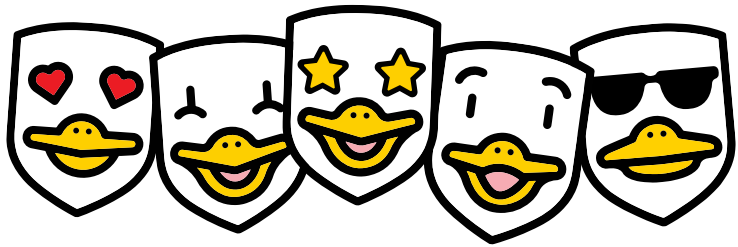


# SEMESTER 2 PLANNER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
21	22	23	24	25	26	27
JULY	O-FEST					
28	29	30	31	1	2	3
WEEK 1				START OF SEM PARTY	AUGUST	
4	5	6	7	8	9	10
WEEK 2		CLUBS DAY				
11	12	13	14	15	16	17
WEEK 3						
18	19	20	21	22	23	24
WEEK 4						
25	26	27	28	29	30	31
WEEK 5						
1	2	3	4	5	6	7
WEEK 6	SEPTEMBER	INTERNATIONAL WEEK				
8	9	10	11	12	13	14
WEEK 7						
15	16	17	18	19	20	21
WEEK 8						
22	23	24	25	26	27	28
WEEK 9						
29	30	1	2	3	4	5
MID-SESSION RECESS		OCTOBER				
6	7	8	9	10	11	12
WEEK 10						
PUBLIC HOLIDAY						
13	14	15	16	17	18	19
WEEK 11						
20	21	22	23	24	25	26
WEEK 12						
27	28	29	30	31	1	2
WEEK 13	STRESS LESS WEEK			END OF SEM PARTY	NOVEMBER	
3	4	5	6	7	8	9
STUDY RECESS						
10	11	12	13	14	15	16
WEEK 14						
17	18	19	20	21	22	23
WEEK 15						

## 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

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

### WEDNESDAY

BREAKY BAR  
FROM 8AM | WEEKLY

MARKET ALLEY  
9AM - 4PM | ODD WEEKS

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

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

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

### THURSDAY

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

PULSE PANTRY  
1:30PM - 3:30PM (ticketed timeslots)

Scan me for other weekly  
events like Play Free  
Sport, Creative Cooking  
Classes and more!

Scan me to book your  
30min shopping timeslot  
at Pulse Pantry and to  
check out opening hours!

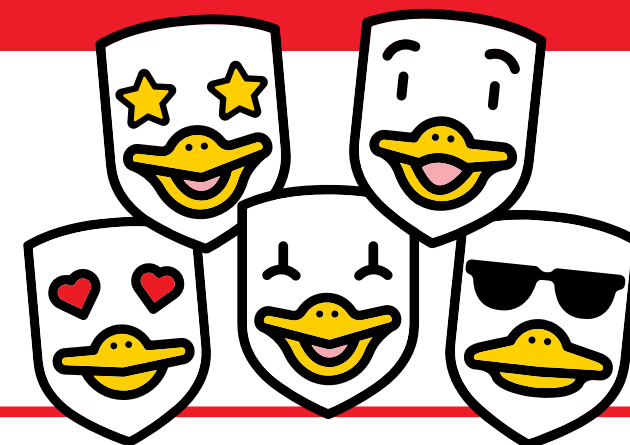
## NOTES

\*Hours are subject to change. Check our website for current information at [www.pulse.uow.edu.au/whats-on/](http://www.pulse.uow.edu.au/whats-on/)

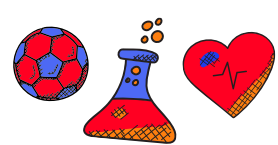
# PULSE

## 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!



## UNICLUBS



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).



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 weekly goodies and updates!

## PULSE PANTRY

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, milk, 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, level 1, 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 vokie!

Find out more about becoming a Pulse Volunteer here.



## KEEP UP TO DATE

### UOW Pulse

UOW Pulse  
UOW Pulse - Your UniLife  
@uowpulse  
@uowpulse  
pulse.uow.edu.au

### Pulse - Eat & Shop

@uowpulse\_eatshop  
pulse.uow.edu.au/  
eat-and-shop

### UOW UniClubs

@uowpulse\_uniclubs

### Kids' Uni

Kids' Uni  
Early Intervention Services  
kidsuni.uow.edu

### UOW UniBar

UOW UniBar  
@uowunibar  
unibar.uow.edu.au

### UOW UniActive

UOW UniActive  
@uowuniactive  
uowuniactive2450  
uniactive.uow.edu.au

### Aspire Events

@aspireevents\_  
aspire.com.au

# STUDENT SPECIAL

FROM \$2 A DAY

ONE MEMBERSHIP. EVERY FIT

- GYM
- POOL
- SPORT
- 24/7 FACILITY

WHETHER YOU'RE A SERIOUS ATHLETE OR JUST STARTING YOUR FITNESS JOURNEY, UNIACTIVE IS THE PLACE FOR YOU.

UNIACTIVE

## SSAF

Funded by Student Services & Amenities Fee

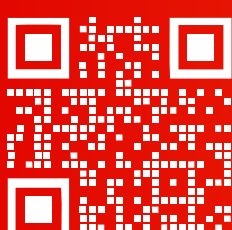
Clubs & Societies, Wellness by Pulse and Pulse Pantry are proudly supported by your Student Services Amenities Fee (SSAF).

## 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 SCHWEPES 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  
+ SCHOONER OR SOFT DRINK

TUESDAY

\$5 CHIP ROLLS  
+ SOFT DRINK OR WATER FOR \$2

WEDNESDAY

\$12 + CHIPS  
OR SALAD  
SCHNITTY

THURSDAY

\$10 PIZZA

FRIDAY

PINTS FOR SCHOONERS/  
BUCKET OF  
WINGS (1KG) \$12

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.

