

Res. Life *Newsletter*

Semester 1



Meet the RA
Team
**See our
Freshers Events
timetable!**

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What is an RA?

Your Residence Assistants (RAs) are students who are here to provide you with support and guidance. They aim to foster a sense of community across the University. This may include guidance in resolving flat disputes, how to combat exam stress, information on events and activities around the area, or simply where to find the best cup of tea in Aber! If they can't help, they will signpost you to someone who can.

What Service do the RAs offer?

PATCH ROUNDS:

Patch rounds are house/ flat visits conducted by your RAs. Don't worry this is not a form of inspection! Rather it's an informal visit which creates the opportunity for you to ask a member of staff any questions you might have about the university and raise any concerns you may have while living in university accommodation. Your RA will also use these visits to share some information with you, and update you on our events.

You'll always be sent an email the morning of your visit!

DROP INS:

Drop-Ins take place at different locations on campus every weeknight during term time. As the name suggests, they are an opportunity for you to 'drop in' and speak to an RA should you have any questions, queries, or concerns between your patch round visits.

EVENTS:

The RA team runs free, sober events throughout the year. We provide all the materials for our events and they are 100% free to attend. You can find out more about our events via Instagram, Facebook, and the noticeboards on campus.



FLATMATE AGREEMENT MEETINGS

What is a Flatmate Agreement Meeting?

A Flatmate Agreement Meeting, more commonly referred to as an FMA, is a **mandatory** 30 minute meeting run by your RA.

What's the aim of an FMA?

This meeting is an opportunity for you to set out some ground rules for your accommodation. We will discuss topics such as sharing food and cutlery, having visitors over, noise levels, and (possibly the most important thing) cleaning.

How can I prepare for my FMA?

1. **Know when it will take place.** Your FMA will take place between the 2nd and 27th of October but don't worry, we will send you an email in advance with the date and time of your FMA.
2. **Think about boundaries you'd like to put in place.** It is likely that everyone living with you has different expectations of the environment they would like to live in. That's why it's so important to think about the environment you would like to live in and what boundaries you could suggest during your FMA.
3. **Let Us Know.** If you have any boundaries that you don't feel comfortable raising in front of your flatmates you can email them to the accommodation office ahead of your FMA.
4. **Speak to your RA.** Remember that your RAs are students as well so if you're unsure about anything feel free to ask for their advice!

Flatmate Agreement

We are: _____ Residents: _____

| Name | Birthday | What to do? |
|------|----------|-------------|
| | | |
| | | |
| | | |
| | | |
| | | |

Good communal living relies on clearly communicating expectations and reaching an agreement beneficial to all.

Top Tip - It is not uncommon for students to change their minds about the below as the year goes on. You may wish to review your Flatmate Agreement (FMA) on a regular basis to ensure that you are all still happy with what you have all agreed.

FMA can be revisited on request - Speak to your RA

Communal Space: Kitchen Cupboards, Fridge-Freezer (special dietary requirements?) _____

Food Boundaries (hands off, shared, or a combination of both? Any religious requirements?) _____


Buying and Using Cleaning Products (e.g. washing up liquid, oven cleaner, sponges, tea towels) _____

Communal Cleaning (e.g. Cleaning Rota) _____

Individual Use or Shared (e.g. Saucepans, Cooking Utensils, Crockery) _____


Visitors, Guests, Overnight Stays and Noise _____

Any other agreements between the residents (e.g. will we have regular meetings, open communication?) _____



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Meet the new RAs and see what their advice is for Freshers!

You can learn more about your RAs by attending our events, and looking out for their posters on campus.



James



"Don't be afraid to introduce yourself to new people, everyone is in the same boat as you."

Meg



"Join as many societies as possible to immerse yourself in the uni experience!"

Myles



"The value of your university education is not just what you learn, but the memories you make along the way."

Ash



"Be open to change and explore things you would have never imagined you'd do."

Kieran



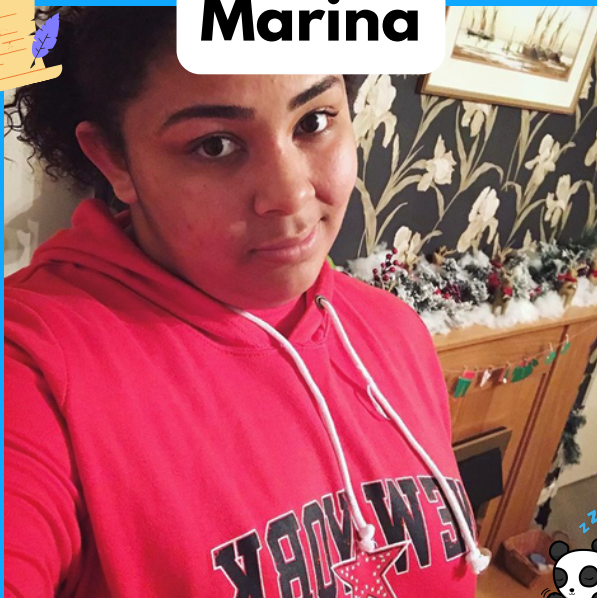
"Join societies and clubs to make friends and try something new, it might be the best decision you make!"

