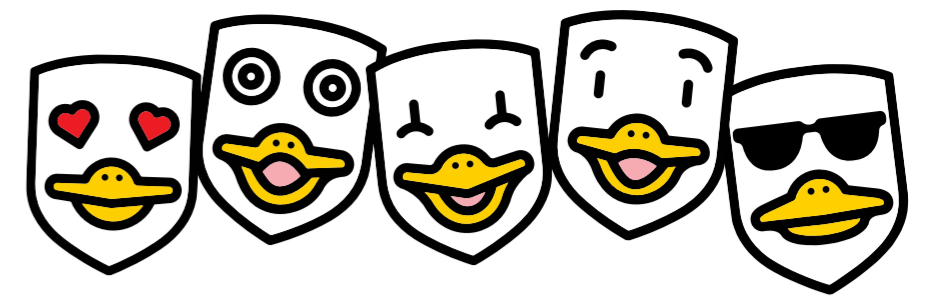


TRIMESTER 1 PLANNER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
3 FEBRUARY	4	5	6	7	8	9
10 WEEK 1	11	12	13	14	15	16
17 WEEK 2	18	19	20	21	22	23
24 WEEK 3	25	26	27	28	1 MARCH	2
3 WEEK 4	4	5	6	7	8	9
10 WEEK 5	11	12 CLUBS DAY	13	14	15	16
17 WEEK 6	18	19	20	21	22	23
24 WEEK 7	25	26	27	28	29	30
31 WEEK 8	1 APRIL	2	3	4	5	6
7 WEEK 9	8	9	10	11	12	13
14 WEEK 10	15	16	17	18	19	20
21 STUDY RECESS EASTER MONDAY	22	23	24	25 GOOD FRIDAY ANZAC DAY	26	27 EASTER SUNDAY
28 WEEK 11 EXAMS BEGIN	29 LIVE ART WEEK	30	1 MAY	2	3	4

REGULAR EVENTS

TUESDAY

BEND & SNACK
7:45AM - 8:30AM | WEEKLY

PULSE PANTRY
9:30AM - 11AM
(Ticketed Timeslots)

LUNCH ON THE LAWN
12:30PM - 1:30PM | WEEKLY

PLAY FREE SPORT
9AM - 11AM | BADMINTON

DRAG BINGO AT UNIBAR
5PM - 6:30PM | WEEKLY

PLAY FREE SPORT
2PM - 4PM | BASKETBALL

WEDNESDAY

BREAKY BAR
8AM - SOLD OUT | WEEKLY

PLAY FREE SPORT
2PM - 4PM | SOCCER

MARKET ALLEY
9AM - 4PM | ODD WEEKS

CREATIVE COOKING CLASSES
10:30AM - 1:30 PM | APRIL

LUNCH ON THE LAWN
12:30PM - 1:30PM | WEEKLY

WELLNESS WEDNESDAY POP-UP
12:00PM - 1:30PM | WEEKLY

UNIBAR TRIVIA & \$10 DINNER BAR
5PM - 7:30PM | WEEKLY

PULSE SSAF

Funded by Student Services & Amenities Fee

THURSDAY

BEND & SNACK
7:45AM - 8:30AM | WEEKLY

PLAY FREE SPORT
11AM - 1PM | VOLLEYBALL

PULSE PANTRY
2PM - 3:30PM
(Ticketed Timeslots)



Scan the QR code to grab your free ticket for 30min of shopping at Pulse Pantry and to check out our current hours!

Hours are subject to change. Check our website for current information at www.pulse.uow.edu.au/whats-on/

Talk to us about your finances. Don't worry, it won't be another lecture.

Pop into the branch to see Sam and the team.

Visit the only bank on campus.

