

COUNTDOWN TO UCL



We are here for you!



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WELCOME TO A NEW YEAR AT UCL - We're committed to making sure you can receive a world-class education and student experience in September, and that you can do so safely and with the flexibility you need. Check the **UCL Students website** regularly for all the latest on how we're doing this.

Dear **#{Contacts.First Name}**,

University is an amazing experience, but amongst all the studying and social activities, it can sometimes be easy to forget to take care of your mental and physical wellbeing. That's why, in your Countdown to UCL email number 7, we talk about the all-important subject of **Health and Wellbeing**.

Health and Wellbeing

Here at UCL, we care about all our students and we believe that your health and wellbeing is just as important as your studies. In this theme, we introduce the ways in which you can take care of both your physical and mental wellbeing and show you how to access different types of support should you need them.



Coronavirus health and safety on campus

Visit our dedicated [Keeping Safe on Campus website](#) for all the latest information on how UCL is protecting our staff and students as we reopen our campus.



Registering with a GP - the Ridgmount Practice

The [Ridgmount Practice](#) is UCL's partner GP surgery located near our Bloomsbury campus. If you're able to come onto campus in September, then you should register with the surgery as soon as you can to ensure you can access health care services whilst here with us.



Accessing health care - where to get help

There are a variety of health care services here in the UK. Here we outline which service you should use depending on the condition you find yourself experiencing. [Find out more.](#)



Sports for all - whatever your ability

No matter what your ability is, sports should be for everyone! Here, we outline all the types of sporting activities available at your fingertips for all levels, including online sessions. [Read on.](#)



Looking after your mental health

In this article, Mental Health and Wellbeing Manager Chilima discusses the ways in which you can look after your mental health whilst studying at UCL. [Read on.](#)



Online Induction to UCL

Your Online Induction, part 1 - The Introductory Programme

A new interactive online learning experience, the Introductory Programme will help you get to know UCL – its values, its community and its achievements – all before you even start your programme. [Find out more.](#)

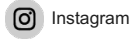


Welcome Guide September 2020

Download the Welcome to UCL app - Guide for New Students September 2020

The Welcome to UCL app's 'Guide for New Students September 2020' includes a range of handy features, like the full list of induction and welcome events we're adding over the coming weeks, so you'll have a comprehensive orientation schedule in the palm of your hand. [Download](#) on the [App Store](#) or [Google Play](#) today and be sure to enable notifications for regular updates!

EXPLORE THE COUNTDOWN TO UCL



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