

# Get involved /

*Even when you're not studying, there's plenty to do, see and enjoy when you get involved. The UCL Students' Union (UCLU) runs a wide range of activities, and you can put your time to good use helping other students or the wider community.*

## UCL Students' Union

As a student, you are automatically a member of UCLU, the Students' Union. UCLU is a democratic, student-led organisation run by UCL students whom you have the chance to elect. UCLU provides a wide range of services to help you get the best out of your time at UCL.


### Have your say

// UCLU supports a wide range of campaigns on issues affecting the Union, the university, and wider society

 [www.uclu.org/campaigns](http://www.uclu.org/campaigns)


// all UCL students have the opportunity to stand for and vote for officer positions at UCLU. This includes a team of full-time sabbatical officers who take a year out of their studies to run UCLU, with each receiving a salary during their term of office

// forums are an opportunity for every student to debate and discuss what UCLU does and says in various areas.

 [www.uclu.org/forums](http://www.uclu.org/forums)

### Join up

UCLU has over 200 clubs and societies, all run by students. They cover a wide variety of interests from sport and culture to arts and faith. Any UCL student can join any club or society or start their own. In fact, getting involved with a club or society is a great way for you to develop a hobby, learn new skills and make new friends.

 [www.uclu.org/clubs-societies](http://www.uclu.org/clubs-societies)

### Active UCLU

Active UCLU is an initiative which promotes and supports a variety of health, wellbeing and sporting activity at UCL. Active UCLU includes a growing sports programme currently centred on football, hockey and softball. There is also a support programme for elite athletes who study at UCL.

 [www.uclu.org/services/active-uclu](http://www.uclu.org/services/active-uclu)

### Give it a Go

Give it a Go runs free or discounted trips and activities, so you can try out things you've never done before and visit new places. There's no need for a regular commitment, simply do as many or as few as you like.

 [www.uclu.org/giag](http://www.uclu.org/giag)

### Events

UCLU Events organises the nightlife at UCLU, including club nights and annual balls. Venues for UCLU Events have included many top London clubs such as Ministry of Sound, Koko, Fabric, Heaven and the IndigO2 at the O2 Arena.

### Volunteering Services Unit

UCLU's Volunteering Services Unit (VSU) is one of the biggest departments of its kind in the country and by far the biggest in London. VSU are proud of the opportunities on offer, so you could find yourself:


// undertaking some sports coaching with local young people

// guiding people around one of London's hidden museums or galleries

// campaigning on an issue you care about

// getting your hands dirty at one of our environmental events, including volunteering on the London Wildlife Trust's nature reserves.

There are over 500 projects for you to choose from, so there's always something that will fit your time, availability and interests. By taking part, you'll meet new people, build new skills and get a real insight into London life.

 [www.uclu.org/volunteers](http://www.uclu.org/volunteers)



A selection of posters advertising a small proportion of the student productions that have been staged recently



UCL has a policy of keeping Wednesday afternoons free of teaching, so you can take advantage of the social and sporting activities on offer

UCL's Sports Grounds at Shenley in Hertfordshire hosts all home matches for rugby, football, netball, lacrosse and cricket.



One-off events, such as fundraising for the British Heart Foundation, are an effective way of undertaking some volunteering activity whilst studying



Olivia Watson, History BA, is a member of the Senior England Lacrosse Squad playing at a top international level. She is funded and supported by UCLU's Elite programme



*The Tempest* was presented by UCLU Drama Society in association with UCLU Stage Crew and RSC Open Stages

200

Scan this QR code to see a full list of clubs and societies



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### UCL Student Ambassadors

Our Student Ambassadors are dedicated to the positive promotion of higher education in general and UCL in particular. They make presentations, represent UCL at education fairs and give tours of UCL, all aimed at encouraging school students from primary through to Year 13 to explore new ideas and realise their goals.

 [www.ucl.ac.uk/sas](http://www.ucl.ac.uk/sas)

### UCL Student Mentors

Student Mentors aim to provide consistent, ongoing guidance and support to students in local schools, helping them achieve their potential. All Student Mentors are fully trained. You'll gain huge satisfaction from witnessing the difference your input makes and you'll benefit in terms of your transferable skills.

 [www.ucl.ac.uk/outreach](http://www.ucl.ac.uk/outreach)



#### Volunteering

**Claire Hall, Third Year, Biochemistry BSc**

I think living in London has greatly helped me develop various life skills and has given me access to such a wide range of opportunities. I've made the most of these and over the past few years I have been involved with various voluntary work placements. For example, working with women with mental health issues has helped broaden my understanding of issues relating to my BSc, and being a London Ambassador during the London 2012 Paralympic Games gave me a once-in-a-lifetime opportunity! I've met a diverse range of people being in London which has been fantastic for networking.

### UCLU clubs and societies

From business to bridge and cinema to snooker, UCLU societies cover a huge range of activities and interests. Listed below are just some of the 200 societies available to join:

**Amnesty International Society**

**Debating Society**

**Entrepreneurs Society**

**Film Society**

**Jazz Society**

**Modo Fashion Society**

**Musical Theatre Society**

**Photo Society**

**Sign Language Society**

**Tech Society**

**Vegetarian Society**

**Writers Society**

UCL Student Ambassadors assist at many outreach and student recruitment events including meeting and greeting prospective students at UCL's annual Open Day

