THE GIVE IT A GO PROGRAMME IS PACKED FULL OF ACTIVITIES, EVENTS AND EXPERIENCES JUST FOR STUDENTS, SO WHY NOT JOIN IN THE FUN?! ALL ACTIVITIES ARE RUN AT A BEGINNER’S LEVEL SO IT DOESN’T MATTER IF YOU HAVEN’T TRIED THE ACTIVITY BEFORE. THERE’S NO STRINGS ATTACHED, JUST PAY AND PLAY.

1. CHOOSE AN ACTIVITY YOU WANT TO DO

2. BUY YOUR TICKET IN ADVANCE FROM THE STUDENTS’ UNION BOX OFFICE OR ONLINE SHEFFIELDSU.COM/GIVEITAGO

3. TURN UP ON THE DAY WITH YOUR TICKET AND ‘GIVE IT A GO’

If you are living in University Managed Accommodation, you can get a 2£ discount off everything you see in this programme above 2.50, and on our day trips you get a massive 5£ off! To get this discount, show your Residence Life card at the Box Office when you buy your ticket.

Look out for the Residence Life Logo throughout the programme to find activities that are right on your doorstep.

"Hello, we are Cecilia & Sarah your Activities Officer and Sports Officer and we wanted to welcome you to a fantastic year here at Sheffield. We both love the Give it a Go programme as it is an amazing opportunity to try out new, fun things and experiences. If you ever want to find out about the amazing activities and sports we support at Sheffield Students’ Union, you can visit the Activities & Sports Zone Desk, or come and chat to us (your Officers) in the SU”

CECILIA AND SARAH

FOR EVENTS AND MORE INFORMATION ON OUR EVENTS VISIT WWW.SHEFFIELDSU.COM/GIVEITAGO
WEEK BEGINNING 1 OCTOBER

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<tr>
<th>WEEK BEGINNING 1 OCTOBER</th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
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<tr>
<td>• Taekwondo</td>
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<td>• Mexican Folk Dancing</td>
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<td>• Zumba</td>
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<tr>
<td>• Living Your Most Ethical Life</td>
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<td>• Daoist Self-Defence</td>
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<tr>
<td>• Samba</td>
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<tr>
<td><strong>TUESDAY</strong></td>
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<tr>
<td>• Beginners Sign Language 10 Hour Course</td>
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<td>• Flight Taster Session</td>
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<tr>
<td>• Latin and Ballroom Dance</td>
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<td>• Morris Dancing</td>
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<tr>
<td>• Mug Cake Fun</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
</tr>
<tr>
<td>• Amazing Thailand</td>
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<tr>
<td>• Casual Ice Skating</td>
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<tr>
<td>• Free Coffee and Cake With MSC</td>
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<tr>
<td>• Kuthu Daana Winners of Ice Trail Run</td>
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<td>• IS Being a Councillor For Me?</td>
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<td>• Lean a KPOP Choreography</td>
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<tr>
<td>• NUS Delegates: What's It All About?</td>
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<tr>
<td>• The Cookery School</td>
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<td>• Belly Dancing</td>
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WEEK BEGINNING 8 OCTOBER

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<th>WEEK BEGINNING 8 OCTOBER</th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
</tr>
<tr>
<td>• Beginners 5 Week French Language Course</td>
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<tr>
<td>• Beginners Greek 5 Week Language Course</td>
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<tr>
<td>• Beginners Irish Dance</td>
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<tr>
<td>• Code Your First Computer Game</td>
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<tr>
<td>• Daoist Self Defence</td>
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<td>• Taekwondo</td>
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<tr>
<td>• Zumba</td>
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<tr>
<td>• MATLAB 5 Week Course</td>
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<tr>
<td><strong>TUESDAY</strong></td>
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<tr>
<td>• Beginners Sign Language 10 Hour Course</td>
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<td>• Fem Soc Campaigning</td>
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<tr>
<td>• Learn Swedish Back Massage</td>
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<td>• Bath Bomb Making At Lush</td>
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<tr>
<td>• Solidworks for Beginners 5 Week Course</td>
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<tr>
<td>• Historical Crime and Murder Tour</td>
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<tr>
<td>• Interactive Culinary Sessions</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
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<tr>
<td>• Casual Ice Skating</td>
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<tr>
<td>• Beginners Spanish 5 Week Language Course</td>
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<tr>
<td>• Beginners Self Defence 5 Week Course</td>
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<tr>
<td>• Ansys CFD 5 Week Course</td>
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<td>• The Cookery School</td>
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**All tickets must be purchased in advance**

**WEEK BEGINNING 1 OCTOBER**

<table>
<thead>
<tr>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>• A Midsummer’s Night’s Dream - Sheffield Theatres</td>
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<tr>
<td>• Bombus Rehearsal</td>
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<td>• Chorus Rehearsal</td>
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<td>• Daoist Tai Chi and Movement Meditation</td>
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<tr>
<td>• Introduction to Arabic 5 Weeks Course</td>
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<tr>
<td>• Learn Hand and Face Massage</td>
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<tr>
<td>• Lindy Hop: Solo Jazz</td>
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<td>• Boomwhackers</td>
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<tr>
<td>• Plea In Mitigation/ Negotiation Workshop</td>
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<td>• Taekwondo</td>
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<td>• Women’s Cricket</td>
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<tr>
<td>• Zumba</td>
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<tr>
<td>• Race, Whiteness and Education</td>
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<tr>
<td>• Belly Dancing</td>
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**WEEK BEGINNING 8 OCTOBER**

<table>
<thead>
<tr>
<th>FRIDAY</th>
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<tr>
<td>• City of Cambridge</td>
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<tr>
<td>• Capoeira for Beginners</td>
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<td>• Conservation Tasks at Crookes Community Farm</td>
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<tr>
<td>• Create an Authentic Guacamole</td>
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<td>• Day of the Dead: Zombie Move in a Day</td>
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<tr>
<td>• Taekwondo</td>
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<td>• Polo</td>
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**WEEK BEGINNING 1 OCTOBER**

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<tr>
<th>SATURDAY</th>
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<tr>
<td>• City of Cambridge</td>
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**WEEK BEGINNING 8 OCTOBER**

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<tr>
<th>SUNDAY</th>
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<tr>
<td>• Medieval Fighting and Crafting</td>
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<td>• Robin Hoods Bay and Whitby</td>
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<td>• Sexpression</td>
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<td>• TSC - Backstage With the Band</td>
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<td>• Women Only Gym Induction</td>
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<td>• Support on a Sunday</td>
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</table>

**All tickets must be purchased in advance**

The Give it a Go Autumn programme is your chance to try out lots of different events and activities here at the Students’ Union that range from society sessions, sports, local attraction visits and day trips. There is really something for everyone!

