

YOUR GUIDE TO ESSEX LIFE



**MAKE THE MOST OF YOUR UNIVERSITY
EXPERIENCE**



A logo for Buffalo Joe's, featuring the word 'BUFFALO' in large, bold, white letters at the top. Below it, the word 'JOE'S' is written in a smaller, stylized font. The logo is set against a dark background with a fork and knife crossed behind the text.

CAMPUS SERVICES

FOOD AND DRINK

Essex Food Outlets

Buffalo Joe's is an American-style diner serving classic burgers, fried chicken, loaded fries and all of your favourite sides and drinks. The venue has indoor and outdoor seating and is open all year-round!

Fusion serves a variety of Eastern-inspired favourites, including noodle dishes, katsu curry, gyoza and sushi. Open during term-time, the cosy space is a great place to spend time with friends.

Canteen offers a full traditional breakfast and is also home to chicken restaurant Roost, serving chicken strips, crispy wings, burgers and wraps as well as gyros and kebabs, with a range of sides!

Zest serves footlong subs, salads and wraps for a lighter lunch option, and is open during term time.

Street Food Huts operate on square 4, serving a variety of international cuisine. The pizza hut is available over the summer months

Stem and Root is a vegetarian cafe located in the STEM Centre, serving fresh salads, paninis, jacket potatoes and cafe items during term time

Crumbs serves hot and iced coffees, along with warm breakfast pastries, sausage rolls, bacon baps and sweet treats. This cafe is open over the summer months

Bonds Cafe is located in Essex Business School, offering coffee, pastries and lunch items such as sandwiches and salads

Lakeside Theatre Cafe is a part of our Theatre, offering coffee, pastry, cakes and snacks daily, and operating as a bar on show nights.



SU Cafes

The Kitchen is the Student's Union takeaway cafe, offering quality coffee for an affordable price. The Kitchen prides itself on quick and friendly service, and is the perfect place to grab a drink on the way to lectures! The venue also serves hot pastries, cold drinks and snacks

The Greenhouse Cafe is a vibrant social space for students to mingle and study, serving a range of Starbucks coffee. The cafe, committed to sustainability, uses only local supplies who share the same values. They also serve cakes, cold drinks and lunch items such as sandwiches and salads.

STORES

The Store is the go-to convenience store on campus offering lunchtime meal-deals, fresh produce, cupboard ingredients, confectionery, and much more! The Store is open throughout the year, including over summer.

The Mini Store offers many of the same items as The Store, and is located at the edge of campus next to our Meadows and Pastures accommodations.

Everything Essex is home to official Essex merchandise, including University of Essex hoodies. The store is committed to sustainability, selling a range of environmentally-friendly items such as stationary and gifts.

SU MARKET

Each Thursday, including throughout summer, the center of campus is home to the vibrant SU market. The market offers a diverse range of to-go food options, from pastries and sweet treats to cuisines from around the world, including plant-based delicacies!

The market also hosts local business selling handmade crafts, as well as second-hand and vintage items such as books, CDs and vinyls, and clothes.

BARS AND NIGHTLIFE

SU Bar

The Student's Union Bar is the perfect place to spend time with friends, day or night! Between lectures, the bar provides a cosy and comfortable space to play a game of pool and grab a slice of pizza. In the evenings, the bar shows live sports screening, hosts karaoke and a variety of other events! Offering a range of drinks at affordable prices, the SU bar guarantees a great night! The bar is open on reduced hours over summer.

Top Bar

Top Bar provides a more relaxed environment for those who want to kick back after a day of studying - the perfect place to grab a signature cocktail to enjoy over a round of darts or pool! As well as being known for its great deals on wine, cocktails and premium spirits, Top Bar also hosts cocktail masterclasses and social events such as student mixers!

Sub Zero

Sub Zero is your on-campus nightclub open during term time, bringing great nights out to your doorstep! Run with students in mind, Sub Zero's mission is to be safe, affordable and fun. The club hosts a variety of events including regular sports nights, paint parties, indie nights and international events, as well as hosting guest DJs throughout the year!

