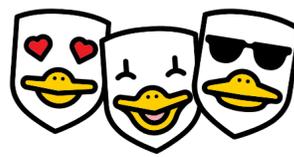


# SEMESTER 1 PLANNER



# 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
23 FEBRUARY	24 0-FEST	25	26	27	28	1 MARCH
2 WEEK 1	3	4	5	6	7	8
9 WEEK 2	10	11 CLUBS DAY	12	13	14	15
16 WEEK 3	17	18	19	20	21	22
23 WEEK 4	24	25	26	27	28	29
30 WEEK 5	31	1 APRIL	2	3 GOOD FRIDAY (PUBLIC HOLIDAY)	4	5
6 WEEK 6 EASTER MONDAY (PUBLIC HOLIDAY)	7	8	9	10	11	12
13 WEEK 7	14	15	16	17	18	19
20 MID-SESSION RECESS	21	22	23	24	25	26
27 WEEK 8	28	29	30	1 MAY	2	3
4 WEEK 9	5 LIVE ART WEEK	6	7	8	9	10
11 WEEK 10	12	13	14	15	16	17
18 WEEK 11	19	20	21	22	23	24
25 WEEK 12	26	27	28	29	30	31
1 WEEK 13 JUNE	2 STRESS LESS WEEK	3	4	5	6	7
8 STUDY RECESS PUBLIC HOLIDAY	9	10	11	12	13	14
15 WEEK 14	16	17	18	19	20	21
22 WEEK 15	23	24	25	26	27	28

## WHAT'S ON DURING SEMESTER ONLY

**BEND & SNACK**  
TUESDAY/THURSDAY  
FROM 8:30AM

**WELLNESS WEDNESDAY**

**UNIBAR COMP NIGHT**  
TUESDAYS  
FROM 5:30PM

**PULSE PANTRY**  
TUES/THURS/FRI

**MARKET ALLEY**  
WEDNESDAYS (FORTNIGHTLY)

**TRIVIA @ UNIBAR**  
WEDNESDAYS  
FROM 5:30PM

**BREAKY BAR**  
TUES/WED/THURS  
FROM 8AM



**LIVE ON THE LAWN**  
TUESDAY/THURSDAY  
12:30PM - 1:30PM

**PLAY FREE SPORT**

**HEARTY HELPINGS**  
TUES/WED/THURS  
FROM 8AM

Scan me to check out the full list of regular events and see **what's on!**

## NOTES

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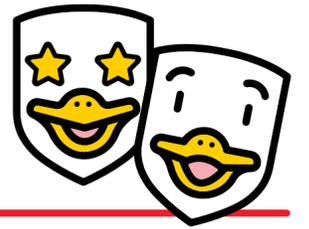
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**PULSE**

# 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

With around 100 student-run clubs and societies, there's a great chance you'll find one that fits your interests while boosting your resume, meeting new people, and having fun.

Get involved to make lifelong friends, unforgettable memories, and enjoy a well-earned break from classes - proudly supported by your Student Services Amenities Fee (SSAF).

### JOIN A CLUB

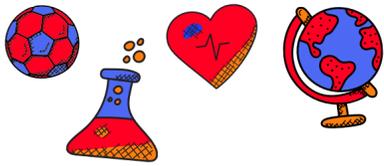


1. Head to our website (or scan the QR)
2. Find the club that speaks to you
3. Register online
4. Show up to an event and let the good times roll. Simple as that!

### 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)



## 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!

Find us in Building 11, level 1, next to Advantage Pharmacy, UOW Main Campus.

Scan me to book your shopping timeslot at Pulse Pantry and to check out up-to-date opening hours!



### HOW CAN YOU HELP THE PANTRY?

To ensure Pulse Pantry can continue to support UOW students you can donate non-perishable items to Pulse reception or in one of our donation bins located around campus, or scan the QR Code to make a financial contribution!



## VOLUNTEERING

Want to make some friends, learn new skills and level up your experience outside of the classroom?

Volunteer with Pulse and make a difference, add some shiny new skills and qualifications to your resume and enjoy your student experience to the fullest!

We have a wide range of volunteer opportunities available, so there's something for everyone including:

- 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
- Contribute to the Pulse community garden

Pulse Volunteering hours are recognised by the UOWx program.

Find out more about becoming a Pulse Volunteer here.



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.

### FIND balance.

Subscribe to our Wellness newsletter for weekly tips, tricks, goodies and updates!



## KEEP UP TO DATE

### UOW Pulse

- @uowpulse
- 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
- clubs.uow.edu.au

### Kids' Uni

- Kids' Uni Early Intervention Services
- kidsuni.uow.edu

### UOW UniBar

- @uowunibar
- UOW UniBar
- unibar.uow.edu.au

### UOW UniActive

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

### Aspire Events

- @aspireevents\_
- 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).

# 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



### WE ARE UOW PULSE.

UOW Pulse is a not-for-profit organisation dedicated to enhancing student life on campus. All proceeds from on-campus purchases go directly back into supporting the student experience.

UNIACTIVE UNIBAR UNISHOP Village Grocer Kids'Uni Aspire

## PULSE PERKS

UNLOCK EXCLUSIVE DEALS AND DISCOUNTS FOR FREE!

- 10% OFF UNIBAR
- 10% OFF UNISHOP\*
- 10% OFF VILLAGE GROCER
- JOIN UNIACTIVE - GET 1 WEEK FREE\*

PLUS MORE DEALS ON AND OFF CAMPUS.



Become a Pulse Perks member today for FREE! Scan the QR to sign up, download the UOW PULSE LTD App to access and start using your discounts today!



\*Excludes course notes and local consignment product. Danielle Hulls, White Clay Mountain and Moll & Co. \*New UniActive members only

## YOUR WEEK OF EATS AT UNIBAR



PLUS get yourself a Hearty Helping from UniBar - first 150 students per night receive a FREE meal to dine-in.

- Tuesday, Wednesday & Thursday
- 5PM until SOLD OUT!
- Must show valid student ID

SSAF  
Funded by Student Services & Amenities Fee

\*During semester only.

**MON** \$20 FISH & CHIPS + SCHOONER OF BEER

**TUE** \$8 CHIP ROLL + DRINK

**WED** \$13 PARMI & CHIPS

**THUR** \$10 PIZZAS

**FRI** \$10 SHARE PLATE WITH ANY JUG OF BEER