

# Student life at Kingston University

University does involve a fair amount of studying, but it's also time to have fun, try something new and make friends for life. On campus you can take part in the Union of Kingston Students events, join clubs and societies, and get into the team spirit with sports and fitness.

There are also bars available for students to enjoy on three of our campuses, each offering a range of entertainment and events to cater to different tastes.

## Union of Kingston Students

The Union of Kingston Students is run by students for students. Your chosen representatives work hard to campaign your views and give you guidance. They also organise unmissable events and activities throughout the year.

### Events and activities

There's always something to get involved in at Kingston University. Every year the [Union of Kingston Students](#)' societies run hundreds of events including:



- charity fundraisers;
- dinners and dances;
- themed nights;
- conferences;
- guest speaker events;

- fun activities; and
- trips abroad.

The societies come together for big events like the Global Festival – a week-long festival celebrating diversity, culture and internationalism.

At the end of the year it's the Societies and Volunteer Awards, celebrating all of the exceptional work that societies have done.

### Freshers' activities



The Union of Kingston Students introduces you to Kingston University with a week of lively social events. The Freshers' Fayre is the biggest in the South East of England, with thousands of students looking at joining societies, sports and student services.

The rest of the week is packed with welcome and orientation events, parties and bar nights. The grand finale is the Freshers' Ball usually with a fun, glamorous theme, special entertainment and even celebrity appearances.

### Student support services

To make sure your student journey is smooth sailing, there is a dedicated team of professional advisers on hand to offer free, independent advice on academic issues.

[Visit the Union of Kingston Students website to find out more >](#)

# Student societies and volunteering

Taking part in activities at University is a great way of getting involved in student life plus you can gain valuable experience on your CV to wow employers with.

[Clubs and societies on offer at Kingston University](#)



There are more than 90 [student clubs and societies](#) for you to choose from at Kingston University. You can connect with your community, country, faith or political group. You can join up with others in your subject for both educational and entertaining events.

Come along to appreciate any variety of films, music, games, food or get together to promote a worthy cause. You can also start your own society and share your ideas with other students.



## Volunteering opportunities



If you'd like to give back to the community and gain new skills, there are plenty of [volunteering opportunities](#) in the local area and abroad.

You can volunteer in your own time: collecting money for charities, assisting local organisations and helping out at events and festivals. You could even contribute creatively by taking pictures, making a documentary or designing a website. There are also opportunities to volunteer in another country, supporting disadvantaged communities by teaching, building and helping children.

If you have a cause you really care about, the Union of Kingston Students will also support you in running your own [volunteering project](#).

# Sports clubs, activities and events

Whether you're just looking to get active and socialise, or you're a budding sports star looking for a place to study, stay and play – Kingston can be your new playing field.

## Recreational sports



Try something out and enjoy exercise with the University's [active lifestyles programme](#). The programme offers fun, friendly activities such as football, badminton, swimming, basketball, running group, golf, horse riding and tennis every week. The great news is that thanks to a £30,000 Sport England grant, these are currently free of charge!



## Sports clubs

Kingston University is the home of around 40 sports clubs, many run by the Union of Kingston Students. All of the usual favourites are here: rugby, basketball, football (and American football), cheerleading, hockey, boxing and cycling; with many athletes and teams competing at university level. But imagine going gliding, dancing, skydiving, mountaineering or sailing after class too! Take a look at the latest list of [sports and recreational clubs](#) on offer.

## Sporting and social events

Every year there's the Sports Tour and Varsity – a mini-Olympics with Kingston University competing against the University of Surrey sports clubs. There is a sports social every month, with some fancy dress thrown in every now and then. Finally, celebrate Kingston University's sporting achievements with us at the annual Sports Awards.

# Sports and fitness facilities

At Kingston University, you'll have lots of space and modern facilities to play, train and get a great workout, off-campus. You're also welcome to use student-friendly local sports clubs providing coaching, professional equipment and more.



## Tolworth Court sports ground

For many Kingston University students sport is a passion, so we've really invested in



providing and maintaining outstanding facilities for a great variety of outdoor sports.

[Tolworth Court sports ground](#) covers more than 20 sprawling acres and has a huge range of sports on offer, including football and rugby pitches, netball and tennis courts, plus floodlit training areas.

The new and improved sports pavilion is now two storeys with changing facilities and showers, new café, bar and terrace, so you can grab a bite, relax and meet with friends before or after a good game.

