



your GUIDE TO Freshers

ACTIVITIES, EVENTS, & SUPPORT FOR ALL!

GET YOUR
**FRESHERS
DISCOUNT CARD**
FOR EXCLUSIVE
OFFERS

FULL
BREAKDOWN
FOR EVERY
**FRESHERS
EVENT**

SUNDAY 20TH SEPTEMBER TO SUNDAY 4TH OCTOBER



TEES-SU.ORG.UK
/EVENTSSOCIAL



THE TERRACE

BAR - KITCHEN - VENUE

— YOUR —
**Campus
Escape**

TUSC
CARD
OFFERS

Check out
our **Coffee** 
Frappes 
Matcha 
Soft drinks
and our

Deals available

Bottles

CORONA CERO | BUDWEISER

Cans

HOOSH | REKORDERLIG

Pints

AMSTEL | INCH'S | COORS

Plus

VK
SELECT SPIRIT AND POP MIXER
2x CORKY'S
2x TEQUILA ROSE SHOTS



**1st Floor, Teesside University
Students' Union Building**



— Open weekdays from 10am
(The Terrace closes at 5pm on a Monday)



— Open Saturday's from 7pm



— Breakfast 10-11.30 - Lunch served from 11.30am



— Alcohol served from 11am weekdays



View our menus at

**TEES-SU.ORG.UK
/THE TERRACE**

WELCOME FROM YOUR STUDENT OFFICERS!

We're really excited to meet you in this new era for our union. Our goal is to help you settle in, feel at home and enjoy a positive and rewarding student experience! We have been elected by students like yourself to oversee the running of your Students' Union this academic year and ensure your voice is heard by the most senior figures at the University, including the Board of Governors and Vice-Chancellor.

- > You are a member of the Students' Union (which can be found opposite The Curve and next to Teesside University Library) the moment you enrol on a course at Teesside University.
- > Participate in activities and a wide range of different communities where you can meet new people, continue an interest, or develop a new one.
- > Get advice and representation on academic and accommodation issues from our experienced advisers in SU Student Support (SUSS).
- > Use our social and study spaces to work, socialise and meet up with others.
- > Enjoy our many day and evening events.
- > Get daily essentials like food, drink, information and more through our commercial services.

We hope everyone has a great Freshers and an even better academic year with TUSU right at the heart of your student life, however much time you can spare. Make sure you find out more about us and get in touch to tell us what you want our help with through tees-su.org.uk/officers.



**DANIEL
HARLAND**
PRESIDENT HOME

Daniel Harland
President - Home

**THE STUDENT
OFFICERS**
LOVE IT

Emmanuel Ahiabuke
President - International



**EMMANUEL
AHIBUKE**
PRESIDENT INTERNATIONAL

Teesside University Students' Union is the only place for OFFICIAL Freshers activities and events for ALL Teesside Uni students! Our safe, inclusive and welcoming venues are THE place to make new friends and unforgettable memories!

It all starts Sunday 20th September with the Moving in Party at the Students' Union and from then on we have two weeks of activities and events for you to get involved in! So whether you want to get some freebies, join a student-led community, belt out a tune at our karaoke night, grab some popcorn and watch a movie, enjoy some arts & crafts or go large at BONGO'S BINGO we've got something for everyone! Don't miss out on a single event, head to tees-su.org.uk/events to check out what we have got on offer!

THE OFFICIAL MOVING IN PARTY

Kick off freshers the right way, SU open from 12 noon with the Moving in Party starting at 7pm until late!



MONDAY 21ST SEP

MEGA MONDAY

IT'S THE BIG ONE FOR ALL TU FRESHERS
COMMERCIAL • COMMUNITIES STALLS



Advice, discounts, freebies, offers & more!

tees-su.org.uk/freshmon
or scan the QR code for all exhibitors!

Meet Student Led Communities
on the 1st floor!



MEGA MONDAY • 10AM - 3PM
SU BUILDING TAKEOVER ON THE 1ST & 2ND FLOOR • FREE ENTRY

Loads of commercial partners, sports clubs and communities in attendance, whether you're a gamer, a sports player, or have a passion for knitting or just after some freebies there is something for everyone at Teesside University Students' Union!

