



EVERYTHING

YOU

NEED TO KNOW

ABOUT

QUEEN MARY  
STUDENTS' UNION

QM | Queen Mary  
SU Students' Union

# WELCOME TO QUEEN MARY STUDENTS' UNION

Welcome to Queen Mary! We're so glad you're here. QMSU, your Students' Union, is here to support you, celebrate with you, and stand up for you throughout your uni journey.

We're a student-led, not-for-profit charity, independent from the University, so everything we do is focused on you. From fun activities and new friendships, to speaking up on the issues that matter most, we'll work to make Queen Mary feel like home.



## There's loads of stuff to get involved with! Why not try...

- Joining a society, sports club or playing in a social league
- Volunteering in the local community, organising a charity event or levelling up with some new qualifications
- Taking on a role at our student newspaper, radio station or magazines
- Starting a fitness programme at Qmotion, our on-campus gym
- Having a positive impact on the planet by taking part in our sustainability opportunities
- Trying a sport you've never tried before at a Get Active session
- Becoming a student rep and helping change the things that matter to students
- Meeting people by coming along to one of our awesome events



## Who leads the Students' Union?

The Students' Union is led by students just like you. There are lots of roles, from President to Course Reps. We have six Executive Officers who are full-time, paid students and, just like with our general elections in the UK, they are elected via an all-student vote.

Election season is an awesome time and it's great fun seeing students campaigning for what's important to them. Everyone can get involved with nominations and voting, so watch out for our Autumn and Course Rep Elections starting in September and our Spring Elections starting in January.

**WE LISTEN. WE ACT.  
WE IMPROVE  
STUDENTS' LIVES.**

# CLUBS & SOCIETIES

Got a hobby or passion you love, or something new you really want to try? We have over 250 Societies and Sports Clubs that will link you up with other people who like the same stuff too!

## Why should I join?

It's a great way to meet friends and take a break from studying, but it can also offer you opportunities to grow as a person and glow up your CV!



## How does it work?

Groups are completely student-run with QMSU's support. Members pay a small fee to be part of a group, which helps fund events and other fun stuff that you can join. You can also help run a group by taking on a role like president, secretary or treasurer, giving you something interesting to flex at interviews after you graduate.



## What do they do?

Clubs and Societies do all sorts of unique things, depending on which one you join! Some popular activities include:

- Social and Academic Events
- Trips and Excursions
- Workshops, Talks and Seminars
- Training and Mentoring programmes
- Fundraising and Volunteering
- Cultural Nights and Festivals

Check out our huge range of diverse groups!



### Academic

Broaden your horizons academically in a relaxed and social environment

### Campaigning & Political

Deepen your knowledge and express what's important to you

### Cultural

Immerse yourself in the values, traditions and customs of cultures across the world

### Faith & Spiritual

Observe and celebrate your beliefs

### Hobbies & Interests

Hang out with new friends, relax and have fun

### Liberation

Represent marginalised communities and shout about their awesomeness

### Performing Arts

Express yourself creatively and showcase your artistic talents

### Professional Development

Expand your knowledge and develop transferable skills

### Sports Clubs

Represent Queen Mary in competitive or recreational sports

### Student Media

Pursue media skills in a semi-professional environment

### Volunteering Groups

Use your downtime for good, level up and share experiences with others

### Want to find out more?

Meet and chat to student groups at the Welcome Fair.

For the latest deets on the Welcome Fair scan or visit [qmsu.org/fair](http://qmsu.org/fair)



### If a student group isn't for you

Our Try Something New programme has free, one-off activities like Crafternoons which you might wanna check out instead.

# HELLO, SPORTS FANS

Uni is all about creating a lifestyle that works for you and makes you feel great. Perhaps you're sports mad or focusing on your health and wellbeing, but even if you have a full-blown fitness phobia we can help find something active that works for you.

## Wanna be part of a team?

Great! You have access to a ton of awesome Sports Clubs and Social Leagues at your Students' Union. Whether you're just up for a chilled friendly or a serious national competition, we've got you.

There's a massive range of sports to choose from, so it's completely your choice if you want to try something new or improve in your existing sport... or both!



