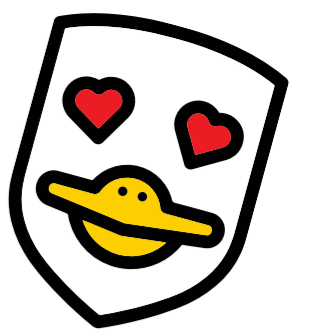


# YOU'VE GOT THIS

## SEMESTER 2 PLANNER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17	18	19	20	21	22	23
JULY O-DAY			START OF SEM PARTY			
WK 1 24	25	26	27	28	29	30
WK 2 31	1	2	3	4	5	6
AUGUST CLUBS DAY						
WK 3 7	8	9	10	11	12	13
WK 4 14	15	16	17	18	19	20
				THE JAM		
WK 5 21	22	23	24	25	26	27
		FIT & WELL FEST				
WK 6 28	29	30	31	1	2	3
				SEPTEMBER		
WK 7 4	5	6	7	8	9	10
INTERNATIONAL WEEK						
WK 8 11	12	13	14	15	16	17
			R U OK DAY			
WK 9 18	19	20	21	22	23	24
25	26	27	28	29	30	1
MID-SESSION RECESS						OCTOBER
WK 10 2	3	4	5	6	7	8
			OKTOBERFEST			
WK 11 9	10	11	12	13	14	15
		MOONLIT MARKETS				
WK 12 16	17	18	19	20	21	22
GLOBAL CLIMATE CHANGE WEEK				OP SHOP BALL		
WK 13 23	24	25	26	27	28	29
	STRESS LESS WEEK					
30	31	1	2	3	4	5
STUDY RECESS		NOVEMBER				

### REGULAR EVENTS

### PULSE YOUR UNLIFE

#### MONDAY

DRAG BINGO 5PM  
CREATIVE COOKING CLASS 2PM (EVEN WEEKS)

#### TUESDAY

BEND & SNACK 7.30AM  
PULSE PANTRY 2PM - 3:30PM\*  
LUNCH ON THE LAWN 12.30PM  
WELLNESS WORKSHOP 12.30PM (EVEN WEEKS)  
OPEN MIC NIGHT 5PM

#### WEDNESDAY

BREAKY BAR 8AM  
MARKET ALLEY 8AM (ODD WEEKS)  
WELLNESS POP-UP 12PM  
HULA CLASSES 12:30PM  
LUNCH ON THE LAWN: LIVE MUSIC 12.30PM  
PLAY FREE SPORT: BADMINTON 10AM - 12PM\*  
UNIBAR TRIVIA 5.30PM

#### THURSDAY

PLAY FREE SPORT: SOCCER 12PM - 1PM\*  
PULSE PANTRY 9AM - 10:30AM\*  
TABLE TENNIS COMP 2PM (WK 1 TO 6)

#### MY NOTES

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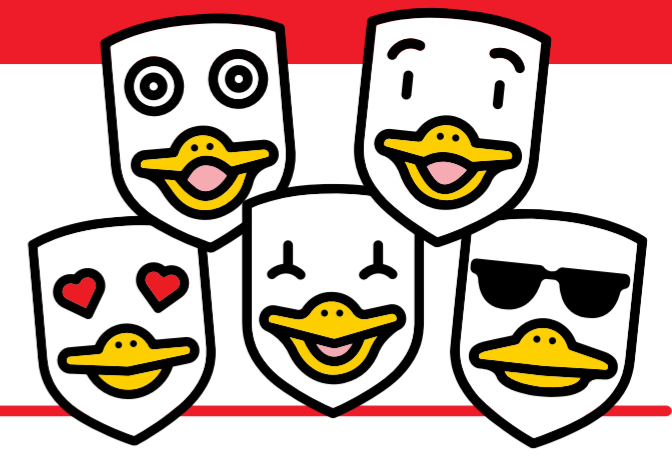
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\*hours subject to change, check our website for up to date information.

# PULSE

## HEY THERE!

We're UOW Pulse, the beating heart of your UOW experience. We're all about making your time here epic and unforgettable. Get ready to dive into a world of excitement, because we've got tons of awesome stuff lined up just for you!



### UOW CLUBS & SOCIETIES

Ready for some serious fun? We've got over 85 student-run clubs and societies at UOW, and chances are, there's a perfect one waiting for you!

Joining a club is not only a great way to boost your resume, but it's also the ultimate recipe for making new friends and having a blast while you study. Say goodbye to boring essays and hello to unforgettable memories!