OFFICIAL
TEESSIDE UNIVERSITY ICEBREAKER
MONDAY 21ST SEPTEMBER
PRESENTED BY FOOTAZIUM PRESENTED BY

THE BIG FRESHER'S ICEBREAKER • 10PM - 2AM
THE HUB, 2ND FLOOR SU • FROM £4.99 - BOOK ONLINE @ [TEES-SU.ORG.UK/EVENTS](https://tees-su.org.uk/events)

The Big Freshers Icebreaker is the UK's biggest Freshers event! Expect a huge nightclub party, cheap drinks, fancy dress, ice cannons and an unforgettable atmosphere to kick off Freshers Week.

TUESDAY 22ND SEP

FIND YOUR PEOPLE
FIND YOUR PLACE
FIND YOUR COMMUNITY



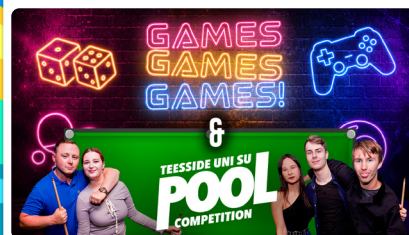
FIND YOUR FEET DAY • 11AM - 3PM
THE TERRACE, 1ST FLOOR SU • FREE ENTRY

Come along to find out more about ways to get involved in student life, the local community and the support available to you.



BOARD GAMES • 11:30AM - 2PM
THE TERRACE, 1ST FLOOR SU • FREE ENTRY

Join us for a relaxed daytime board games social, grab a game whether that's Monopoly, Cluedo or Guess Who! A nice chilled midday session of board games!



GAMES, GAMES, GAMES • 7PM - LATE
THE TERRACE, 1ST FLOOR SU • FREE ENTRY

It's games, games, games. Pool, ping pong, giant games, board games, video games and student priced drinks! Our pool competition is hosted from 8pm!



BLOOM - BLOCK PARTY • 10.30PM - LATE
1 ALBERT RD, MIDDLESBROUGH TS1 1PQ • FREE ENTRY TO SU - ENTRY WRISTBANDS AVAILABLE FROM THE SU

Block Party @ Bloom is the place to be on a Tuesday night, multiple rooms each playing different genres making the night just perfect for all. Party until the early hours of the morning on the biggest student night of the week.

WEDNESDAY 23RD SEP



MOVIE SCREENING • 12PM - 2PM
COMMUNITIES LOUNGE, 1ST FLOOR SU • FREE ENTRY

Come watch a movie with us, the movie of choice is a secret so come chill out from the hustle and bustle of Freshers and relax for a couple hours with a free movie screening.



ARTS & CRAFTS EVENT • 2PM - 3PM
THE LOVE IT LOUNGE, 1ST FLOOR SU • FREE ENTRY

Create a collage board for your new accommodation room, all materials are included just come along and get involved with other crafty minded people!

THE MEGA Quiz NIGHT
£100 GRAND-PRIZE!!
First opportunity to get points on the leaderboard
tees-su.org.uk/quiz

MEGA QUIZ - £100 JACKPOT! • 6.30PM REG - 7PM START
THE TERRACE, 1ST FLOOR SU • £1 FOR STUDENTS / £2 FOR NON-STUDENTS

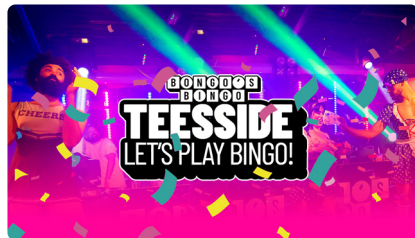
It's the first of our weekly quizzes! And it's the MEGA one, with a £100 CASH, CASH, CASH jackpot! Expect crazy (and suspect) questions, mini-games and prizes!

THURSDAY 24TH SEP



DANCE PARTY • 12pm - 2pm
 ♥ THE STUDIO, 2ND FLOOR SU ♥ BOOK NOW AT WWW.TEES-SU.ORG.UK/EVENTS

Learn a new dance at our free instructor led dance class, it's free, beginner friendly and the perfect way to break the ice and try out a new skill.