We're  
BUCS  
Football  
Accredited



## Love the gym?

Qmotion is your on-campus gym, with three floors of amazing facilities including Olympic-lifting platforms, women-only spaces and daily group fitness classes.

They also offer every member a brand new personalised training programme every six weeks! Oh, and the post-workout shakes at Union Café are amazing.

Cheap student deals are available now at [qmsu.org/qmotion](http://qmsu.org/qmotion)



## Love sports, but wanna keep it casual?

Don't want the commitment of playing for a club but still love sports? Pay and Play Get Active sessions are timetabled, but commitment free. You just book them as you fancy. There's sports like table tennis, badminton and pickleball, which typically run for an hour and cost £2. We also run Get Active courses if you want to focus on a specific sport more closely.

If you're after fun competition without club level dedication, Social Leagues might be the fit for you.



## Just like watching?

Our on-campus venues show televised games throughout the year, with special deals on food and drinks.

And you really won't want to miss the highlight of the sporting year - Merger Cup - where all our sports teams go head to head in a winner takes all competition!

## Prefer managing or coaching?

Sport is so much more than just the people competing, a huge team get athletes to where they need to be.

If you're an aspiring coach, love reffing or a natural born leader, you could access fully-funded qualifications, paid work opportunities and more through our Sports Employability Academy.



## Want to level up?

Anyone with a role of responsibility in the Students' Union has access to our Skills Award programme, providing free training and career reflection sessions.

There's also opportunities to intern or work within the QMSU offices and venues.



# LEAVE THE WORLD A BETTER PLACE

Stand up. Get involved. Make it count. We're here to help you turn what you care about into action, and have a good time doing it!



## #communitygoals

Volunteering is a win all round.

You'll meet great people, try new things, and it doesn't have to be a massive time commitment.

Whether you're building career skills or just fancy doing something different, there's a role with your name on it.

### If you're short on time

Check out the full and half day opportunities available in the 'Give Volunteering a Go' programme.

### If you have a specific interest

Join a student-led volunteering group and hang out with like-minded students running activities in the local community.

### If you want to mix it up

Check out our wide range of Community Volunteering opportunities that match your interests and availability across London!





## There's no planet B

We care about the planet - and know you do too. That's why you'll see events and volunteering opportunities all year round that put sustainability into action.

Feel awesome and have fun by taking part in one of our Canal Clean-Ups. Meet new friends whilst fighting to keep wildlife safe and free from the risk of pollution. Every volunteer makes a huge difference to our much loved adopted waterway. It's sad just how much litter we find, but we move... and carry on cleaning!

## Small steps, big changes

Why not make small sustainable changes and save yourself some money? You could:

- Take part in Meat-Free Monday and save 20% on all veggie food.
- Cycle, walk or run to campus. Use our free bike shelters for safe storage.
- Minimise waste and landfill with our Reuse Programme. We collect stuff you no longer need and donate it to students who do. Head over to our Reuse Fair to grab free stuff donated by last year's students.
- Get involved with Climate Action Week, happening in February.
- Follow @QMULSustain for more tips!

## Got a sustainability suggestion?

Awesome! Get in touch with us at [qmsu.org/ideas](http://qmsu.org/ideas), slide into our DMs or visit us in the Hub - we'll help make your dream a reality.



## Find out more

If you want to know more, follow us on Instagram [@qmsuvolunteering](https://www.instagram.com/qmsuvolunteering) or contact our very helpful Volunteering team at [su-volunteering@qmul.ac.uk](mailto:su-volunteering@qmul.ac.uk)

# LEAD YOUR STUDENTS' UNION

6 Full-Time Exec Officers

10 Student Reps

400+ Course Reps

## A role that matters

Every year, six students are elected to work full-time as Executive Officers. These are paid roles leading QMSU, shaping big decisions, and repping every Queen Mary student. It's a game-changer for your CV and an incredible life experience.

We also have students who volunteer alongside their studies in our 10 Student Rep and 400+ Course Rep positions. Alternatively, you could join one of our forums or campaign groups.

## Wanna know more?

Getting your head around how the Students' Union works can seem a bit confusing, but it's actually pretty simple. Get the full low-down online.