## More Energy fitness centre



Kingston University has its own [More Energy Kingston gym](#) at the Penrhyn Road campus. Work out in this state-of-the art fitness centre with a floor for cardio exercise, toning zone, resistance machines, free-weights, mirrored aerobics and dance studio.

You can enjoy group classes including: yoga, Zumba, Abs Workout, circuit training and boxing, or get serious with tailored fitness programmes, nutritional consulting and personal trainers.





As a KU student, you'll have access to local clubs' facilities for more of your favourite sports like gliding, fencing, kayaking, squash, mountaineering and snow sports. Kingston has also teamed up with: Esher Rugby Club, Woking Football Club, Surbiton Hockey Club, Richmond Volleyball Club and Kingston Rowing Club.

This gives you access to recreational sessions, coaching, professional equipment, competition entries and local club teams. Even after you've graduated, you'll still benefit from local club access.

## Sports activities in Kingston and London

You'll be spoilt for choice on campus, but even more so out in the active borough of Kingston Upon Thames – lots of leafy parks, lovely riverside, local sports clubs, national and international sport activities all on your doorstep. If you're feeling more adventurous, London is just a hop, skip and a jump away.

## Sporty activities in the Kingston area

### Parks and riverside



You're never far away from the Royal Parks, Richmond Park and Bushy Park, perfect for running, cycling, playing Frisbee or just deer-spotting. Other terrific local parks include: the War Memorial Gardens and Fairfield Recreation Ground, as well as Canbury Gardens or Queens Promenade by the riverside. You can use and enjoy the long river path or join the other rowers and sailors in the water.

### Local clubs and fitness centres

Kingston is mad about sports! There are active clubs in almost every sport and leisure activity from archery to free-diving, croquet to tenpin bowling. There is also a fantastic choice of local leisure centres and gyms with modern facilities and fun classes to take advantage of, including of course, the University's own [More Energy fitness centre](#).

### Kingston for sports fans

Football fan? Chelsea, Fulham and Queens Park Rangers (QPR) clubs are nearby, or travel a little further to see Arsenal and Spurs. If tennis is your game, Wimbledon is right down the road. Rugby lovers – come along to support your team at Twickenham. There's horse racing at Epsom, the famous Oxford v Cambridge boat race at Putney Bridge, cricket at the Oval and so much more you can get to in a heartbeat.

For more ideas check out the [Sport Kingston website](#).



## Sporting activities in London



Don't forget, you're only a short train ride away from the city of London, home of the 2012 Olympic Games. This is the place to be for world-class gyms, international stadiums, open spaces and exciting, unique activities.

You can visit Olympic sites and attend world sports championships. Take part in celebrated events like the London Marathon or Prudential Ride London. You can also enjoy the great parks of London where you can go rollerblading or horseback riding (Hyde Park), playing tennis or fishing (at Battersea), or take part in something more unusual like acrobatic rock and roll, BMX, bubble football and dragon boat racing. In London, the world is your arena!

Read more on city sports at the [Visit London website](#).

## Sports programmes and community projects

Through Sport and Active Lifestyles at Kingston, accomplished athletes can hit the court and hit the books, volunteers can reach out and gain new skills, students and the wider community can improve their health and fitness.





### **Sports Performance Programme**

Do you compete in sports or athletics at a regional, national or international level? You may be interested in applying to the [Sports Performance Programme](#) – helping talented sports-persons balance their sporting and study life. The programme can offer some inclusive benefits such as: free fitness centre membership, sports bursaries, sports psychology and therapy opportunities and a personal liaison officer.

## Volunteers Inspiring People in Sports (VIPS)



Inspired by the London 2012 Olympics, [Volunteers Inspiring People in Sports \(VIPS\)](#) encourages students to get active in sports volunteering, in turn increasing participation in sports within the local community. Students can simply participate or start coaching, gaining a sports coaching or dance instructor award. It's a good opportunity to gain new skills as well as demonstrate social responsibility and leadership to future employers.



## Health and fitness initiatives



Looking for a favourite sport or five? Try out High 5 for Sport – you can get into five different sports each week day for free. Then in spring every year it's Health Week, promoting wellbeing awareness and highlighting all of the fantastic services offered by the University and the community. As usual, all levels are welcome to attend classes and events from body stretch, belly dancing and badminton to nutrition, acupuncture and mindfulness. Find out more about [Sport and Active Lifestyles](#).