WIVENHOE HOUSE HOTEL

Wivenhoe House Hotel is a beautiful venue located on the edge of campus in Wivenhoe Park. The hotel is perfect for a luxury stay in the stunning 18th century house, perfect for special occasions. The venue also hosts events such as music and comedy nights. Park Brasserie, the hotel's French-inspired restaurant offers fine dining on your doorstep, and holds afternoon tea throughout the week. As well as all this, the venue team includes University of Essex students from Edge Hotel School, so you're guaranteed to be met with a smiling face!

WIVENHOE PARK DAY NURSERY

Wivenhoe Park Day Nursery offers childcare to University staff and students as well as the general public, offering a convenient solution to those with childcare responsibilities. The Nursery offers childcare for babies from 3 months, up to pre-school age, and offers both half days and full days to meet your needs.

COMMUNITY ON CAMPUS

SOCIETIES

There are more than seventy societies operating at Essex, with a total of more than 2000 members! Societies are grouped into 7 different themes: Activities, Arts, Cultural, Departmental, Musical, Political & Representation and Religious. This means you can connect with other students based on your hobbies and interests as well as your religious or cultural background! If you don't find a society that resonates with you, it's easy to create your own! Here are some of the societies currently operating at Essex:

K-Pop Society

Islamic Society

Women in STEM

Polish Society

Bookish Society

Film Society

Music Society

Law Society

Indian Society



SPORTS CLUBS

The University is home to more than 40 sports clubs, collectively known as Essex Blades. Many of our teams compete competitively, including in the British Universities & Colleges Sport (BUCS) League - you will often have to complete a trial to be on a competing team. However, most teams have weekly social sessions which are open to all students, including beginners. If you're starting your course in January, you're sports memberships will still last you for a full year, expiring at the end of December. It is free to join a club to take part in social sessions, but some sports societies charge membership fees for those wishes to attend training sessions and compete. Below is a complete list of our sports societies:



American Football

Archery

Athletics

Badminton

Baseball & Softball

Basketball

Boxing

Cheerleading

Climbing

Cricket

Cycling & Triathlon

Dance

Dodgeball

Equestrian & Polo

Fencing

Football

Futsal

Golf

Handball

Hockey

Ice Skating

Jiu Jitsu

Judo

Karate

Kendo

Kickboxing

Lacrosse

Mixed Martial Arts

Netball

Pole Dancing

Pool

Powerlifting

Rowing

Rugby Union

Snowsports

Squash

Sub Aqua

Swimming & Water Polo

Table Tennis

Tennis

Ultimate Frisbee

Volleyball

ESSEX SPORT MEMBERSHIP



Essex Sport Gym is located on campus in the Sports Center, providing an accessible, state-of-the-art fitness studio for students. With 160 fitness stations and a friendly team on site,

staying fit and healthy couldn't be easier. Essex Sport provides 3 offers for students, at different price points so you can find something to match your budget. The Silver and Gold memberships allow access to the gym, sports facilities such as basketball and squash courts, and fitness classes, including yoga, HIT and more! Each membership can be paid upfront or by a monthly direct debit - and if you're living in University accommodation, you can claim a silver membership for free, giving you off-peak access to the gym as well as other benefits!

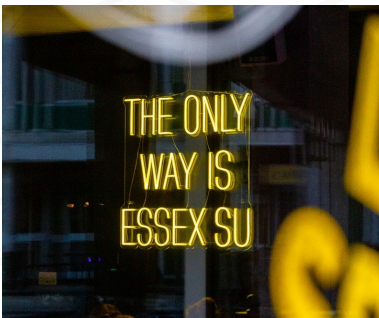


STUDENTS' COMMUNITIES

The Student's Union has a wide range of Communities you can become a part of, to make meaningful connections based upon your background or student group! Each community is represented by an elected Student Community Officer (SCO) who volunteers their time to organise events and sits on Student Council, to represent the needs of the community, making the University a welcoming and supportive place. By joining a community, you will also be able to access the communities common room, a safe space for communities to connect and relax! Below are the communities you can become a part of:



- Asian Students' Community
- Black Students' Community
- International Students' Community
- LGBTQ+ Students' Community
- Students with Disabilities Community
- PGR Students' Community
- PGT Students' Community
- Student Parents and Carers Community
- Mature Students' Community
- Women Students' Community



VTEAM

Vteam is the home of volunteering at Essex, and winners of the Kings Award for Voluntary Service in 2023! There is a huge variety of volunteering opportunities to get involved with, from regular weekly projects to flexible online opportunities. Projects include teaching English to refugees and asylum seekers, assisting at local animal shelters, and organizing regular clothes exchanges on campus! Volunteering can provide a needed break from studying, allow you to connect with others, both students and those from the wider community, and can be a great addition to your resume!