BONGO'S BINGO - STUDENT SPECIAL! • 7pm - 11.30pm
 ♥ THE HUB, 2ND FLOOR SU ♥ £10 FROM WWW.TEES-SU.ORG.UK/EVENTS

Bongo's Bingo takes on The Hub! Bingo meets rave, sexy dancers, cash prizes and henry hoovers! This is the ultimate rite of passage for all university students. First time? Don't worry they'll be gentle.

PORTUGAL VS WALES
 7.45



BONGO'S BINGO-TEESSIDE LET'S PLAY BINGO!

GET YOUR TICKETS ONLY AT
BONGOSBINGO.CO.UK

BeGambleAware.org

drinkaware.co.uk

FRIDAY 25TH SEP



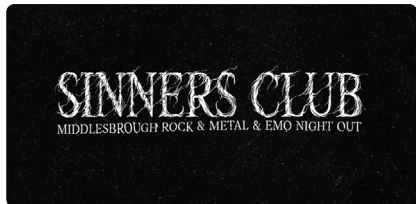
TURNER PRIZE 2026 @ MIMA • 1.45pm - 3pm
 ♥ MIMA ♥ 40 FREE SPACES. BOOK NOW @ WWW.TEES-SU.ORG.UK/EVENTS

This is your chance to see the Turner Prize 2026 Exhibition at MIMA, Middlesbrough Institute of Modern Art before it opens to the general public.



THE NIGHT MARKET UK • 6pm - 11pm
 ♥ 2ND FLOOR SU ♥ £4 BOOK NOW @ WWW.TEES-SU.ORG.UK/EVENTS

Shop unique artisan and vintage stalls, enjoy delicious street food, and soak up the atmosphere with a live DJ - all without leaving campus.



SINNERS PRE BAR • 8pm - LATE
 ♥ THE TERRACE, 1ST FLOOR SU ♥ FREE ENTRY TO SU - DISCOUNTED SINNERS CLUB ENTRY BANDS AVAILABLE FROM THE TERRACE

The official Sinners Club pre-bar! The ultimate rock / metal / mosh night out Middlesbrough has to offer! With cheaper entry wristbands available that also let you jump the queue!

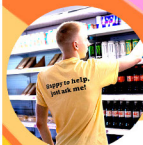
GEORGIA VS NORTHERN IRELAND
 5.00

SATURDAY 26TH SEP



STUDENT SOCIAL • 7pm - LATE
 ♥ THE TERRACE, 1ST FLOOR SU ♥ FREE ENTRY

It's Saturday night! Spend your evening playing pool, ping pong and hanging out with friends. Don't forget that all the usual student priced offers are still available, yes, even on a Saturday!



DID YOU KNOW?

We have regular discounts and special offers on a wide range of items in the SU Shop.

SUNDAY 27TH SEP



MOVIE NIGHT • 6pm - 9pm
 ♥ THE TERRACE, 1ST FLOOR SU ♥ FREE ENTRY

Join us in The Terrace for popcorn and drinks while we screen a movie from 6pm! Popcorn, drinks... and a secret movie to be announced. Keep an eye on our socials for which movie we'll be screening!



DID YOU KNOW?

The Terrace has a range of Vegetarian, Vegan, Halal, and gluten free foods.



DID YOU KNOW?

There's plenty of non-alcoholic options available from The Terrace bar! (1st floor SU!)

MONDAY 28TH SEP

THE TERRACE
BAR - KITCHEN - VENUE



GET

FREE

TEA & TOAST

IN THE TERRACE EVERY MONDAY
10-11am! SUPERCHARGE YOUR
MORNING WITH OUR UPGRADES @

[TEES-SU.ORG.UK/UPGRADE](http://tees-su.org.uk/upgrade)

FREE TEA & TOAST • 10am - 11am
♦ THE TERRACE, 1ST FLOOR SU ♦ FREE ENTRY

From 10am in the Terrace grab your FREE tea & toast to fuel your day. Fancy more? Upgrade tea to coffee and slap an egg or two on the toast. More options available! Also check out our entire food menu at www.tees-su.org.uk/theterrace.

mini
**MEGA
MONDAY**
★ IT'S THE BIG ONE FOR ALL TU STUDENTS ★

Returning students are back!
Everyone's on campus!!

