check is non-invasive and measures the amount of fat, muscle and bones that make up your total body weight. It can also provide useful information about your overall fitness and health, such as body fat percentage, muscle mass, and metabolic age alongside blood pressure. Massages will be chair based and will focus on back, neck and shoulders. Advice from an experienced practitioner will also be available to help you make any necessary lifestyle changes.	Solent Creatives, The Spark
16th Sept	900-1200	Sport - Discovery, Come & Try Sessions	Come and play Badminton, Basketball, Table Tennis, Football, Volleyball and Others	Sport centre
16th Sept	0830-1700	Open table tennis!	Stop by and have a game of table tennis in the spark!	The Spark
16th Sept	1600-1800	Roller Disco @ Engine Rooms, £4 entry	Roller Disco with DJ and Club style lighting, with bar open. Contact Solent Student Union for details.	Engine Rooms, Southampton.
16th Sept	1100-1400	Wellbeing café	Join us for some quiet and calm time to chat or be with others (students and staff), enjoying some small craft activities, including jigsaws, mindful colouring, making lavender bags amongst others. All Welcome, and refreshments and activites are free.	Solent Creative, The Spark
17th Sept	1200-1300	Setting up online UKVI visa account	Welcome to this session on setting up your UKVI (UK Visas and Immigration) online account. This account is essential for managing your visa application and immigration status while studying in the UK. Here's a quick overview of the process: Access the UKVI Website: Start by navigating to the official UKVI website. This is where you will create and manage your account. Create an Account: Click on the option to create a new account. You will need to provide a valid email address, create a password, and fill in some personal details. Verification: After submitting your details, check your email for a verification link from UKVI. Click on the link to verify your email address and activate your account. Complete Your Profile: Log in to your new UKVI account and complete your profile by entering additional personal information, such as your passport details and current address. Setting up your UKVI online account is a crucial step for a smooth transition to studying in the UK. Ensure you keep your login details secure and regularly check your account for updates.	Palmerstone lecture theatre, The Spark
17th Sept	1500-1600	Personal safety talk	Hampshire Constabulary are coming to see you at Solent University - come along and join our police colleagues who will be giving advice on staying safe in Southampton and how the Police and local services are there to support you alongside your University support services.	Palmerston lecture theatre, The Spark
17th Sept	1400-1500	Cops 'n' Coffee	Our police colleagues from the local neighbourhood team will be here to answer any questions you might have. They will provide advice about staying safe when you are out socialising in the city. Free refreshments available.	The Spark
17th Sept	1100-1400	Body MOT & Sports Head & Shoulder Massage	Free body MOT health check and massage: It is important to keep track of your health, both physically and mentally. A body MOT health check can assess your risk for cardiovascular disease and assess your overall health while a massage can help you to unwind by lowering stress levels and feelings of anxiety. The body MOT health check is non-invasive and measures the amount of fat, muscle and bones that make up your total body weight. It can also provide useful information about your overall fitness and health, such as body fat percentage, muscle mass, and metabolic age alongside blood pressure. Massages will be chair based and will focus on back, neck and shoulders. Advice from an experienced practitioner will also be available to help you make any necessary lifestyle changes.	Solent Creatives, The Spark
17th Sept	0900-1200	Sport - Discovery/Come & Try Sessions	Come and play Badminton, Basketball, Table Tennis, Football, Volleyball and Others	Sport centre
17th Sept	0830-1700	Open table tennis!	Stop by and have a game of table tennis in the spark!	The Spark
17th Sept	1700-1930	Drag Show @ Switch, £4 entry	Drag show featuring performances, bingo, lip sync competition and more -Bar open. Contact Solent Student Union for details.	Switch, Southampton
17th Sept	1100-1400	Wellbeing café	Join us for some quiet and calm time to chat or be with others (students and staff), enjoying some small craft activities, including jigsaws, mindful colouring, making lavender bags amongst others. All Welcome, and refreshments and activities are free.	Solent Creatives, The Spark
18th Sept	11.00-13.00	Drop in Q and A for students receiving US Federal Aid	Drop-in session for US students who are receiving Federal Aid and to check documents.	Student Hub

			Learn more about how to manage your money, get budegting tips and general money	
20th Sept	11am-2pm	Managing money dropin (Barclays and Student Funding)	The about the total and the second se	Creatives
20th Sept	12pm	Catering	Tour of catering at Solent University, find out more about the University stall and socials	Sports Building
