

STUDENTS WHO COMMUTE



The University recognises that the experience of students who commute is in some respects very different from the traditional students living in accommodation.

Different pressures are evident and the University wishes to provide as much support as possible.

This document is the first step in doing so.

BEATING THE RUSH HOUR

There's lots of reasons to come onto campus for an early start. You can beat the rush hour, ensure you get a parking space or a seat on the Metro. You can get that preparation done for that seminar you may or may not have forgotten to do and, during exam times, secure your favourite spot in the Library.

OVERNIGHT ACCOMMODATION

Designed for commuter students facing late nights and early mornings, this space offers cheap overnight stays in the University's accommodation.

Whether you're off on a night out in Sunderland, or just want to get an early start, this is a great option.

Single night stays will cost you £20 and multiple night stays will cost you £15.

To book a space all you need to do is email **accommodation@sunderland.ac.uk** and include some dates when you're thinking of staying.

Please be aware that rooms are dependent on availability, so book up quick.

BREAKFAST CLUB

As a commuter student, why don't you make an early start and come along to your breakfast club at both campus cafes?

Breakfast is served from 8am-11am and you will be able to take advantage of the fabulous discounts available.

FACILITIES FOR YOU UNIVERSITY SHOWERS

The gym showers located at CitySpace are free to use for all those students who commute. So whether you sleep in and don't have time to shower, or it has been a long day, pop into the gym and get refreshed.

FREE WATER FOUNTAINS

These can be found on either campus:

City campus:
Murray library, CitySpace, Fleming, Pasteur, Johnson and Priestman buildings.

St Peters Campus:
Reg Vardy on every floor, David Goldman and at the Prospect library.

BOILING WATER

You can also get free boiling water from the catering outlets if you have your own reusable cup and its 20p if not.

MICROWAVES

We understand that it is costly to eat out every lunchtime.

The University has recently provided microwaves so you can heat up your own food when it suits you.

You can find these located next to Murray library café.

FITNESS CLASSES

At our CitySpace Gym you will find a wide range of exercise classes available every day, from **7.15am on weekdays** and **9.00am at weekends**.

There is also a brilliant CitySpace app, available on Google Play or iTunes, which will keep you up-to-date on all the latest class timetables.

All you have to do is sign up for a gym membership and you can attend as many classes as you like.

Additionally, you can get a free trial Gym membership before you make any commitments.

Please contact the CitySpace team on 0191 515 2009 for more information.

STUDENT LIFE

STUDENT BUDDY SCHEME

SU Buddies connects new and returning Sunderland students together so that they can share tips, knowledge and experience they've gained about the social, non-academic side to university life

This is also a brilliant opportunity to meet new people outside of your course with regular socials and activities for you to join.

Interested?
Contact Vicki White at the Students' Union on 0191 515 3582.

STUDENT SECURITY

If you are studying late, we know that journey to the metro or to your car in the dark maybe worrying for some of you. The University has a dedicated security team who are there to provide you with support regarding safety.

You can contact them 24/7 on 0191 515 2028

FURTHER INFORMATION

For more information on the way the University can support students who commute visit sj.sunderland.ac.uk/belong

USEFUL CONTACTS

The Gateway
0191 515 2222

Student Support Services
0191 515 2933

Library
0191 515 3691