Jacob



"Don't forget to prioritise yourself and your physical/ mental wellbeing!"

Marina



"It is ok not to want to join loads of societies!
Take freshers and university at your own pace."



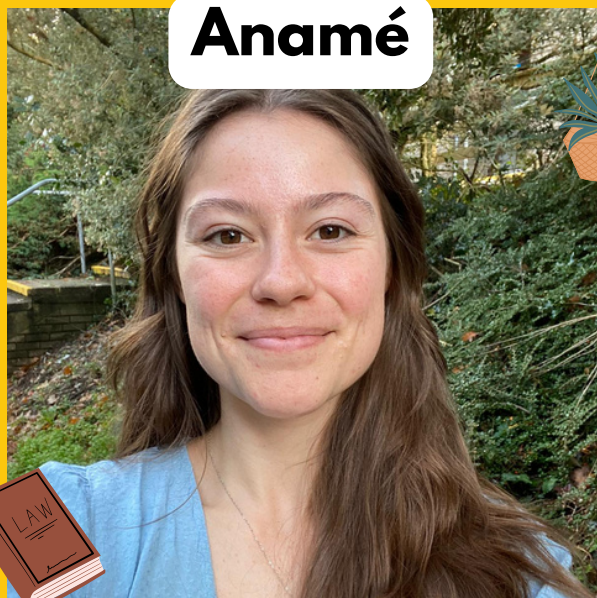
Enlli



"Jump at every opportunity possible, you don't
want to be looking back at your time and
regretting not going"



Anamé



"Prioritize settling into your room - a
comfortable space can be so beneficial for your
mental health."



Josiah



"Set a weekly budget that includes essentials but
also fun activities to have the best experience at
university"



Gwilym



"Find good people by trying different
activities"



Lucy



"Spend time doing what you love, whether it's
reading interesting course texts, or joining
society you enjoy."



Making a Budget



Step One: List your Income

The starting point to any budget is to establish what your starting amount is.



Step Two: List All your Monthly Expenses

You can think about your expenses as foreseen and unforeseen. Foreseen expenses are any expenses you know you will have, like rent, subscriptions, your phone bill etc. Unforeseen expenses are any other expenses.



Step Three: 50/20/30 method

The 50/20/30 method is a beginner friendly customizable budget which allows you to break down your starting income into needs, wants, and savings. Usually you attribute 50% of your income to Needs, 30% to Wants, and 20% to Savings. The great thing about this budget is that you can change these percentages as much as you'd like. Just make sure your percentages add up to 100.



Step Four: Adjust

After your first month of using your budget you will see what did and didn't work for you. You can then change the percentages of your budget to better suit your needs.

If you are experiencing any stress or anxiety regarding finance please reach out!

The Students Union

Visit the advice page on the SU website and fill in the online form. or you can email them union.advice@aber.ac.uk or call them at 01970 621712

Aberystwyth University

Visit the advice and money page on the university website or contact them by emailing them at student-support@aber.ac.uk or call them at 01970 621761/622087

Activities around Aber

The Costal Path Walk

This Costal Path stretches a total of 60 miles (96 km) and offers stunning views of wildlife, geological and archaeological features.

Whether you're just starting out, or are an experienced hiker this path will have something to offer you!

We recommend starting out with the walk from Aberystwyth to Borth.

Constitution Hill

Constitution Hill offers stunning views of Aberystwyth and has a restaurant, a bowling alley, a pool table, and cliff top Crazy Golf. To reach the top you can walk or take the The Cliff Railway. The railway opened in 1896 and operated on a water based system until electrification in 1921.

The Royal Pier Arcade

The arcade is located on the ground floor of The Royal Pier and offers a host of games including 3D motion simulators, Video Games, and classic arcade games like the Bean Bag Toss. It is perfect for rainy days and it is conveniently located next to a fish and chips shop!

The Magic Butterfly Farm

As the name suggests, this magical experience allows you to walk through an indoor tropical house filled with free-flying tropical butterflies, insects, fish, corals, and plants. This farm is located in the heart of the Rheidol Valley and is well worth the visit. Just make sure to reach out before you visit to check that the butterflies have hatched!

