

Moving to University

Moving to university is an interesting, engaging and thrilling experience. But it can be daunting for some. Whether you feel completely prepared for university, or if you're yet to consider preparing, there is always support and guidance available!

What to bring:

When going to university, some things will be provided for you, while others will not be. When looking for accommodation, the university will typically say what they do/do not provide. There are also many lists online that can be used as checklists to ensure that you have what you need.

Some of the essentials include:

- Bedding (duvet covers, pillow cases and bedsheets)
- Toiletries (toothbrush, toothpaste, floss etc)
- Clothing for any weather (especially if you're moving away from home)
- Working stationery (including laptops/tablets, cases, chargers)
- Kitchen equipment (plates, cups, saucepans, bowls, cutlery etc)
- Toolkit (should anything of yours break or simply need repair)

There are many more things to consider, links to extra checklists are included below.

Making new friends:

University is an exciting change for most people, and most students will be looking to make new friends. Your housemates can provide a good group of immediate friends, but should that not be possible, be sure to try and engage with societies provided by your student's union.

Societies are a great way to meet new people with similar interests. If you're confident enough to join a society for something you haven't tried before, your fellow society members will be able to help you explore your new interests.

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Student budget:

Budgeting is important. To be able to join the societies you want, or to go out with friends, it is key to make sure that you can afford it.

At the start of the term, consider which costs you are going to have to pay during the term, such as rent, food shops, subscriptions and other bills. Find out how much they will cost during the term, then subtract that from your loan. The money left is the money you can spend on societies and other nice things.

Know your limit and try not to spend money that you will need for something else. Look out for deals as well; most shops will have a 'reduced' section, which can make food shopping a lot cheaper if you're lucky.

Extra support:

Should you have any issues upon arriving at university, your student's union and Teenage Helpline will be able to provide advice, insight and support.

<https://www.savesthestudent.org/accommodation/what-to-take-to-university.html>

<https://www.theuniguide.co.uk/advice/preparing-for-university/ten-things-you-can-donow-to-make-the-move-to-uni-easier>

<https://www.timeshighereducation.com/student/advice/ultimate-guide-moving-university>



**TEENAGE
HELPLINE**