WWW.SHEFFIELDSU.COM /GIVEITAGO

FOLLOW US ON SOCIAL MEDIA AND TAG US IN YOUR PHOTOS WITH #IGAVEITAGO FOR YOUR CHANCE TO WIN PRIZES!
<table>
<thead>
<tr>
<th>WEEK BEGINNING 15 OCTOBER</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>WEEK BEGINNING 15 OCTOBER</td>
<td>• BEGINNERS 5 WEEK FRENCH LANGUAGE COURSE • BEGINNERS GREEK 5 WEEK LANGUAGE COURSE • BOLLYWOOD DANCE • TAEKWONDO • MATLAB 5 WEEK COURSE</td>
<td>• BEGINNERS SIGN LANGUAGE 10 HOUR COURSE • CASUAL ICE SKATING • CRUELTY FREE PRODUCTS • SOLIDWORKS FOR BEGINNERS 5 WEEK COURSE • INTERACTIVE CULINARY SESSIONS</td>
<td>• CASUAL ICE SKATING • BEGINNERS SPANISH 5 WEEK LANGUAGE COURSE • BEGINNERS SELF DEFENCE 5 WEEK COURSE • MALAYSIAN CULTURAL SESSION • Mooting-Advocacy • ANSYS CFD 5 WEEK COURSE • GREEN CITY ACTION • THE COOKERY SCHOOL</td>
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<tr>
<th>WEEK BEGINNING 22 OCTOBER</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>WEEK BEGINNING 22 OCTOBER</td>
<td>• BEGINNERS 5 WEEK FRENCH LANGUAGE COURSE • BEGINNERS GREEK 5 WEEK LANGUAGE COURSE • DREAM CATCHER MAKING • LEARN INDIAN HEAD MASSAGE • TAEKWONDO • MATLAB 5 WEEK COURSE</td>
<td>• BEGINNERS SIGN LANGUAGE 10 HOUR COURSE • CASUAL ICE SKATING • BEGINNERS SPANISH 5 WEEK LANGUAGE COURSE • BEGINNERS SELF DEFENCE 5 WEEK COURSE • SOLIDWORKS FOR BEGINNERS 5 WEEK COURSE</td>
<td>• INTRODUCTION TO ARABIC 5 WEEKS COURSE • BEGINNERS JAPANESE 5 WEEK LANGUAGE COURSE • CDJ SOC GIVE IT A SPIN • SOLIDWORKS ADVANCED 5 WEEK COURSE • CONVERSATION CLUB</td>
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<tr>
<th>WEEK BEGINNING 29 OCTOBER</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>WEEK BEGINNING 29 OCTOBER</td>
<td>• BEGINNERS 5 WEEK FRENCH LANGUAGE COURSE • BEGINNERS GREEK 5 WEEK LANGUAGE COURSE • TAEKWONDO</td>
<td>• HALLOWEEN • CASUAL ICE SKATING • BEGINNERS SPANISH 5 WEEK LANGUAGE COURSE • BEGINNERS SELF DEFENCE 5 WEEK COURSE • BEGINNERS 5 WEEK ITALIAN COURSE • LEARN REIKI • HALLOWEEN GHOST WALK • HALLOWEEN HOLIDAY CRAFTS</td>
<td>• HALLOWEEN • BEGINNERS JAPANESE 5 WEEK LANGUAGE COURSE • BEGINNERS SPANISH 5 WEEK LANGUAGE COURSE • BEGINNERS SELF DEFENCE 5 WEEK COURSE • BEGINNERS 5 WEEK ITALIAN COURSE • HALLOWEEN HOLIDAY CRAFTS</td>
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### WEEK BEGINNING 5 NOVEMBER

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td><strong>Bonfire Night</strong></td>
<td><strong>Flight Taster Session</strong></td>
<td><strong>Casual Ice Skating</strong></td>
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<tr>
<td>- Beginners 5 week French Language Course</td>
<td>- Beginners 5 week Italian course</td>
<td>- Beginners Self Defence 5 week</td>
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<tr>
<td>- Beginners Greek 5 week Language Course</td>
<td>- Interactive Culinary Sessions</td>
<td>- Beginners 5 week French course</td>
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<td>- MATLAB 5 week course</td>
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<td>- The Cookery School</td>
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### WEEK BEGINNING 12 NOVEMBER

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td><strong>Beginners Spanish 5 week course</strong></td>
<td><strong>SOLIDWORKS for Beginners 5 week course</strong></td>
<td><strong>Beginners Spanish 5 week course</strong></td>
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<tr>
<td><strong>Beginners Sign Language 5 week course</strong></td>
<td><strong>Beginners Spanish 5 week course</strong></td>
<td>**Beginners Self Defence 5 week</td>
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<tr>
<td><strong>LEARN HOW TO READ TAROT CARDS</strong></td>
<td><strong>Beginners Sign Language 5 week course</strong></td>
<td>- Beginners 5 week French course</td>
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<tr>
<td><strong>MATLAB 5 week course</strong></td>
<td><strong>Beginners Sign Language 5 week course</strong></td>
<td>- The Cookery School</td>
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<tr>
<td><strong>Casual Ice Skating</strong></td>
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<tr>
<td><strong>INTERACTIVE CULINARY SESSIONS</strong></td>
<td><strong>Beginners 5 week Italian course</strong></td>
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<td><strong>ANSYS CFD 5 week course</strong></td>
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<td><strong>THE COOKERY SCHOOL</strong></td>
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### WEEK BEGINNING 19 NOVEMBER

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<tr>
<th>MONDAY</th>
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<tr>
<td><strong>Beginners Spanish 5 week course</strong></td>
<td><strong>Casual Ice Skating</strong></td>
<td><strong>Beginners 5 week Italian course</strong></td>
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<td><strong>Beginners Sign Language 5 week course</strong></td>
<td><strong>Beginners 5 week Italian course</strong></td>
<td><strong>The Cookery School</strong></td>
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<td><strong>LEARN SELF HAND AND FACE MASSAGE</strong></td>
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<tr>
<td><strong>INTERACTIVE CULINARY SESSIONS</strong></td>
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### WEEK BEGINNING 26 NOVEMBER

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<th>MONDAY</th>
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<tr>
<td><strong>Beginners Spanish 5 week course</strong></td>
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<td><strong>Beginners 5 week Italian course</strong></td>
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<td><strong>INTERACTIVE CULINARY SESSIONS</strong></td>
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### WEEK BEGINNING 3 DECEMBER

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<td><strong>Beginners Self Defence 5 week course</strong></td>
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<td><strong>FLIGHT TASTER SESSION</strong></td>
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<td><strong>ASTROLOGY - WHAT DOES 2019 HOLD?!</strong></td>
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<td><strong>LEARN AROMATHERAPY</strong></td>
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### WEEK BEGINNING 10 DECEMBER

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<th>MONDAY</th>
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<tbody>
<tr>
<td><strong>Beginners Spanish 5 week course</strong></td>
<td><strong>Casual Ice Skating</strong></td>
<td><strong>SNOWDROP CHRISTMAS PARTY</strong></td>
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<tr>
<td><strong>Beginners Sign Language 5 week course</strong></td>
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</table>
Get involved with Sport at your Students’ Union! Many of our Give it a Go sport sessions are run by Sports Clubs that are active at Sport Sheffield. All our sessions are designed for beginners, so it doesn’t matter if you haven’t tried the activity before. Don’t forget to buy your ticket in advance!