[qmsu.org/yourvoice](http://qmsu.org/yourvoice)



### President

Takes the lead and oversees the organisation as a whole with the support of QMSU staff.

Diya



### VP Barts & The London

Represents and campaigns on matters relating directly to Medicine & Dentistry students.

Maria



### VP Liberation, International & Postgraduates

Represents communities through campaigns.

Hassam



### VP Humanities & Social Sciences

Represents and campaigns on matters relating directly to Humanities & Social Sciences students.

Samarth



### VP Welfare

Represents and campaigns on matters relating to welfare, mental wellbeing and financial support.

Eshwinder



### VP Science & Engineering

Represents and campaigns on matters relating directly to Science & Engineering students.

Tushar

# GET LIBERATED



Uni's your space to be exactly who you want to be, and celebrate our culturally and socially diverse community of students.



## Tackling issues together

Our student-led campaigns and forums aim to empower our communities and push for change. You can join a campaign group or start your own, to change something important to you.

## Join in

Got an idea that hits close to home, or just something you really care about? Tell us, and we'll help make it happen. Funding, planning, promo - we've got you sorted!

If you don't want to plan something yourself, keep an eye on our socials and website to see what's coming up.

## Take action

Our liberation campaigns are created *by students, for students* - covering race, religion, sexuality, disability and more. Think Black History Month, LGBTQ+ History Month, Disability History Month... and that's just the start.

You might find yourself:

- Hearing lived experiences from powerful guest speakers
- Deep diving into books, films and podcasts that open your eyes
- Watching stories come to life on stage or screen
- Experiencing culture through food, music and tradition
- Hitting up a themed club night or popping by a student-led market

## Be the change

Want to raise an issue or let us know how your time at uni could be improved?

You can share your ideas at an All Student Meeting, mention them in a QMSU survey, chat to a student rep or submit them via [qmsu.org/ideas](http://qmsu.org/ideas).



# EAT, DRINK SHOP & PLAY

Our social spots on-campus are made for hanging out, fueling up and making memories... all with student-friendly prices.



## Ground Café

Always the first stop on campus. Dreamy matcha combos, ethical barista coffee, plus those daily baked goods... elite.

**Student pro tip:** Bring your own cup, get a discount and help reduce single-use waste on campus.



## Drapers & The Griff

**Drapers:** The food, drink and gaming zone at Mile End. Pool, darts, air hockey, table tennis, and video games.

**The Griff:** The go-to chill-out space at Whitechapel for catch-ups, food and drinks by day, and many of our events by night.



## Low-key hangs / High energy events

Our events calendar is totally eclectic - from crafts and fitness, to relaxed socials, trips and tours.

And if you're looking for a great night out, our flagship club nights take place right here on campus at Drapers - with live DJs and student budget friendly drinks deals.

See what's coming up at [qmsu.org/events](http://qmsu.org/events).

## The Students' Union Hub



The Students' Union Hub is a favourite campus hangout, where you'll find lots of our services and the proud home of our legendary mascot, Mary the Leopard! Downstairs, you can chill in a cosy corner, challenge your mates to table football, or heat up your lunch at our microwave stations.

You'll also find our Reception where our friendly staff can help you with anything you need to know. Upstairs you'll find The Nest, a relaxed social study space, perfect for working with friends. At the very top, you'll find the Multi-Faith Centre, it's a welcoming space for reflection and prayer and open to all.

## The Lounge

A chill-out space by day and events space by night. The perfect spot to eat lunch, catch-up with friends or just to take a break between lectures. With comfy seating, a laid-back vibe and plenty of space to relax or work, it's ideal for winding down or powering through assignments. Plus, keep an eye out for events in The Lounge throughout the year.



## Village Shop & Union Shop

Find groceries, meal deals, drinks and QM merch right here on campus. We're closer than other shops and you can collect points and score discounts through the QMSU Perks app too! There's also an in-store café in Union Shop, your go-to for post-gym shakes and smoothies, speedy coffee to go and grab and go bites.