REBEL MEDIA



Rebel is the University's student media center, offering students the opportunity to utilise their creativity, offering opportunities in radio, editorial, and TV. Rebel is free to join and open to all students regardless of their experience! If you have interest

in photography, journalism, creative writing or world news, Rebel is the perfect place to meet like-minded, creative students and produce content for the wider University community to enjoy.

EVENTS AND CELEBRATIONS

If the Student's Union is known for one thing, it's the amazing events we hold for our students! We celebrate cultures from around the world, encouraging students from all backgrounds to take part to celebrate the diversity of our campuses.



Our events take place throughout the year. Some of our most popular celebrations include Black History Month events, Holi, Lunar New Year and a variety of Christmas events.

Smaller-scale events take place regularly each week, so there's always something to do! Check these out on the next page...

Whether you're looking to meet others with similar interests, take a break from studying or practice a hobby, the SU hosts regular social events to help you do just that!

SU Makes hosts arts and crafts events such as journal making and mug decorating for a chance to connect with your creative side

SU Reads is a low-commitment book club that meets once a month, providing you with the materials you need and encourages you to come along whether you finished the book or not!

The SU also holds regular **student mixers** for different communities, **coffee mornings** and **games nights** - something for everyone!

Events Just For You

Make sure to keep an eye out for events created for late registration students - these are a great opportunity to make friends who have arrived at the same time as you! If you've started your course in January, make sure to attend our refresher fair, where you will have the opportunity to speak to our societies and sports clubs, and find out what support is available to you during your studies. We also hold events throughout summer, so there will always be an opportunity to try new activities and spend time with others!



COLCHESTER COMMUNITY

Colchester is a vibrant and welcoming community, with lots to offer students! The city center is easily accessible from campus via public transport, which runs until late each night. Colchester city center is home to great nightlife, and is great for shopping or spending time with friends when you're not studying! Visit the monthly farmers market, Roman castle and museum, or the brilliant Mercury Theater to catch a show or workshop! Castle Park provides beautiful scenery, perfect for a summer study session - or take a break and head to Colchester Zoo, just a short bus journey out of the city center!

Top tip: Signing up for a student discount service such as UNiDAYS or StudentBeans can save you money in a variety of high street shops!



SHOPPING

There are several stores near to campus for you to stock up on groceries:

Tesco Superstore, Greenstead Road is just 1 mile from the center of campus, or a 20 minute walk, with bus services running regularly between campus and Tesco. Deliveries from Tesco can also be made to campus accommodations and within Colchester.

Lidl, St Andrews Avenue is located 2 miles from campus, convenient for those living in Greenstead or the outskirts of town centre

Aldi, Magdalen Street is just over 2 miles from campus, and is accesible for students living in Hythe or the city centre

PUBLIC TRANSPORT

The following bus routes operate through campus and stop at the following locations (both directions):

87

Great Horskley
North Station
City Center
Greenstead Tesco
Campus
Wivenhoe
Brightlingsea

S1

Highwoods
Colchester Hospital
North Station
City Center
Old Heath
University Quays
Campus
Wivenhoe

74

City Center
Hythe
Campus
Wivenhoe
St Osyth
Clacton-on-Sea

If you use FirstBus frequently, ask our team at SU Reception on Square 3 about discounted bus passes for students!

Frequent trains also run between Hythe Station (1 mile from campus), Colchester Town Station, and Colchester North Station

If you're ready to explore what student life has to offer, click here to unlock your SU membership.



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Visit Colchester
Joe Holmes