21st Sept	10.30pm-3.30am	Freshers Ball, £10/12/15 entry	The BIGGEST event of Freshers. Full scale production, DJs, Burlesque / Stunning visual performances, Casino, Photobooth, Silent Disco (In seperate room). Contact Solent Student Union for details.	Contact Solent Student Union for details
21st Sept	1200-1600	Residences, Welcome event	Range of activities including climbing wall, giant darts, rodeo bull and BBQ	Kimber car park
22nd Sept	1900 onwards	Residences, Board game night	Come and play a range of board games	Kimber common room
23rd Sept	11am-4pm	Computer Games Expo	A huge array of different types of computer games / consoles, including VR gaming, competitons on the Giant screen, Driving sim game and more. Contact Solent Student Union for details.	Contact Student Union for details
23rd Sept	7.30pm-11pm	Live Music/Gig, Polite Bureaux @ Heartbreakers, entry £5	Polite Bureaux + two more acts performing at Heartbreakers.	Contact Student Union for details
23rd Sept	10am-2pm	Drop-in - Get your part-time CV up to scratch	Is your CV ready to impress employers at our part-time jobs fair? If not, Solent Careers are running a drop-in advice session on during w/c 23rd September from 10am to 2pm to help get you ready for the Part Time fair on 1st October. Bring along your current CV to our desk in Solent Creatives and speak to one of our friendly advisers who will support you to show off your current skills and achievements in a way that employers understand. If you do not currently have a CV, we would recommend using our CV guide to put together a first draft before you drop by: https://students.solent.ac.uk/official-documents/solent-futures/cv-guide.pdf	Solent Creatives
23rd Sept	10am-4pm	Drop in to creatives to get part time work	Swing by Solent Creatives to gain some hands-on real-world experience and get paid for it! Solent Creatives is Solent University's own student-powered creative agency. We link businesses with our talented students to provide a variety of creative services.	Creatives
23rd Sept	1900 onwards	Residences, Pizza and movie night	Pizza and movies in Kimber common room	Kimber common room
24th Sept	0900-1000	International Morning Cafe	Join us for the International Morning Café, a welcoming space for university students from around the globe! This casual meet-up is the perfect opportunity to: Connect: Meet fellow international students and make new friends. Relax: Enjoy a variety of refreshments in a comfortable, laid-back setting. Share: Exchange experiences, tips, and stories about life at university and in the UK. Whether you're new to the campus or just looking to expand your social circle, the International Morning Café is the place to be. We look forward to seeing you there!	The workshop, The Spark building
24th Sept	10am-2pm	Drop-in - Get your part-time CV up to scratch	Is your CV ready to impress employers at our part-time jobs fair? If not, Solent Careers are running a drop-in advice session on during w/c 23rd September from 10am to 2pm to help get you ready for the Part Time fair on 1st October. Bring along your current CV to our desk in Solent Creatives and speak to one of our friendly advisers who will support you to show off your current skills and achievements in a way that employers understand. If you do not currently have a CV, we would recommend using our CV guide to put together a first draft before you drop by: https://students.solent.ac.uk/official-documents/solent-futures/cv-guide.pdf	Solent Creatives
24th Sept	10am-4pm	Drop in to creatives to get part time work	Swing by Solent Creatives to gain some hands-on real-world experience and get paid for it! Solent Creatives is Solent University's own student-powered creative agency. We link businesses with our talented students to provide a variety of creative services.	Creatives
24th Sept	11.30am - 1.30pm	Campus Jobs pop up stand	A pop up stand to promote the opportunities available to students through Campus Jobs. The team will be on hand to discuss all things Campus Jobs and also to talk about current opportunities being advertised through Campus Jobs. There will also be members of the wider team there to talk about the change from Abintegro to Target Connect	The Spark reception
24th Sept	1900 onwards	Residences, Pizza and movie night	Pizza and movies in Chantry common room	Chantry common room
24th Sept & 26th Sept	11:30-13:30	Pop ups for Solent Careers Online & Campus Jobs	TBC - essentially 2 separate pop up stands at the Spark reception area to showcase and increase awareness of Solent Careers Online and also Campus jobs in readiness for the part- time jobs fair on 1st October. Will also raise awareness of the switch to TC	Spark reception
25th Sept	1100-1500	Body MOT Sessions & Sports Massage Session	Free body MOT health check and massage: It is important to keep track of your health, both physically and mentally. A body MOT health check can assess your risk for cardiovascular disease and assess your overall health while a massage can help you to unwind by lowering stress levels and feelings of anxiety. The body MOT health check is non- invasive and measures the amount of fat, muscle and bones that make up your total body weight. It can also provide useful information about your overall fitness and health, such as body fat percentage, muscle mass, and metabolic age alongside blood pressure. Massages will be chair based and will focus on back, neck and shoulders. Advice from an experienced practitioner will also be available to help you make any necessary lifestyle changes.	The workshop