**Student pro tip:** Grab a Village Shop Meal Deal and Study alfresco down at Canalside for the day.



Check out Page 6 for details about Qmotion, our on-campus gym



## Online shop: Rep Queen Mary your way

Can't make it onto campus? Get gifts, gear, and merchandise - available online with click & collect or worldwide delivery.

From iconic hoodies, baseball jackets and dad hats to Chilly's QM bottles, reusable mugs and grad bears... We've got all the official merch to show off your uni pride. [qmsu.org/shop](http://qmsu.org/shop)

## Not for profit, just for students.

Every penny you spend in QMSU spots goes straight back into services for you... from fun events to vital support services. Spending that gives back? Yes, please!

# HELP & SUPPORT

Being at university is a big change and you may feel nervous about being here. Don't worry, it's normal! We have services you can use to put your mind at ease.

## Money and budgeting

Worried about managing your money? You're not alone - and you don't have to figure it out by yourself.

The uni's Advice and Counselling Service offers free, confidential help with budgeting, plus supermarket vouchers, loans and grants.

On campus, you'll also find:

- Food pantries for those in need
- Free sanitary products
- Money-saving tips on our socials
- Voucher booklets to save £££ at Students' Union venues
- And we're pushing for offering more free events and campaigning to keep uni affordable.

Check out all the support available at [qmsu.org/cost-of-living](http://qmsu.org/cost-of-living)



## Studying and exams

Stressed about results, appeals or course complaints? Our Academic Advice Service has your back, from reviewing exam board decisions to sorting course issues.

The uni also has a Disability and Dyslexia Service for students with learning differences, disabilities, or mental health needs.

## Accommodation and housing

Flatmate drama? Housing stress? Not sure where to start?

The uni's Housing Service can help you find a place to live, deal with landlords, and even check your contract before you sign.

## Health and wellbeing

Your wellbeing comes first, always.

You can see a doctor on campus through the Student Health Service, including advice on sexual health, drugs and alcohol.

The Advice and Counselling Service can help you look after your mental health, and runs regular Wellbeing Workshops.

You can also meet new people through the Queen Mary Buddy Scheme - connecting new students with friendly, experienced ones in your school.



## Bullying & harassment

Queen Mary is for everyone, and abuse of any kind has no place here. Use the uni's Report + Support system to call out or get support with bullying, harassment, hate incidents, or gender-based violence. Every report is taken seriously.



## Life after graduation

Not sure what's next for you?  
No stress.

The Careers and Enterprise team is here to help you figure it out - with careers events, workshops and advice to get you ready for whatever comes after uni.

## Time out to reflect

Need a quiet moment to pray, reflect or clear your head?

QMSU's Multi-Faith Centres at Mile End and Whitechapel are open to everyone.

## Help us do better

Got an idea? Could we be doing more to help? Please let us know.

Better support starts with listening and understanding what's important to you.

# EXPLORE LIKE A LOCAL

In East London there's always something new to do. Check out our highlights reel of gems, right here on your new doorstep.



## Food, fits & market finds

**Brick Lane:** Iconic for curries and bagels

**Kingsland Road:** Top spot for East Asian eats and massive Oriental supermarket

**Spitalfields Market:** Street food, indie brands and good vibes

## Stuff to do (that won't cost loads)

**Genesis Cinema:** Indie films, comfy sofas

**Westfield Stratford City:** Europe's biggest shopping centre = retail therapy sorted

**Barbican Centre and National Theatre:** Student deals on world-class shows

**Tate Modern and Whitechapel Gallery:** Always free, always cool

**Shoreditch:** Adult ball pits, ping pong bars, bowling and more

**Columbia Road Flower Market:** Sunday strolls, people watching, room glow-ups

**Local sample sales:** Keep your eyes peeled for fashion steals

## Nature in the city

**Mile End Park, Victoria Park and Regent's Canal:** All walking distance, all amazing

**Greenwich Park:** Stunning views and the Royal Observatory (aka time travel, kinda)

**City farms:** Visit the animals at Stepney City Farm and Hackney City Farm



## Wanna know the latest?

Check out [qmsu.org](http://qmsu.org) or our socials: Instagram, TikTok, Facebook, LinkedIn and YouTube.

QM  
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