MINI MEGA MONDAY • 10am - 3pm
♦ THE TERRACE, 1ST FLOOR SU ♦ FREE ENTRY

Missed out last week? Don't worry come see what your Students' Union has to offer!

TUESDAY 29TH SEP



GAMES, GAMES, GAMES • 7PM - LATE
♦ THE TERRACE, 1ST FLOOR SU ♦ FREE ENTRY

It's Games, Games, Games. Pool, Ping Pong, Giant Games, board games, video games and student priced drinks!



BLOOM - BLOCK PARTY • 10.30pm - LATE
♦ 1 ALBERT RD, MIDDLESBROUGH TS1 1PQ ♦ FREE ENTRY TO SU - ENTRY WRISTBANDS AVAILABLE FROM THE SU

Block Party @ Bloom is the place to be on a Tuesday night, multiple rooms each playing different genres making the night just perfect for all. Party until the early hours of the morning on the biggest student night of the week.



£4.50
VALUE DEAL
CHOOSE FROM A SELECTION OF...



WEDNESDAY 30TH SEP



MUSIC QUIZ + FREE PARMOS • 6:30pm REG - 7pm START
♦ THE TERRACE, 1ST FLOOR SU ♦ £1 FOR STUDENTS / £2 FOR NON-STUDENTS

This week the quiz is all around music, we're asking questions on bands, artists, songs, albums, record across all genres from rock, pop, rap and more! AND FREE PARMOS TO EVERYONE!

EVERY
WEDNESDAY
Quiz
NIGHT



Get points to win prizes
on our new leaderboard
tees-su.org.uk/quiz

THURSDAY 1ST OCT



KARAOKE • 8pm - LATE
♦ THE TERRACE, 1ST FLOOR SU ♦ FREE ENTRY

From "My Heart Will Go On" to "Tequila" we've got it all at our weekly Karaoke! Plus for the 1st karaoke of the year every singer gets a FREE can of Thatcher's Juicy Apple cider or Irn Bru Zero.

WALES VS NORWAY
7.45



EVERY THURSDAY @ 8PM

KARAOKE
Night

THIS FREHSERS ONLY...
EVERY PERFORMER GETS A FREE

**THATCHER'S
JUICY APPLE
CIDER**

OR A FREE CAN OF
IRN BRU ZERO



FRIDAY 2ND OCT

Palette
& Pop

PRESENTS!

SIP AND
PAINT!

PAINT A
CACTUS SUNSET!

PALETTE & POP - CACTUS 6PM - 9PM
THE LOVE IT LOUNGE, 1ST FLOOR SU FROM £7.50 @ WWW.TEES-SU.ORG.UK/EVENTS

Unwind with our instructor-led Sip & Paint! All materials are included, so just bring yourself for a relaxed evening of creativity, great company and meeting new people.



SABOTEUR NIGHT 7PM - 11PM
THE TERRACE, 1ST FLOOR SU £35 INC. 2 COURSE MEAL @ WWW.TEES-SU.ORG.UK/EVENTS

A night of mystery, challenges & deception - all for a great cause! An interactive dining experience like no other, inspired by the hit BBC show, The Traitors!

UKRAINE VS NORTHERN IRELAND

SATURDAY 3RD OCT

Twisterella

SATURDAY 3RD OCTOBER 2026

WALT DISCO THE ROOKS
LOVESHY MOUTH ULCERS

BOTTLE ROCKETS CELIA GRACE CONGRATULATIONS
CURIOSITY SHOP DOSS ELLIS-D END CREDITS
GIFTHORSE HECTOR GANNET KEG LOREN HEAT
MINDSIGH PEARLY GATES ROBYN BANKS
ROBYN ERRICO ROLLER DISCO DEATH PARTY
SARAH JOHNSONE SCOTSTOWN DANCE BAND
SUCCESSPIT SUNDAYCLUB TANZANA
THE SLOW COUNTRY TORIA WOUFF

DISCOVER YOUR NEW FAVOURITE BAND AT MIDDLESBROUGH'S
AWARD-WINNING MULTI-VENUE MUSIC FESTIVAL #UTB

"A VITAL SHOWCASE FOR NEW MUSIC" CLASH MAGAZINE
"AN AHEAD-OF-THE-CURVE NEW MUSIC HAVEN" DIY MAGAZINE
"LEADING THE WAY WHEN IT COMES TO EMERGING TALENT" THE LINE OF BEST FIT

WWW.TWISTERELLA.CO.UK

TWISTERELLA 12PM - 10PM
THE WHOLE BUILDING STUDENT TICKETS £17.50 @ WWW.TEES-SU.ORG.UK/EVENTS

Twisterella is Middlesbrough's award-winning multi-venue METROPOLITAN MUSIC FESTIVAL. Featuring bands such as Walt Disco, The Rooks, Lovesly and Mouth Ulcers!