Located Building 17 (opposite Student Central) Monday-Friday, 9am-5pm

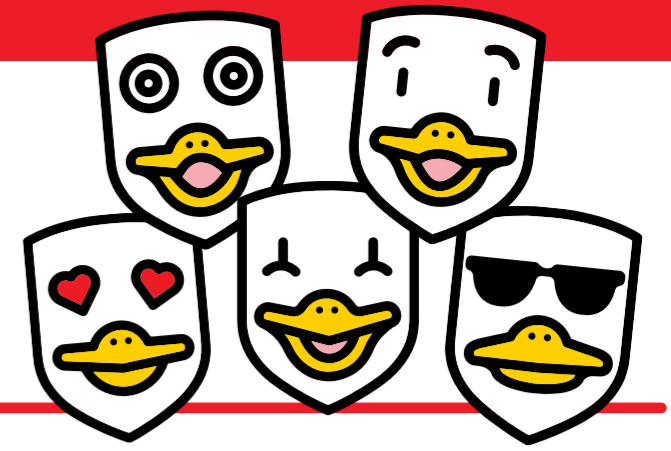
imb bank

IMB Ltd trading as IMB Bank. ABN 92 087 651 974. AFSL/Australian Credit Licence 237 391.

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.



FIND balance 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! Join us for stress-relieving workshops and weekly activities that'll get your mind, body and soul feeling fantastic. Subscribe to our Wellness newsletter for extra goodies and updates!

PULSE PANTRY

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.

WHAT'S IN THE PANTRY?

Pasta, rice, veggies, and more non-perishable goodies. It's like a mini supermarket where you can grab all the essentials you need without the cost. Don't forget to bring your UOW student ID card and a reusable bag!

IN-SESSION HOURS:

For up-to-date opening hours scan the QR code or visit the Pulse Pantry website.



Find us at Building 11, next to Advantage Pharmacy, UOW Main Campus.

I'D LIKE TO DONATE

To ensure Pulse Pantry can continue to support UOW students facing financial hardship and food insecurity you can donate non-perishable items to Pulse reception or in one of our donation bins located around campus. You can also scan the QR Code to make a financial contribution.



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

Want to make some friends, learn new skills and level up your resume outside of the classroom? Become a volllie!

Find out more about becoming a Pulse Volunteer here.



KEEP IN TOUCH

UOW Pulse

- Instagram: @uowpulse
- Facebook: @uowpulse_Your UniLife
- TikTok: uowpulse
- YouTube: uowpulsemarketing6160
- Website: pulse.uow.edu.au

Pulse - Eat & Shop

- Instagram: @uowpulse_eatshop
- Website: pulse.uow.edu.au/eat-and-shop

UOW UniClubs

- Instagram: @uowpulse_uniclubs

Kids' Uni

- Facebook: Kids' Uni Early Intervention Services
- Website: kidsuni.uow.edu

UOW UniBar

- Facebook: UOW UniBar
- Instagram: @uowunibar
- Website: unibar.uow.edu.au

UOW UniActive

- Facebook: UOW UniActive
- Instagram: @uowuniactive
- YouTube: uowuniactive2450
- Website: uniactive.uow.edu.au

Aspire Events

- Instagram: @aspireevents_
- Website: aspire.com.au

SSAF

Funded by Student Services & Amenities Fee

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

Getting You Through Uni,
One Sip at a Time.

\$2 piccolo me

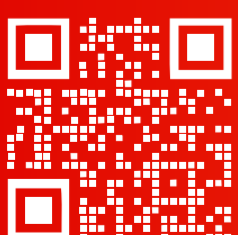
\$2 Small Coffee* with any Breakfast Roll purchased.
T&Cs apply. Only Available at UOW

PULSE PERKS 2025

EXCLUSIVE ACCESS TO DISCOUNTS, DEALS & EVENTS

SIGN UP FOR FREE AND GET

- 10% OFF AT UNIBAR
- 10% OFF UOW MERCH AT UNISHOP
- FREE CREW SOCKS MERCH
- FREE SCHWEPPES 375ML CAN WITH ANY VILLAGE GROCER MEAL DEAL
- PLUS DEALS & DISCOUNTS ON & OFF CAMPUS



Join now for FREE in 2025!



UNIBAR SPECIALS

MONDAY

\$20 BURGERS

ANY BURGER + SMALL CHIPS + SCHOONER OR SOFT DRINK COMBO | KIDS UNDER 12 EAT FREE!

TUESDAY

\$5 CHIP ROLLS ALL DAY

WEDNESDAY

\$10 ALL YOU CAN EAT DINNER BAR

THURSDAY

\$5 SAUSAGE SIZZLE

FRIDAY

\$30 SHARE PLATTER

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