For the full list of Sport sessions, locations, terms and conditions, what to bring, and to buy tickets please visit:

www.sheffieldsu.com/giveitago-sport
or go to the SU Box Office.

**WEDNESDAY 3 OCT**

**TRAIL RUNNING**
4-5pm
Meet at The Edge
Free

Come and try trail running with the University of Sheffield Orienteering and Fell Running Club.

**EVERY WEDNESDAY**

**ICE SKATING**
7-10pm  Free
Meet at the University of Sheffield Tram Stop

Join Ice Skating Society for their weekly session at Ice Sheffield. Please see the online event for more info on what to bring, including tram and skate hire price.

**THURSDAY 4 OCTOBER**

**WOMEN’S CRICKET**
6-8pm  Free
Birkdale School or meet 15 minutes before outside the Edge or 30 minutes before outside the SU

Come and Try Cricket, whether you are a beginner or a pro we are the club for you!

**SATURDAY 6 AND 13 OCTOBER**

**POLO**
10.30am - 2pm
Meet in the Goodwin Sports Centre Car Park

Come and join the equestrian club at our Give it a Go Polo session for all abilities from Polo pros to those who have never sat on a horse before!

Transport, hats and body protectors included in ticket. Please wear joggers/leggings and boots with a small heel.

**SUNDAY 7 OCTOBER**

**WOMEN-ONLY GYM INDUCTION**
6-7pm  £3
Goodwin Sports Centre Gym

You will get a short induction, then you can use the rest of the time to try out the different machines and ask women instructors for advice on technique, to help you feel more confident in your own fitness.

**SATURDAY 20 OCTOBER**

**WALK ALONG DERWENT VALLEY**
9.40am - 2pm  £4
Meet at Sheffield Train Station Departure Boards

On this walk we’ll be heading south down the beautiful Derwent Valley, climbing up onto Froggatt and Curbar edge, then following the river Derwent upstream back towards Grindleford. A great way to discover what the club is all about and get some fantastic views!

(Total length: 12km or 7.5 miles)

Tickets MUST be purchased in advance, the price of the ticket does not include rail fare. For more info on what to bring and wear, please see the online event description on the Give it a Go website.

**DATES BELOW**

**TAEKWONDO**
Monday and Thursday sessions are 6-8pm
Saturday’s session is 2-4pm, with an optional hour of fitness starting at 1pm

Sessions will either be in The Edge or Endcliffe studio, please refer to the online event or your ticket

Come along and try a Taekwondo session! All of our sessions are open to all abilities, you don’t need to be particularly fit or flexible.

**MONDAY 1, 8, 15, 22, 29 OCTOBER**
**THURSDAY 4, 11, 18, 25 OCTOBER**
**SATURDAY 6, 13, 20, 27 OCTOBER**

All Sessions £3

**BEGINNERS SELF DEFENCE 5 WEEK COURSE**
5-7pm  £15
No. 66 - TV Studio
(other than 7 November which is in Uni Central)

This course will give a solid introduction to the concepts of self-defence. Should you pass, an electronic certificate and HEAR (where possible) will be awarded.

**WEDS FOR 5 WEEKS: STARTING 10 OCT**

This course will give a solid introduction to the concepts of self-defence. Should you pass, an electronic certificate and HEAR (where possible) will be awarded.
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<thead>
<tr>
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<th>TUESDAY</th>
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<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>RESIDENCE GYM</td>
<td>LEARN TO CYCLE</td>
<td>SQUASH &amp; RACKETBALL</td>
<td>RESIDENCE GYM</td>
<td>BOOTCAMP</td>
<td>PARKRUN</td>
<td>MEN’S BASKETBALL</td>
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<tr>
<td>10-11AM</td>
<td>2.40-4.00PM</td>
<td>7-8AM</td>
<td>7-8AM</td>
<td>4:30-5:30PM</td>
<td>8:30AM</td>
<td>10AM-12PM</td>
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<tr>
<td>SQUASH &amp; RACKETBALL</td>
<td>QUIDDITCH</td>
<td>RUNNING 3PM</td>
<td>NETBALL</td>
<td>VOLLEYBALL</td>
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<td>4.40-6.00PM</td>
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<td>4-5PM</td>
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<tr>
<td>WHEELCHAIR BASKETBALL</td>
<td>HIGH INTENSITY FITNESS</td>
<td>CASUAL SWIMMING</td>
<td>WOMEN’S FOOTBALL</td>
<td>BOULDERING</td>
<td>SPIKEBALL</td>
<td>BADMINTON</td>
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<td>6.15-7.15PM</td>
<td>7.15-8.15PM</td>
<td>4-5PM</td>
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<td>6-7.20PM</td>
<td>1.30PM-2:30PM</td>
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<td>ZUMBA</td>
<td>YOGA</td>
<td>WALKING FOOTBALL</td>
<td>ULTIMATE FRISBEE</td>
<td>SWIMMING</td>
<td>DODGEBALL</td>
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<td>BOXING FITNESS</td>
<td>SPINNING</td>
<td>MEN’S FOOTBALL</td>
<td>TOUCH RUGBY</td>
<td>BOULDERING</td>
<td>FUTSAL</td>
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<td>7-8PM</td>
<td>5.30-6.30PM</td>
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<td>5-6PM</td>
<td>7.20-10PM</td>
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<tr>
<td>LACROSSE</td>
<td>MEN’S SELF DEFENCE</td>
<td>WOMEN’S BOXING FITNESS</td>
<td>FITNESS CLASS</td>
<td>WOMEN’S BASKETBALL</td>
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<td>WALKING CLUB</td>
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<td>Friendly Peak District walks throughout the year, Saturdays and Sundays, £2 for non members</td>
<td>Our unique Glow Sport event, featuring Badminton and Zumba, will take place on Friday 7th December in the Octagon, £3pp. See facebook/socialsportuos for details</td>
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<td>CONTACT: <a href="mailto:suwcc@sheffield.ac.uk">suwcc@sheffield.ac.uk</a> Website: suwcc.co.uk</td>
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<td>BOOKING IS ESSENTIAL!</td>
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<td>BOOKING AVAILABLE 6 DAYS BEFORE SESSION!</td>
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<td>The Edge Reception - Free sports equipment and tennis use</td>
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<td>Student Union Welcome Desk - Free sports equipment and table tennis use</td>
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<td>INTERVAL CAFE - Free table tennis use</td>
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<td>Present your U-Card to borrow equipment</td>
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<td>PLUS MUCH MORE...</td>
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<td>Check out our social media and web pages for more activities throughout the year!</td>
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**RESIDENCE 5-A-SIDE FOOTBALL**
League fixtures starting in October. Sign up your team via www.sport-sheffield.com/residence-sport

**BEGINNERS FENCING**
Engaging new session with our Fencing Club, Mondays, 7-9.30pm at Birkdale School. Website: shefunifencing.co.uk
MUSIC & DANCE

All of our Music and Dance activities are suitable for beginners, giving you the opportunity to try something new or have a go at something you’ve not done in a while. Most of the events are run by Societies here in Sheffield, giving you the chance to try with Give it a Go first and then if you like it, go on and join the group. Don’t forget to buy your ticket in advance.