"That's insanely accurate" "You're not getting a better Oasis tribute anywhere" "It was like going in a time machine back to Naima Road 96"

PLUS SPECIAL GUESTS
ARCTIC MONKEYS fontaines cd PRETENDER FENDER
"I genuinely thought it was the Arctic Monkeys" "This could actually be Fontaines" "The best tribute" "This sounds great"

14+ DOORS 6:15PM 14.11.2026
THE HUB.TEESIDE UNIVERSITY



TICKETS ON SALE NOW! VIA EVENTORITE

asyouweren't

SUNDAY 4TH OCT

Teesside Comic-Con

TEESSIDE UNLEASHED COMIC-CON 11AM - 4PM
THE WHOLE BUILDING £10 ADULTS / £5 UNDER 18'S. PAY ON THE DOOR

This is Boro's own Comic-Con, now bigger and better than ever before, spread over 2 floors of the SU! We'll have stage talks, costume characters, costume contests and so much more. Featuring special guest Chris Barrie! Hot and cold food is served all day from the bar in The Terrace on the first floor. Awesome geeky traders selling: Comics, Graphic Novels, T-Shirts, Toys, Collectables, Props, Gaming, Action Figures and so much more.

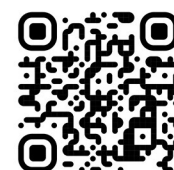


TEESSIDE UNIVERSITY STUDENT UNION
MIDDLESBROUGH, TS1 3BA

THE OFFICIAL
ASYLUM
HALLOWEEN SPECIAL
SATURDAY 31ST OCTOBER

Teesside
University
SU
LOVE IT

THE TERRACE
BAR - KITCHEN - VENUE



TICKETS FROM
£4.99

① SU SHOP - GROUND FLOOR

The SU Shop is your first port of call every day during term time! You will find daily essentials, including freshly made sandwiches and our value meal deal, hot drinks to take away and a wide range of drink and snack options. The SU shop also stocks stationery and course-related materials, plus it is the only place on campus where you can purchase Teesside University branded clothing! Don't forget you can get 10% off merch in Freshers with your FRESHERS DISCOUNT CARD!

② STUDENT LED COMMUNITIES - 1ST FLOOR

The Student Led Communities Team help to oversee the running of a wide range of groups. Can't see one that interests you at tees-su.org.uk/communities? Speak to our team, and you can set up your own at the SU. You can also participate in member-led activities and support their efforts to organise and help deliver events, guest speakers and trips.

Tel: 01642 342234 E-mail: activities@tees-su.org.uk Web: tees-su.org.uk/communities

③ SUSS - 1ST FLOOR

Our experienced, professional advisers are here to help and support you with academic and accommodation related issues. They can also connect you with other sources of support available from the University and external agencies. Visit our website at tees-su.org.uk/suss to arrange a meeting either in person or via MS teams.

④ STUDENT OFFICERS - 1ST FLOOR

This is where your Officers are based, preparing workshops or meetings in order to better represent you and the wider student interest. Feel free to come in and say hello! Dan and Emmanuel are always happy to speak to you.

⑤ THE TERRACE - 1ST FLOOR

The Terrace is a multi-award-winning space for students. There's a wide range of delicious hot food and drinks available (menus located @ tees-su.org.uk/theterrace). It is also our main student space that hosts a range of student events, including our Wednesday Night Quiz and Thursday Night Karaoke, see our full event listings at tees-su.org.uk/events.

⑥ LOVE IT LOUNGE / HEAT AND EAT - 1ST FLOOR

The Love It Lounge is open whenever the building is open, it is a versatile space with seating where students can study, meet and socialise. It is also one of the only spaces on campus to offer a "heat and eat" service and includes a kettle and microwaves for all students to use. The space can also be booked out by students for their events.