Devils Bridge

This world famous tourist attraction is located just a short distance outside of Aberystwyth and offers guests the chance to experience the waterfall and nature around the bridge through short 10 minute loops or scenic 45 minute hikes. You can get there either by driving/ taking a taxi, or taking The Vale of Rheidol Railway.





BywydAberLife

Cadwch y wybodaeth ddiweddaraf am
ein holl Ddigwyddiadau!

Stay up to Date with all our Events!



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MONTHLY EVENTS

Monthly Musical Club

Join our Monthly Musical Club where we pick a different musical each month and watch it with fresh popcorn and refreshments.

The Book Club

This year we've started a book club! We have a monthly session where we chat about the book we've read and what book we will be reading next.

Study with Us

We host bi-monthly Study with Us events where you can come study with us in a relaxing environment and possibly meet new people from your course.

Monthly Cinema Night

Fancy a trip to the cinema? Join us for our Monthly Cinema Night event with a screening of a different film every month. You can text our Instagram or Facebook to get the link and password.

Games Day

We host bi-monthly Games Days where we play board games! Feel free to bring any video games and consoles that you can connect to the TV using a HDMI cable!

Coffee Morning

Fancy a free hot drink? Join our Coffee Morning events and meet with an RA to claim a voucher for a free small drink of your choice!

How to find our monthly Events Calendars

1. By checking our Instagram and Facebook pages
2. By checking the notice boards around campus. The are in all the social spaces, as well as in the stairwells of the accommodation blocks.
3. Your RA will also bring around a copy of the events calendar when they visit your accommodation during their patch rounds.



Freshers Event Timetable!



Week One: 19th - 24th September

Tuesday

Games Day (Board Games and More) 14:00 - 17:00 Y Ffald FP Block 2

Friday

Pom Pom Making 14:00 - 16:00 Y Ffald FP Block 2
Aberystwyth F.C Men's Home Match 19:15 - 22:00 Outside Campus Reception

Wednesday

Coffee Morning 10:00 - 11:30 Fferm Hub Café
Disney Film and Popcorn 19:00 - 21:00 Y Ffald Block 2

Saturday

Pebble Painting 14:00 - 16:00 Y Ffald FP Block 2
Monthly Musical Movie Club 19:00 - 21:00 Y Ffald FP Block 2

Thursday

Open Mic and Pizza Night 19:00 - 21:00 Y Ffald FP Block 2

Sunday

Biscuit Decorating 14:00 - 16:00 Y Ffald FP Block 2
Bingo Night 19:00 - 21:00 Y Ffald FP Block 2

Week Two: 25th September - 1st October



Monday

Coffee Morning 10:00 - 11:30 Fferm Hub Café
Scenic Walk 11:00 - 13:00 Fferm Hub Café
Pebble Painting 14:00 - 16:00 Lolfa Fach, Pantycelyn
Quiz Night 19:00 - 21:00 PJM Yellow Lounge

Friday

Sip n' Stroll 10:00 - 12:00 Fferm Hub Café
Speed Networking 14:00 - 15:00 PJM Yellow Lounge
Karaoke and Pizza Night 19:00 - 21:00 PJM Yellow Lounge
Film Night 19:00 - 21:00 Lolfa Fach, Pantycelyn

Tuesday

Sip n' Paint 14:00 - 16:00 PJM Yellow Lounge
Note to Future Self 17:00 - 18:00 Rosser D Lounge
International Potluck 19:00 - 21:00 Rosser D Lounge

Saturday

Town Parkrun 08:15 - 10:00 The Food Hall
Coffee Morning 10:00 - 11:30 The Food Hall
Nostalgic Film Night 19:00 - 21:00 PJM Yellow Lounge
Karaoke and Pizza Night 19:00 - 21:00 Lolfa Fach, Pantycelyn

Wednesday

Coffee Morning 10:00 - 11:30 Pantycelyn Ffreutur
Adopt a Plant 14:00 - 16:00 PJM Yellow Lounge
Monthly Cinema Night 20:00 - 22:00 Arts Centre Cinema

Sunday

Pottery Making 10:00 - 12:30 PJM Yellow Lounge
Games Day 12:30 - 18:15 Y Ffald FP Block 2
Aberystwyth F.C Outside Campus Reception
Women's Home Match 13:15 - 16:00 Reception
Mocktail Evening 19:00 - 21:00 Y Ffald FP Block 2

Thursday

Decorate and Connect 10:00 - 11:30 Rosser D Lounge
Bookmark Painting 14:00 - 16:00 PJM Yellow Lounge
Book Club:
Introductory Session 19:00 - 21:00 Y Ffald FP Block 2

For additional information surrounding our events, scan our Linktree QR code to access our social media for further updates.