For the full list of Music & Dance sessions, locations, terms and conditions, what to bring, and to buy tickets please visit: www.sheffIELDSu.com/giveitago-musicanddance or go to the SU Box Office.

MONDAY 1 OCTOBER

SAMBA BAND
5.30-7pm Free
Meet outside the SU main entrance
Come and have a go at playing some Brazilian beats with the Samba Society.

MONDAY 1 OR 8 OCTOBER

LEARN LATIN AMERICAN FOLK DANCE
7-8pm £3.50
Meeting Room 1 @ The Octagon
Dust off your dancing shoes and learn a traditional Mexican folk dance with the Latin American Society.

TUESDAY 2 OCTOBER

LATIN AND BALLROOM DANCE
6-7.30pm £3.50
38 Mappin Street - Workroom 3
Come and give Latin and Ballroom dancing a go with the Latin and Ballroom Soc. No previous experience required.

THURSDAY 4 OR 11 OCTOBER

ZUMBA
7-8pm £3.50
King Edward School or meet outside the SU at 6.45pm
Join Zumba Soc for their energetic Zumba class. Suitable for all abilities.

THURSDAY 4 OCTOBER

SWING DANCE: SOLO JAZZ
7-8:30pm £5
Uni Central @ The SU
Solo Jazz enables you to dance to your favourite jazz music without a partner! Join Swing Soc in this session to learn some new moves.

MONDAY 8 OCTOBER

BEGINNERS IRISH DANCE
6-7pm £2.50
Endcliffe Studio
This is an intro class to Bollywood dance! Come along and enjoy dancing to upbeat Bollywood songs.

FRIDAY 26 OCTOBER

DJ SOC GIVE IT A SPIN
5-8pm £5
Raynor Lounge @ The SU
Ever fancied learning to DJ? Join DJ Soc for a crash-course in all things mixing, with one-on-one tuition!
All of our events and activities in the Mind, Body and Soul section are here to aid your wellbeing. Wellbeing can be physical and mental, and we have put together a selection of events to help both areas. Many of these activities are run by our Student Groups, so it is a great way to get to know new people. Don’t forget to buy your ticket in advance.

For the full list of Mind, Body & Soul sessions, locations, terms and conditions, what to bring, and to buy tickets please visit:
www.sheffieldsu.com/giveitago-mindandbody or go to the SU Box Office.

MONDAY 1 OR 8 OCTOBER

DAOIST SELF-DEFENCE
5.15-6.15pm £2.50
1 October in Uni Central @ The SU or 8 October in No.66 - TV Studio
Come and discover this ancient Daoist art of Lishi self-defence with Lishi Tai Chi Society.

DAOIST TAI CHI AND MOVEMENT MEDITATION
5.15-6.15pm £2.50
Uni Central @ The SU
Come and discover this Daoist exercise system with Lishi Tai Chi Society, that will leave you feeling connected to this fast paced modern world.

THURSDAY 4 OR 11 OCTOBER

LEARN SELF HAND AND FACE MASSAGE
4 October in View Room 6 @ The SU, 5-7pm or 26 November in High Tor 4 @ The Edge, 7.30-9.30pm £3.75
The routine will involve head neck and shoulder routine, also arms and hands, including acupressure. Learn how to do it on yourself.

LEARN INDIAN HEAD MASSAGE
4-30-6.30pm £3.75
Gallery Room 3 @ The SU
Spend a lot of time using computers/laptops for an extended period of time? Then this session is for you. Learn the basics of how Indian Head Massage can help you.

THURSDAY 11 OCTOBER

MEDITATION
6-7pm £2
Gallery Room 4 @ The SU
In this session, Meditation Society will teach you how to meditate and explain some of its lesser known practical aspects.

MONDAY 22 OCTOBER

LEARN INDIAN HEAD MASSAGE
4.30-6.30pm £3.75
Gallery Room 3 @ The SU
Spend a lot of time using computers/laptops for an extended period of time? Then this session is for you. Learn the basics of how Indian Head Massage can help you.

THURSDAY 8 NOVEMBER

MINDFUL LIFE SKILLS
5.30-7.30pm £2.50
Gallery Room 3 @ The SU
Come along to this session to learn some handy techniques for learning mindful life skills

THURSDAY 11 OCTOBER

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6-7pm £2
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THURSDAY 8 NOVEMBER

MINDFUL LIFE SKILLS
5.30-7.30pm £2.50
Gallery Room 3 @ The SU
Come along to this session to learn some handy techniques for learning mindful life skills

MONDAY 12 NOVEMBER

LEARN HOW TO READ TAROT CARDS
7.30-9.30pm £2.50
High Tor 4 @ The Edge
Many believe the tarot cards are guided by a spiritual force, so come along to this session and find out for yourself.

WEDNESDAY 5 DECEMBER

ASTROLOGY - WHAT DOES 2019 HOLD FOR YOU?!
6.30-8.30pm £2.50
View Room 6 @ The SU
Learn about your horoscope, and what it means to be part of that star sign. Also, look ahead to 2019 and what the new year might bring for you.

WEDNESDAY 5 DECEMBER

LEARN AROMATHERAPY
4.30-6.30pm £3.75
Gallery Room 4 @ The SU
The use of essential oils has many positive effects on our mind and body. Learn how to use them effectively in this practical session.

TUESDAY 9 OCTOBER

LEARN SWEDISH BACK MASSAGE
6.30-8.30pm £3.75
Gallery Room 3 @ The SU
Bring a towel and in this session learn the history of massage and some key movements to help you perform massage. Involves pair work.

WEDNESDAY 31 OCTOBER

LEARN REIKI
6.30-8.30pm £3.75
Gallery Room 4 @ The SU
Come along to this workshop to learn more about Reiki and try it out for yourself; helping you to keep calm and focused.
Our Other Fun Stuff events are those events which span from Workshops, Debates, Tours and other fun things! A category for those wonderful activities that really does have something for everyone as many of these sessions are run by Societies. Don’t forget to buy your ticket in advance.

For the full list of Other Fun Stuff sessions, locations, terms and conditions, what to bring, and to buy tickets please visit: www.sheffieldsu.com/giveitago-otherfunstuff or go to the SU Box Office.

**MONDAY 1 OCTOBER**

**LIVING YOUR MOST ETHICAL LIFE**
5-7pm Free
Gallery Room 3 @ The SU

Come to this session run by People & Planet on how to live ethically in today’s society.

**TUES 2 OCT, 6 NOV OR 4 DEC**

**FLIGHT TASTER SESSION**
1-3pm Free
Meet at the Diamond Café 10 minutes before

Ever wondered how to fly an airplane? Do you think you are capable of landing an aircraft by yourself? Come with your friend and join our flying taster session with Aerospace Soc.