### HOW TO JOIN A CLUB



1. Head to our website
2. Find the club that speaks to you
3. Register online
4. Show up to an event and let the good times roll. Simple as that!

### START YOUR OWN CLUB

Can't find the club you're looking for? No worries! You can create your own.

Just gather 10 of your buddies, choose a cool name, set your objectives, and shoot us an email at: [pulse-uniclubs@uow.edu.au](mailto:pulse-uniclubs@uow.edu.au).



### IN NEED? WE CAN HELP YOU OUT.

Get ready for a lifesaver – Pulse Pantry is here for UOW students who could use a helping hand. We've got your back when it comes to facing hardship and reducing financial stress related to groceries. Plus, we make sure you don't go hungry with our last-minute meals!

### WHAT'S IN THE PANTRY?

Pasta, rice, veggies, and more non-perishable goodies. It's like a mini supermarket where you can grab what you need. Don't forget to bring your UOW student ID card and a reusable bag!

#### IN-SESSION HOURS:

**Tuesdays:** 2PM – 3:30PM  
(or until we're sold out)

**Thursdays:** 9AM – 10:30PM  
(or until we're sold out)

#### OUT OF SESSION HOURS:

**Thursdays:** 2PM – 3PM  
(or until we're sold out)

Find us at Building 11,  
University of Wollongong

### FIND YOUR ZEN WITH *Wellness* BY PULSE

Feeling like a professional juggler, trying to balance your studies, work, volunteering, and social life? We get it, and we're here to help you find your Zen. Join us for stress-relieving workshops and weekly activities that'll get you moving and feeling fantastic.



Subscribe to our newsletter to keep up to date.

### WANNA VOLUNTEER WITH US?

Need a boost of good karma? Volunteer with Pulse and make a difference while having a great time!

Not only will you meet awesome new people and support local charities, but it might even make your resume shine. Talk about a win/win situation!

We have a wide range of volunteer opportunities available, so there's something to suit everyone's interests and passions. Take a look at some of the exciting opportunities below:

- Help out at events and gigs
- Support local charities
- Champion sustainability on campus
- Lead workshops
- Guide tours and hikes
- Assist your peers in reducing stress
- Create amazing content for our Pulse social channel

### UOWx RECOGNISED

Here's the bonus: Pulse Volunteering is recognized by the UOWX program, so you can get official recognition on your university transcript when you graduate. Pretty cool, huh?

### BECOME A VOLUNTEER

Find out more about becoming a Pulse Volunteer here.



### KEEP IN TOUCH

#### Pulse - Your UniLife

- UOW Pulse –Your UniLife
- @uowpulse\_yourunilife
- uowpulsemarketing6160
- [pulse.uow.edu.au](http://pulse.uow.edu.au)

#### Pulse - Eat & Shop

- @uowpulse\_eatshop
- [pulse.uow.edu.au/eat-and-shop](http://pulse.uow.edu.au/eat-and-shop)

#### UOW UniActive

- UOW UniActive
- @uowuniactive
- uowuniactive2450
- [uniactive.uow.edu.au](http://uniactive.uow.edu.au)

#### UOW UniBar

- UOW UniBar
- @uowunibar
- [unibar.uow.edu.au](http://unibar.uow.edu.au)

#### Kids' Uni

- Kids' Uni - Early Intervention Services
- [kidsuni.uow.edu](http://kidsuni.uow.edu)

#### Aspire Events, Venues & Catering

- [aspire.com.au](http://aspire.com.au)
- @aspireevents\_

## Want discounts on and off campus?

Ready for some incredible perks? Say hello to Pulse Perks, your ultimate companion for amazing deals, discounts, and freebies both on and off campus. We've got two membership tiers to suit your needs:

### MEMBERSHIP 1: PULSE ACCESS

**Price:** \$0 per year

**What you get:**

- Access to the UOW Pulse App
- Exciting freebies and competitions throughout the year
- Stay in the loop about all the happenings around campus
- Find out the opening times of your favourite spots on campus
- Dive into Pulse Student Engagement events and get involved



### MEMBERSHIP 2: PULSE PERKS

**Price:** \$30 per year

**Here's what you'll enjoy:**

- \$20 UniBar voucher
- \$20 UniActive voucher to keep you active and fit
- Discounts at over 14 food and beverage outlets on campus
- Exclusive discounts at outlets on campus
- Unleash a world of discounts and deals at outlets off campus

Join now for instant cred!