25th Sept	1100-1500	Open / Free Gym	Come and have a go at the gym, free and open use all day	The Sports Building
25th Sept	1500-1800	Exchange event in The Spark	Giant 'Art Attack' using Exchange Items + Utensils / Cutlery exchange + Food prize giveaway	Contact Solent Student Union for details
25th Sept	11am-3pm	Wellbeing Support Fayre	Come to our wellbeing fayre providing the opportunity for all students to meet and find out more about the wide range of internal and external teams and services available that can support your wellbeing and your mental health, including: local community support activities, our library, local banks for financial health, our own Sports Centre team, local mental health services, and our own internal therapy and mental health team and wellbeing/support teams. Come along for free pizzas, goodies, activities and the opportunity to understand the wide range of support.	Spark atrium
25th Sept	10am-2pm	Drop-in - Get your part-time CV up to scratch	Is your CV ready to impress employers at our part-time jobs fair? If not, Solent Careers are running a drop-in advice session on during w/c 23rd September from 10am to 2pm to help get you ready for the Part Time fair on 1st October. Bring along your current CV to our desk in Solent Creatives and speak to one of our friendly advisers who will support you to show off your current skills and achievements in a way that employers understand. If you do not currently have a CV, we would recommend using our CV guide to put together a first draft before you drop by: https://students.solent.ac.uk/official-documents/solent-futures/cv-guide.pdf	Solent Creatives
25th Sept	10am-4pm	Drop in to creatives to get part time work	Swing by Solent Creatives to gain some hands-on real-world experience and get paid for it! Solent Creatives is Solent University's own student-powered creative agency. We link businesses with our talented students to provide a variety of creative services.	Creatives
25th Sept	1900 onwards	Residences, Pizza and movie night	Pizza and movies in Deanery common room	Deanery common room
26th Sept	1100-1500	Markets (SU, ReSo, Students)	Markets featuring student creators, ReSo products and SU/Solent Merchendise, plus more ways for students to meet their Union.	Contact Solent Student Union for details

26th Sept	10am-2pm		Is your CV ready to impress employers at our part-time jobs fair? If not, Solent Careers are running a drop-in advice session on during w/c 23rd September from 10am to 2pm to help get you ready for the Part Time fair on 1st October. Bring along your current CV to our desk in Solent Creatives and speak to one of our friendly advisers who will support you to show off your current skills and achievements in a way that employers understand. If you do not currently have a CV, we would recommend using our CV guide to put together a first draft before you drop by: https://students.solent.ac.uk/official-documents/solent-futures/cv-guide.pdf	Solent Creatives
26th Sept	10am-4pm		Swing by Solent Creatives to gain some hands-on real-world experience and get paid for it! Solent Creatives is Solent University's own student-powered creative agency. We link businesses with our talented students to provide a variety of creative services.	Creatives
26th Sept	11.30am - 1.30pm		A pop up stand to promote Solent Careers Online and what students can do with our new online employability platform. The team will be on hand to discuss all things to do with Solent Careers Online - setting up job alerts, searching for jobs, etc. as well as the switch from Abintegro to TargetConnect	The Spark reception
27th Sept	10am-2pm		Is your CV ready to impress employers at our part-time jobs fair? If not, Solent Careers are running a drop-in advice session on during w/c 23rd September from 10am to 2pm to help get you ready for the Part Time fair on 1st October. Bring along your current CV to our desk in Solent Creatives and speak to one of our friendly advisers who will support you to show off your current skills and achievements in a way that employers understand. If you do not currently have a CV, we would recommend using our CV guide to put together a first draft before you drop by: https://students.solent.ac.uk/official-documents/solent-futures/cv-guide.pdf	Solent Creatives
27th Sept	10am-4pm	Drop in to creatives to get part time work	Swing by Solent Creatives to gain some hands-on real-world experience and get paid for it! Solent Creatives is Solent University's own student-powered creative agency. We link businesses with our talented students to provide a variety of creative services.	Creatives
1st Oct	1000-1400	Part-time Jobs Fair	Part-time jobs fair with employers looking to fill part-time roles and campus jobs line managers looking to recruit for their roles. Will also have a CV checking / printing service, application support and a LinkedIn booth	Spark atrium
2nd Oct	1800-1900	Bystander training	1 hour session led by Yellowdoor, bystander awareness looking at themes around harassement and sexual violence. Free refreshments available.	Solent University Halls of Residence
2nd Oct	1800-1900	Residences, Consent and pizza	Yellow door led workshop on the issue of consent. Pizza available!	Kimber common room