**TUE 2 OCT OR FRI 5 OCT**

**MUG CAKE FUN**
5.30 - 8pm £1.50
Gallery Room 3 @ The SU

We’re keeping it simple, but no less delicious! Come along and join us making some scrummy mug cakes... The perfect solution for when you need that quick cake fix!

**WEDNESDAY 3 OCTOBER**

**AMAZING THAILAND**
6-7pm £1.00
Gallery Room 3 @ The SU

No plans for a holiday? Why not Thailand? Join Thai Soc as they give you an insight to Thailand and its Culture (including writing your name in Thai).

**WEDNESDAY 3 OCTOBER**

**FREE COFFEE AND CAKE SOCIAL**
2-4pm Free
Interval @ The SU

Join the Mature Students’ Committee for free coffee and cake, and learn more about their group.

**THURSDAY 4 OCTOBER**

**PELA IN MITIGATION AND NEGOTIATION WORKSHOP**
4:30-6pm Free
Moot Court @ Bartolome House

Bar Society welcome you to join them at this informal and relaxed session that will hopefully aid you in developing your public speaking skills and understanding of what to expect when entering the legal profession.

**THURSDAY 4 OCTOBER**

**A MIDSUMMER NIGHT’S DREAM - SHEFFIELD THEATRES**
7:30-10pm £12
Crucible Theatre
GLAG recommends you arrive at 7:15pm. Please note seats have tight legroom

Reimagined by Sheffield Theatres, this is Shakespeare’s most celebrated comedy. Join us as we head to the theatre to see this classic production.

**SATURDAY 6 OCTOBER**

**CONSERVATION TASKS AT CROOKES VALLEY COMMUNITY FARM**
9.15 - 3pm Free
Meet in front of the Octagon Centre

Join us, Sheffield University Conservation Volunteers, for a variety of fun conservation tasks at Crookes Community Farm.

**SUNDAY 7 OCTOBER**

**MEDIEVAL FIGHTING AND CRAFTING**
1-5pm £3
Uni Central @ The SU

Come along and try out medieval sword and spear fighting, making medieval clothing or just learning about history.

**SEXPRESSION TASTER SESSION**
2-4pm £2
Gallery Room 3 @ The SU

Volunteering with Sexpression provides a great opportunity to develop your teaching skills and give something back to the local community in a relaxed and fun environment.
**SUNDAY 7 OCTOBER**

**TSC - BACKSTAGE WITH THE BAND**
3-5pm Free
TBC see online event or ticket for location

Do you want to find out what goes on backstage in a live venue? TSC run every club night, gig and live event in your Student’s Union.

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**TUESDAY 9 OCTOBER**

**FEMSOC CAMPAIGNING**
5.30 - 7pm Free
Activities and Sports Zone @ The SU

This Give it a Go will provide some tools and tips on how to support and get involved with FemSoc’s campaigns.

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**TUESDAY 9 OCTOBER**

**BATH BOMB MAKING WITH LUSH COSMETICS**
6-9pm £5
Meet outside The SU

Need a bit of rest and relaxation? In this exclusive session, staff from Lush will be on hand to give you a private tour around their store before giving you the opportunity to create your own sea inspired ‘Big Blue’ bath bomb to take home.

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**TUESDAY 16 OCTOBER**

**CRUELTY FREE PRODUCTS**
7-9pm Free
View Room 6 @ The SU

An interesting talk and discussion about the meaning of cruelty free, the importance of using cruelty free products and how to shop cruelty free as a student.

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**WEDNESDAY 17 OCTOBER**

**MOOTING - ADVOCACY**
1.30-4pm Free
DB13 in The Law School

Ran by Edward Bramley Law Society, everyone is welcome to this session. Particularly good for anyone who wants to learn how to moot and get some tips on advocacy.

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**THURSDAY 25 OCTOBER**

**THE THREE MUSKETEERS - SHEFFIELD THEATRES**
7-45pm £12
Lyceum Theatre
GIALG recommends you arrive at 7.30pm. Please note seats have tight legroom.

A rip-roaring ballet with a classic love story at its heart, The Three Musketeers is bound to leave a smile on your face.

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**SATURDAY 3 NOVEMBER**

**SCRIPTWRITING AND STORYBOARDING WORKSHOP**
1-4pm £3
View Room 4 @ The SU

Interested in how films get translated from words to screen? In this workshop we’ll teach you the basics of how to format a script, and how that gets translated into the first step in visual storytelling.

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**SUNDAY 4 NOVEMBER**

**CAMERA AND LIGHTING WORKSHOP**
1-4pm £5
Gallery Room 4 @ The SU

Curious about the hands-on workings of a film set? In this workshop you’ll learn the basics of how to use a camera, then we’ll recreate a famous scene in order to learn how to block a scene, frame a shot, and how to best use lighting.

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**SUNDAY 18 NOVEMBER**

**EDITING WORKSHOP**
1-4pm £5
Check Filmmaking Society Facebook page closer to time for event location

Ever wondered how films go from hundreds of chaotic shots to a polished piece of cinema? In this workshop you’ll learn the basics of editing software, basic cuts and how to avoid common editing pitfalls.

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**WEDNESDAY 24 OCTOBER**

**24HR FILMMAKING CHALLENGE**
7-10pm £5
Octagon Meeting Room 2

We invite you to join us as we throw caution to the wind, along with the weeks of planning that usually accompanies a filmmaking project. In small groups you’ll write, shoot and edit a 5-minute short film, all in 24 hours!

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**WEDNESDAY 24 OCTOBER**

**MALAYSIAN TRADITIONAL GAMES**
3-4.30pm £3
Activities and Sports Zone @ The SU

Come and join in the fun! You will be exploring some of our unique malaysian traditional games.
Some of the training sessions listed below can count towards your HEAR but all of them can give you transferable skills to pop onto your CV! Some of the sessions are student led, so a great opportunity to learn a new skill and make a few new friends at the same time! Don’t forget to buy your ticket in advance.

For the full list of Skills and Training sessions plus locations, terms and conditions, what to bring, and to buy tickets please visit: www.sheffdsu.com/giveitago-skills or go to the SU Box Office.

**MATHS & TRAINING**

**SPONSORED BY SANTANDER UNIVERSITIES.**

Get £15 off our First Aid Course, and £10 off our 2 and 5 week courses. Supported from Santander thanks to Santander

*residence life discount still applies, take £2 off the discount price*

**MONDAY 8 OCTOBER - 12 NOVEMBER**

**MATLAB FOR BEGINNERS 5 WEEK COURSE**
6-8pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Matrix Laboratory is a powerful technical programming software used in Engineering, Finance, Architecture etc. Join this 5 week course to learn more.

Please note there will be no class during week 7.

An electronic certificate and HEAR (where possible) will be given for full attendance.