⑦ SU STUDIO AND MEETING ROOMS - 1ST & 2ND FLOOR

A space for students to learn and develop individually or in groups. SU Studio includes a range of break-out, study and meeting spaces. The Studio space and meeting rooms can be booked via the Communities Team.

⑧ THE HUB - 2ND FLOOR

A modern, multi-purpose venue used for a range of day and evening events including freshers fairs, community activities, huge vintage clothing sales as well as Bongo's Bingo, club nights, live performances and shows! The venue is available to students on request by liaising with our events team through venuehire@tees-su.org.uk. The venue can also be hired for private events such as birthday parties, awards dinners and presentations.





SU Student Support (SUSS) is an independent advice service based on the first floor of the TUSU Building. They offer free, confidential support with academic issues, accommodation concerns, and problems relating to your university experience.

They can also signpost you to the right services for finance, wellbeing, and visas for your right to live and work in the UK.

Scan the QR code or visit tees-su.org.uk/suss to find out more.



STUDENT LED COMMUNITIES

Student Led Communities are a great way to meet new people, explore hobbies, share your interests, and connect with students who share your passions.

Communities are FREE to join, with activities designed to be affordable and flexible around your schedule. Can't find the right Community? Our team can help you start your own.

Scan the QR code or visit tees-su.org.uk/communities to find out more.



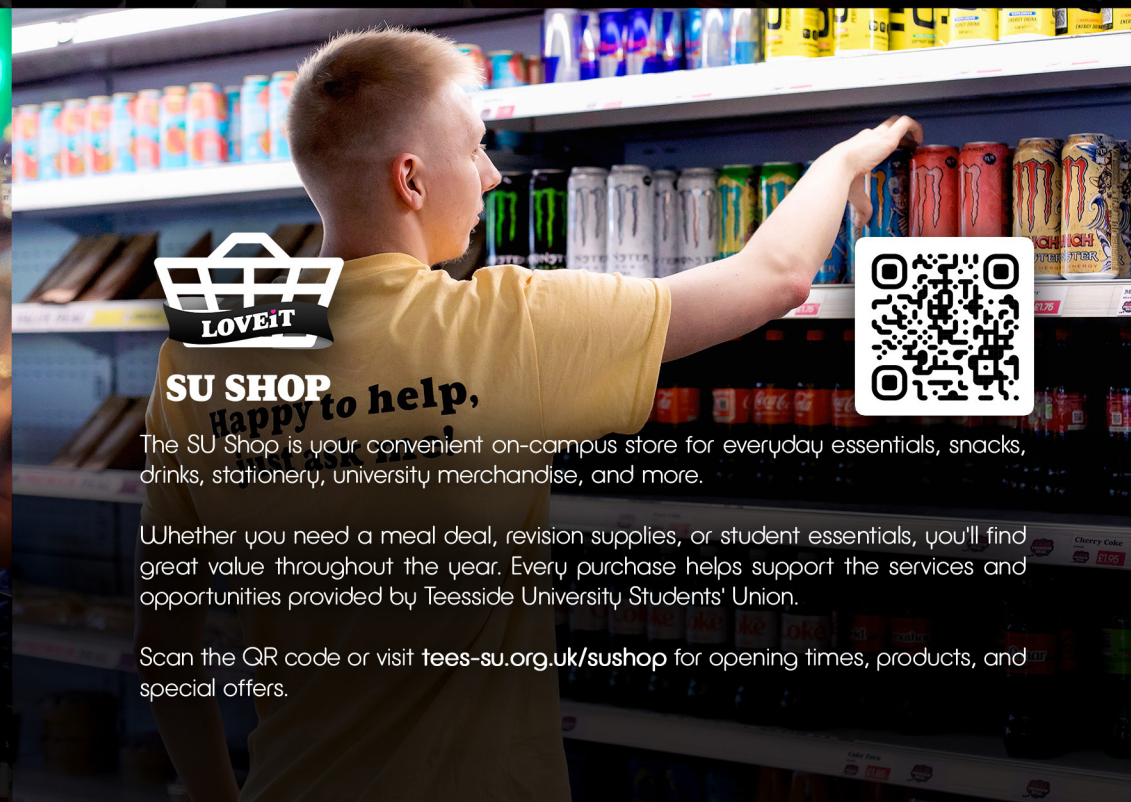
THE TERRACE BAR - KITCHEN - VENUE



The Terrace is the Students' Union's social hub, located on the first floor of the TUSU Building. Whether you're grabbing a coffee, enjoying a meal, watching live sport, or attending one of our events, there's something for everyone.

