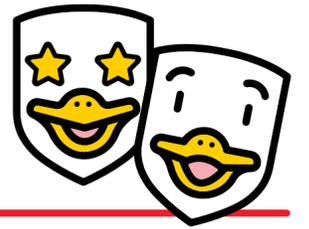




# PULSE

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!

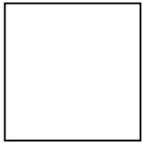


## UNICLUBS

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

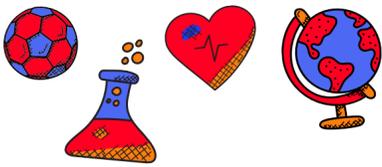


1. Head to our website (or scan the QR)
2. Find the club that speaks to you
3. Register online
4. Show up to an event and let the good times roll. Simple as that!

### 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.

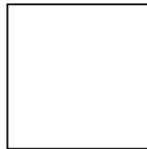


### WHAT'S IN THE PANTRY?

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.



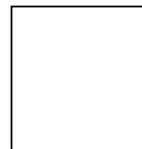
Wellness BY PULSE



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**

ONE MEMBERSHIP, EVERY FIT

- GYM
- POOL
- SPORT
- 24/7 FACILITY

FROM \$2 A DAY

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

NEW LOOK COMING SOON

## 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

TUE \$8 CHIP ROLL + DRINK

WED \$13 PARMI & CHIPS

THUR \$10 PIZZAS

FRI \$10 SHARE PLATE WITH ANY JUG OF BEER