**SATURDAY 13 AND 20 OCTOBER**

**LATEX ESSENTIALS 2 WEEK COURSE**
10am - 5pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Do you find yourself spending hours on formatting your report right before the deadline? If you are writing a report with lots of figures, equations, cross-references (the list goes on), then LaTeX is perfect for you!

An electronic certificate and HEAR (where possible) will be given for full attendance.

**SUNDAY 14 OCTOBER AND 28 OCTOBER**

**EMERGENCY FIRST AID COURSE**
10am - 4.30pm Gallery Room 4 @ The SU
WAS £45 NOW £30 thanks to Santander Universities

This full day course will give you an Emergency First Aid in the Workplace for Appointed Persons Certificate, which is approved by the government Health & Safety Executive. A useful extra on your CV, you’ll be trained in emergency life support procedures.

A professional course certificate and HEAR (where possible) will be given if you pass the course.

**TUESDAY 9 OCTOBER - 13 NOVEMBER**

**SOLIDWORKS FOR BEGINNERS 5 WEEK COURSE**
6-8pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Want to learn Solidworks but don’t know how to start? Learn the basic skills necessary to create 3D geometry using the software in under 10 hours.

Please note there will be no class during week 7.

An electronic certificate and HEAR (where possible) will be given for full attendance.

**FRIDAY 12 OCTOBER - 16 NOVEMBER**

**ADVANCED SOLIDWORKS 5 WEEK COURSE**
6-8pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Want to be more confident in using Solidworks after learning the basics? This course will teach you how to use the Solidworks software in a more advanced and technical way.

Please note there will be no class during week 7.

An electronic certificate and HEAR (where possible) will be given for full attendance.

**SATURDAY 10 OCT - 14 NOV**

**ANSYS CFD FOR BEGINNERS 5 WEEK COURSE**
6-8pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Ever wanted to know the downforce produced by your favourite sports car but never had the money to buy it? (If you are a student we understand) Then the ANSYS CFD course is for you!

Please note there will be no class during week 7.

An electronic certificate and HEAR (where possible) will be given for full attendance.

**THURS 11 OCT - 15 NOV**

**ANSYS STRUCTURAL FOR BEGINNERS 5 WEEK COURSE**
6-8pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Want to solve real-life, complex mechanical problems? Learn the basics of using ANSYS Mechanical to perform finite element analysis (FEA).

Please note there will be no class during week 7.

An electronic certificate and HEAR (where possible) will be given for full attendance.

**WEDNESDAY 10 OCT - 14 NOV**

**AUTOCAD FOR BEGINNERS**
10am - 5pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Would you like to create stunning 2D diagrams that you can use for professional presentations? Would you like to design objects that you can 3D print? If yes, this is how to start!

An electronic certificate and HEAR (where possible) will be given for full attendance.

**SUNDAY 27 OCT AND 3 NOV**

**FUSION 360 2 WEEK COURSE**
10am - 5pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Want to learn Autodesk Fusion but don’t know how to start? Learn the basic skills necessary to create 3D geometry, model assemblies and manufacture parts using the software in under 10 hours.

An electronic certificate and HEAR (where possible) will be given for full attendance.

**SUNDAY 25 OCTOBER**

**FIRST STUDENT OF SHEFFIELD’S AUTOCAD FOR BEGINNERS 5 WEEK COURSE**
6-8pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

An electronic certificate and HEAR (where possible) will be given for full attendance.

**ROOM 4 DIAMOND COMPUTER**

10am - 5pm (6 hours per week)

**SU BOX OFFICE**

BUY YOUR TICKETS AT

su.sheffielduniv.ac.uk/events

su.sheffielduniv.ac.uk/graphcadinSheffield

**TUESDAY 9 OCTOBER - 13 NOVEMBER**

**FIRST STUDENT OF SHEFFIELD’S AUTOGRAPHIC DESIGNEERS 5 WEEK COURSE**
6-8pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Have Questions? Contact us at: graphcad@sheffield.ac.uk

**WEDNESDAY 10 OCT - 14 NOV**

**FIRST STUDENT OF SHEFFIELD’S FUSION 360 FOR BEGINNERS 5 WEEK COURSE**
6-8pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Would you like to create stunning 2D diagrams that you can use for professional presentations? Would you like to design objects that you can 3D print? If yes, this is how to start!

An electronic certificate and HEAR (where possible) will be given for full attendance.

**SATURDAY 13 AND 20 OCTOBER**

**FIRST STUDENT OF SHEFFIELD’S LATEX ESSENTIALS 2 WEEK COURSE**
10am - 5pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Do you find yourself spending hours on formatting your report right before the deadline? If you are writing a report with lots of figures, equations, cross-references (the list goes on), then LaTeX is perfect for you!

An electronic certificate and HEAR (where possible) will be given for full attendance.

**THURS 11 OCT - 15 NOV**

**FIRST STUDENT OF SHEFFIELD’S AUTOCAD FOR BEGINNERS 5 WEEK COURSE**
6-8pm Diamond Computer Room 4
WAS £25 NOW £15 thanks to Santander Universities

Want to learn Autodesk Fusion but don’t know how to start? Learn the basic skills necessary to create 3D geometry, model assemblies and manufacture parts using the software in under 10 hours.

An electronic certificate and HEAR (where possible) will be given for full attendance.

**SUNDAY 14 OCTOBER AND 28 OCTOBER**

**FIRST STUDENT OF SHEFFIELD’S SANTANDER SPONSORED BY SANTANDER UNIVERSITIES.**

Get £15 off our First Aid Course, and £10 off our 2 and 5 week courses. Supported from Santander thanks to Santander

*residence life discount still applies, take £2 off the discount price*
All of our Creative sessions are suitable for absolute beginners! Try your hand at something arty while at Sheffield and at the same time get to know the Student Groups who run the sessions. Don’t forget to buy your ticket in advance.

For the full list of creative sessions, locations, terms and conditions, and to buy tickets please visit: www.sheffieldsu.com/giveitago-creative or go to the SU Box Office.

**WEDNESDAY 17 OCTOBER**

**MALAYSIAN CULTURAL SESSION**

3.30 - 4.30pm £3

View Room 6 @ The SU

Join us as we will be holding tons of Malaysian cultural activities such as batik painting, wayang kulit (shadow puppets), henna, ketupat weaving and kain batik wearing tutorial!

**SATURDAY 27 OCTOBER**

**SWEETEN THE DAY OF THE DEAD**

3-5pm £2

View Room 5 @ The SU

Do you have a sweet tooth and are interested in crafts? The Latin American Society invites you to create a traditional sugar-made skull to decorate our Altar for the Day of the Dead.

**THURSDAY 25 OCTOBER**

**CREATING RANGOLI ART**

6-8pm £2.50

Gallery Room 4 @ The SU

Join Indian Soc in this session and learn how to make colourful Rangoli Art, all while learning about Indian Culture.
**LANGUAGES**

Sponsored by Santander Universities. “These language courses have been made possible by the support of Santander”

**AMAZING OFFER - GET £10 OFF SELECTED LANGUAGE COURSES, SUPPORTED BY SANTANDER**

*residence life discount still applies, take £2 off discount price.

