

# YOU'VE GOT THIS

## TRIMESTER 3 PLANNER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12	13	14	15	16	17	18
0-DAY	AUGUST					
19	20	21	22	23	24	25
WEEK 1	FIT & WELL FEST					
26	27	28	29	30	31	1
WEEK 2						SEPTEMBER
2	3	4	5	6	7	8
WEEK 3	INTERNATIONAL WEEK					
9	10	11	12	13	14	15
WEEK 4						
16	17	18	19	20	21	22
WEEK 5						
23	24	25	26	27	28	29
WEEK 6						
30	1	2	3	4	5	6
WEEK 7	OCTOBER					
7	8	9	10	11	12	13
WEEK 8						
14	15	16	17	18	19	20
WEEK 9	GLOBAL CLIMATE CHANGE WEEK					
21	22	23	24	25	26	27
WEEK 10	STRESS LESS WEEK					
28	29	30	31	1	2	3
STUDY RECESS				NOVEMBER	EXAMS	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

## REGULAR EVENTS

## PULSE YOUR UNILIFE

### MONDAY

**KINGS & CUES**  
5PM - 6:30PM | WEEKLY

### TUESDAY

**BEND & SNACK**  
7:30AM - 8:30AM | WEEKLY  
**PULSE PANTRY**  
9:30AM - 11AM | WEEKLY  
**LUNCH ON THE LAWN**  
12:30PM - 1:30PM | WEEKLY  
**OPEN MIC NIGHT**  
5PM - 10:30PM | WEEKLY

### WEDNESDAY

**BREAKY BAR**  
8AM - SOLD OUT | WEEKLY

**MARKET ALLEY**  
8AM - 3PM | ODD WEEKS  
**WELLNESS WEDNESDAY POP-UP**  
12PM - 1:30PM | WEEKLY  
**UNIBAR TRIVIA**  
5PM - 7:30PM | WEEKLY



**PLAY FREE SPORT** | WEEKLY

SCAN QR FOR DATES, TIME AND LOCATIONS FOR DIFFERENT SPORTS DURING SESSION.

### THURSDAY

**CREATIVE COOKING CLASSES**  
12PM - 3PM | ODD WEEKS

**TABLE TENNIS COMP**  
2PM - 3PM | WEEKLY  
**PULSE PANTRY**  
2PM - 3:30PM | WEEKLY  
**SELF DEVELOPMENT WORKSHOPS**  
2PM - 3:30PM | WEEKS 3, 4 & 5

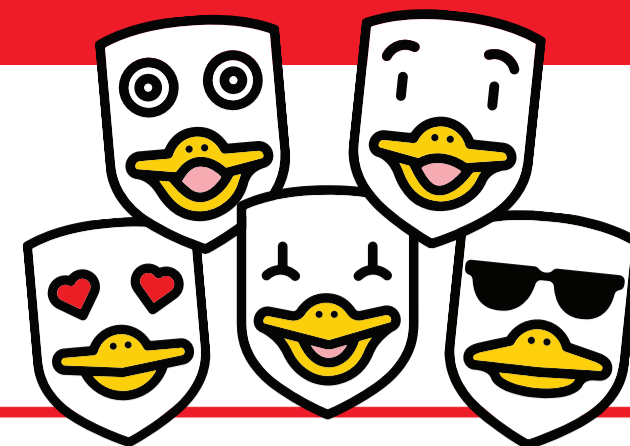
### MY NOTES

\*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!



### CLUBS & SOCIETIES

Ready for some serious fun? We've got over 110 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 mates, 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:**  
**Tuesday:** 9AM – 10:30AM  
(or until we're sold out)

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

**OUT OF SESSION HOURS:**  
**Thursday:** 2PM – 3:30PM  
(or until we're sold out)

Find us at Building 11, next to Green Connect UOW Main Campus.

### 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 your mind, body and soul 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 channels

### UOWx RECOGNISED

Here's the bonus: Pulse Volunteering is recognised 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

#### UOW Pulse

- UOW Pulse
- @uowpulse\_ Your UniLife
- uowpulse
- 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)

#### UOW UniClubs

- @uowpulse\_uniclubs

#### Kids' Uni

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

#### Aspire Events

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

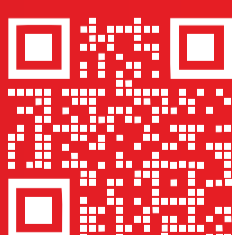
\*Clubs & Societies, Wellness by Pulse and Pulse Pantry are proudly supported by your Student Services Amenities Fee (SSAF).

## PULSE PERKS 2024

EXCLUSIVE ACCESS TO DISCOUNTS, DEALS & EVENTS

### SIGN UP FOR FREE AND GET

- 10% OFF AT UNIBAR
- 10% OFF AT ASPIRE CAFE
- 10% OFF UOW MERCH AT UNISHOP
- FREE PULSE MERCH ITEM
- FREE SCHWEPES 375ML CAN WITH ANY VILLAGE GROCER MEAL DEAL
- PLUS DEALS & DISCOUNTS ON & OFF CAMPUS



Join now for FREE in 2024!



## UNIBAR SPECIALS

MONDAY  
**\$10 SCHNITTY CHIPS + SALAD**

TUESDAY  
**3 FOR \$10 TACOS**

WEDNESDAY  
**WINGS 1KG \$10**

THURSDAY  
**\$12 NACHOS**

FRIDAY  
**\$12 FISH + CHIPS**



UOW Pulse is a not-for-profit organisation dedicated to enhancing student life on campus. All proceeds from on-campus purchases contribute directly to funding events, entertainment, activities, clubs, societies, and volunteering.