Open throughout the year, The Terrace hosts regular activities, entertainment, and exclusive student offers. Show your TUSC card to access selected discounts.

Scan the QR code or visit tees-su.org.uk/theterrace to explore menus, opening times and the latest offers. Check out our events at tees-su.org.uk/events.



SU SHOP

Happy to help.

The SU Shop is your convenient on-campus store for everyday essentials, snacks, drinks, stationery, university merchandise, and more.

Whether you need a meal deal, revision supplies, or student essentials, you'll find great value throughout the year. Every purchase helps support the services and opportunities provided by Teesside University Students' Union.

Scan the QR code or visit tees-su.org.uk/sushop for opening times, products, and special offers.

YOUR TEESSIDE TOOLKIT

Everything you need to thrive in your first few weeks

Starting university is exciting, but it's normal to feel a little nervous too. The good news? You're not expected to figure everything out on day one. Whether you're moving away from home, returning to education, or joining us from overseas, we're here to help you make the most of your Teesside experience.

YOUR FIRST WEEK CHECKLIST

- | | |
|---|---|
| ☐ Attend your course induction | ☐ Attend a Freshers or Welcome Week event |
| ☐ Download and log in to MyTU | ☐ Visit the Library |
| ☐ Check your university email | ☐ Join a society, sports club or student group |
| ☐ Explore campus and find your teaching spaces | ☐ Download the SafeZone app |
| ☐ Meet our therapy dog, Brengle | ☐ Introduce yourself to someone new |

MAKE THE MOST OF UNIVERSITY

The students who get the most from university often:

- | | |
|-------------------------------------|---|
| > Say yes to new opportunities | > Take advantage of careers support early |
| > Get involved in student life | > Ask questions and seek help when needed |
| > Attend classes regularly | > Look after their wellbeing |
| > Build friendships and connections | > Step outside their comfort zone |

YOUR TEESSIDE CHALLENGE

- ☐ Visit MIMA
- ☐ Attend an SU event
- ☐ Find your favourite study space
- ☐ Meet someone from a different course
- ☐ Try something you've never done before

SUPPORT WHEN YOU NEED IT

Remember: asking for help is a strength, not a weakness.

Our support services can help with:

- | | |
|-------------------------------------|---------------------------------|
| > Mental health and wellbeing | > Accommodation queries |
| > Disability support | > Careers and employability |
| > Money and budgeting advice | > International student support |
| > Academic skills and study support | |

WHATEVER YOU'RE FACING

THERE IS SOMEONE HERE WHO CAN HELP.



NEED SUPPORT?

Scan the QR code to explore student support services.





Rising Phoenix Games

YOUR GAME NIGHT STARTS HERE.



TRADING CARD GAMES • DUNGEONS AND DRAGONS • WARHAMMER • BOARD GAMES



SCAN FOR EVENTS

39-41 BOROUGH ROAD, MIDDLESBROUGH, TS1 4AF



Follow TUSU!

TEES-SU.ORG.UK/EVENTSSOCIAL

GET YOUR FRESHERS DISCOUNT CARD!

You'll find your card in your Freshers
Goodie Bag during Mega Monday!
Or grab one from any SU outlet!



SU SHOP

**10% OFF
VALUE MEAL
DEAL**

📍 GROUND FLOOR SU



SU SHOP

**10% OFF
TEESSIDE UNI
CLOTHING**

📍 GROUND FLOOR SU



THE TERRACE
BAR - KITCHEN - VENUE

**£1
REGULAR HOT
DRINK**

📍 GROUND & 1ST FLOOR SU



THE TERRACE
BAR - KITCHEN - VENUE

**20% OFF
FOOD AND
DRINK**

📍 1ST FLOOR SU BUILDING



Freshers
ACTIVITIES, EVENTS, & SUPPORT FOR ALL!