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**EVERY TUE FOR 4 WEEKS: 2 OCTOBER - 23 OCTOBER**

**BEGINNERS SIGN LANGUAGE 10 HOUR COURSE**
5-7.30pm Raynor Lounge @ The SU
WAS £22.50 NOW £12.50 for 4 weeks

Our professional tutor will teach you British Sign Language in this 4 week, 10 hour course.
A course certificate and HEAR (where possible) will be given for full attendance

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**EVERY WED FOR 5 WEEKS: 8 OCTOBER - 5 NOVEMBER**

**BEGINNERS GREEK 5 WEEK COURSE**
7-9pm Gallery Room 3 @ The SU
WAS £22.50 NOW £12.50 for 5 weeks

Our professional Greek tutor will teach you beginner Greek in just 5 short weeks!
A course certificate and HEAR (where possible) will be given for full attendance

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**EVERY MON FOR 5 WEEKS: 8 OCTOBER - 5 NOVEMBER**

**BEGINNERS FRENCH 5 WEEK COURSE**
4-6pm Monsal Dale @ The Ridge
WAS £22.50 NOW £12.50 for 5 weeks

Learn beginners French in our 5 week course! Taught by a professional French tutor.
A course certificate and HEAR (where possible) will be given for full attendance

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**EVERY WEDS FOR 5 WEEKS: 10 OCTOBER - 7 NOVEMBER**

**BEGINNERS SPANISH 5 WEEK COURSE**
6.30-8.30pm Monsal Dale @ The Ridge
WAS £22.50 NOW £12.50 for 5 weeks

Learn beginners Spanish in 5 short weeks with our professional Spanish tutor!
A course certificate and HEAR (where possible) will be given for full attendance

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**EVERY THURS FOR 5 WEEKS: 11 OCTOBER - 8 NOVEMBER**

**BEGINNERS FRENCH 5 WEEK COURSE**
4-6pm Gallery Room 4 @ The SU
WAS £22.50 NOW £12.50 for 5 weeks

Learn beginners French in our 5 week course! Taught by a professional French tutor.
A course certificate and HEAR (where possible) will be given for full attendance

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**EVERY THURS FOR 5 WEEKS: 26 OCTOBER - 23 NOVEMBER**

**BEGINNERS JAPANESE 5 WEEK COURSE**
6.30-8.30pm Gallery Room 3 @ The SU
WAS £22.50 NOW £12.50 for 5 weeks

Our professional tutor will teach you beginner’s Japanese in 5 weeks. You will also look at the Japanese syllabary; calligraphy.
A course certificate and HEAR (where possible) will be given for full attendance

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**EVERY MON FOR 5 WEEKS: 12 NOVEMBER - 10 DECEMBER**

**BEGINNERS ITALIAN 5 WEEK COURSE**
5-7pm Gallery Room 3 @ The SU
WAS £22.50 NOW £12.50 for 5 weeks

Gio! Come and learn Italian in 5 weeks with our Italian professional tutor.
A course certificate and HEAR (where possible) will be given for full attendance

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**EVERY TUESDAYS FOR 5 WEEKS: 4 OCTOBER TO 1 NOVEMBER**

**BEGINNERS GERMAN WEEKEND COURSE**
10am - 4pm High Tor 4 @ The Edge
WAS £22.50 NOW £12.50 for 2 days

Over the weekend, join us in an intensive 10 hour German course! Taught by our professional German tutor.
A course certificate and HEAR (where possible) will be given for full attendance

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**EVERY MONDAY FOR 5 WEEKS:**

**BEGINNERS SPANISH 5 WEEK COURSE**
5-7pm Raynor Lounge @ The SU
WAS £22.50 NOW £12.50 for 5 weeks

Learn beginners Spanish in 5 short weeks with our professional Spanish tutor!
A course certificate and HEAR (where possible) will be given for full attendance

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**EVERY TUESDAY FOR 5 WEEKS:**

**BEGINNERS GERMAN WEEKEND COURSE**
10am - 4pm High Tor 4 @ The Edge
WAS £22.50 NOW £12.50 for 2 days

Over the weekend, join us in an intensive 10 hour German course! Taught by our professional German tutor.
A course certificate and HEAR (where possible) will be given for full attendance

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**INTRODUCTION TO ARABIC**
6-8pm
Meet outside the Hicks Building
£15 for 5 weeks; £4 per session (residences discount only available on the full £15 price)
Learn beginners Arabic with the Arabic Society.
WHO DOESN’T LOVE A TRIP AWAY EACH WEEKEND?! WITH GIVE IT A GO DAY TRIPS YOU GET PRIVATE RETURN COACH TRAVEL AND A DEDICATED MEMBER OF TEAM GIVE IT A GO ON HAND ALL DAY Included with your ticket.

For all of our day trips, the end time shown in the event information signifies the coach departure time not the time we are due to arrive back in Sheffield. Unless otherwise stated in the event description online, ticket price includes travel only, you will have free time in each destination. For all Give it a Go Day Trips, the pick up location is Glossop Road entrance to Bar One. Trips with the Residence Life icon have an additional pick up point of Oakholme Road. Please select pick up location at point of sale.

IF YOU HAVE A RESIDENCE LIFE CARD, YOU CAN GET £5 OFF ALL OF OUR DAY TRIPS! FOR FAMILIES LIVING IN THE RESIDENCES, LOOK OUT FOR THE FAMILY FRIENDLY ICON TO FIND TRIPS SUITABLE FOR YOU AND YOUR YOUNG ONES, PLUS RECEIVE £5 OFF THE FAMILY PRICE!*  

*Maximum offer for up to 2 adults and 3 children.

Many more events online! For all tickets, full blurbs, travel times, and what to bring on the trips visit:  
WWW.SHEFFIELDSDU.COM/GIVEITAGO-DAYTRIPS

For all tickets and activity listings  
Facebook: Giveitagoshef  
Instagram: sugiveitago  
Twitter: SUGiveitaGo  
Email: giveitago@sheffield.ac.uk

DAY TRIPS

SATURDAY 6 OCTOBER
THE CITY OF CAMBRIDGE
£22
8am - 5.30pm
Join us on our trip to the historical town of Cambridge. Top attractions to see: King’s College, Punting on River Cam and the County Folk Museum. Also, why not top up your ticket and join us for a guided walking tour of Cambridge?!  

SATURDAY 7 OCTOBER
ROBIN HOODS BAY AND WHITBY
£22
8am - 5pm
Join us on our historical Yorkshire Coast day trip. First stop is Robin Hoods Bay; its beach is renowned for fossils. Then Whitby; the ‘birthplace’ of the mythical legend of Dracula.

SATURDAY 13 OCTOBER
BAKEWELL TASTE-TRAIL TOUR
£35
10am - 4pm
Join us on a unique tour of Bakewell, as we taste our way around this beautiful Peak District Town with our professional guide. All included in the price of your ticket.

SATURDAY 20 OCTOBER
YORK AND HARROGATE
£15
8am - 5.30pm
Two locations for the price of one! Our first stop is York where you can visit York Minster, York Castle plus so much more! In Harrogate, why not treat yourself to a traditional afternoon Tea at the world famous Betty’s Tea Shop.

SUNDAY 14 OCTOBER
ALNWICK CASTLE
£36
8am - 5pm
Come with us as we visit Alnwick Castle in Northumberland! Did you know, many of the Harry Potter films were filmed at this Castle?! You can even recreate some of the scenes in a Broomsticks training session.

SUNDAY 21 OCTOBER
MATLOCK WALKING TOUR AND HEIGHTS OF ABRAHAM
£35
10am - 4pm
Today we will enjoy a guided walking tour of the beautiful town of Matlock! In the afternoon, we will take the very scenic cable car ride up to the Heights of Abraham (included in the price of your ticket).
**Friday 2 - Sunday 4 November**

**City of Edinburgh Weekend Day Trip**

Prices start from just £120 per person.
Coach departs outside Bar One on Friday 2 November at 8am.
Coach departs Edinburgh on Sunday 4 November at 2pm

Join us for a weekend away to the beautiful Scottish City of Edinburgh! This three day and two night stay will allow you to really soak up the sights of Edinburgh. Included in the price of your ticket is return coach travel from Sheffield, Dinner, Bed & Breakfast in The Britannia Hotel, and the choice of either a single room, twin room, or double room. Edinburgh has a unique blend of culture, sophistication and architecture, plus it’s a remarkable location. It is an extraordinary city and well worth a visit! A World Heritage Site, Edinburgh is one of Europe’s finest medieval cities – the jumbled streets of the old town are great fun to explore. Other attractions include Edinburgh Castle, the Royal Palace of Holyroodhouse, and The Royal Mile – a captivating street that links the city’s castles and churches and Oxford Tower. Also, top up your ticket and join us for a guided walking tour of Edinburgh.

**Saturday 10 November**

**City of Oxford**

£22
8am - 5.30pm

Oxford, the city of ‘dreaming spires,’ is steeped in rich and fascinating history which is evident in its fantastic architecture. Top attractions to see: its ceremonial buildings, churches and Oxford Tower. Also, top up your ticket and join us for a guided walking tour of Oxford.

**Sunday 11 November**

**Manchester United Stadium Tour and Manchester**

Price TBC
8am - 5pm

Walk in the footsteps of David Beckham, Wayne Rooney and Sir Alex Ferguson as we take a backstage look at Manchester United on our stadium tour. In the afternoon we will be dropped off into the cosmopolitan city of Manchester. Entry to Manchester United is included in the price of your ticket.

**Saturday 17 November**

**Chester and Llangollen (North Wales)**

£18
8am - 5.30pm

Join us on our Chester and Northern Wales adventure! Today we will visit the Roman Walled city of Chester, before heading off to the breathtakingly beautiful town of Llangollen in North Wales.

**Sunday 18 November**

**City of Coventry**

£16
8am - 5pm

There are plenty of things in Coventry to keep you busy, such as Caludon Castle Park, Coventry Cathedral, and St Michael’s Tower Climb.

**Saturday 1 December**

**Cambridge at Christmas**

£22
8am - 5.30pm

We are off to Cambridge again, but this time to enjoy their Christmas Market. Today enjoy Santa’s Grotto, an Ice Rink, Shopping and everything else Cambridge has to offer.

**Sunday 2 December**

**Leeds Christkindelmarkt - Traditional German Christmas Market**

£15
11am - 6pm

A little bit of Germany in Leeds! Come with us as we go to a traditional German Christmas market. Great to stock up on gifts, and tasty treats ahead of the Holiday Season.

**Saturday 8 December**

**Chatsworth House at Christmas**

£30
10am - 5pm

This year’s Christmas theme is ‘Once upon a Time.’ Come see the house dressed magically for Christmas. You can also explore the gardens, the farmshop and the farmyard.

**Sunday 9 December**

**Hogwarts in the Snow - Harry Potter Studios Tour London**

£70
10am - 6pm

Come with us this winter to Harry Potter Studios. See the studios dressed up for Christmas, and relive the magic of all the Harry Potter Films on this trip.
SUPPORT ON A SUNDAY
Provide a warm and welcome environment for Sheffield’s homeless and vulnerable at this friendly volunteer-run shelter. Greet, chat and play games with guests, and serve tea/coffee/soup and a hot two course meal.
Sunday 7th, 14th October, Sunday 2nd December 12pm - 4.30pm

REFugee conversation club
Spent an afternoon meeting new people at this friendly conversation club. Chat to refugees and asylum seekers who are looking to improve their English and learn a bit more about British culture. This is an amazing opportunity to get to know people from across the world.
Friday 12th October, Friday 26th October 1pm - 4.30pm

green city action
Take action in your city! Boost your physical and emotional health, and help to maintain this peaceful community allotment - digging, weeding and harvesting. This award-winning charity, raises awareness of environmental issues and improves Sheffield’s green spaces.
Wednesday 17th October 10am - 3pm

Holly hagg
Get out in the fresh air, give your body a light workout and get your hands into the soil! Help nature to flourish and give practical support to a project which offers adults and children the chance to engage with the land and animals. Your work will be admired by our alpacas and chickens who will expect you to feed them before you go.
Saturday 10th November, Wednesday 24th October 1pm - 5.45pm

Whinfell quarry garden
Enjoy a great morning in the fresh air at this beautiful, hidden Victorian garden. There will be a variety of gardening tasks for your green fingers, helping to restore the natural masterpiece back to its former glory.
Saturday 20th October, Saturday 17th November 9am - 12.45pm

SPOOK DAY AT MANOR LODGE
Don’t get spooked out at this hair-raising Halloween activity day at the historical Sheffield Manor Lodge. You will welcome visitors and help families and children enjoy the pumpkin treasure trail, spooky storytelling and creepy craft activities.
Sunday 21st October 10am - 4.30pm

Halloween fun on the farm
Come along to our popular Halloween themed Pumpkin Patch Event. Support children with their Halloween pumpkin creation - pick a pumpkin from our patch, select a Halloween design and carve a masterpiece. Help with spooky craft activities and meet the farm animals too!
Saturday 27th, Sunday 28th October 9.30am - 2.30pm

Halloween holiday crafts
Join the holiday fun and spend a few hours helping kids to be creative at the Sheffield Manor Lodge holiday craft sessions. You will supervise the fun table-top activities and help make slime monsters, foam clay decorations and spider web treat boxes.
Wednesday 21st October, Thursday 1st November 10am - 4pm

Oxjam gigmakers
As a gigmaker at the Oxjam Music Festival, a one-day music event promoting the work of the Oxjam charity, you will help out with the initial set-up of the show and then stay to enjoy the music for free! Be a part of Sheffield’s music community and help make a difference internationally.
Saturday 3rd November

1940s Christmas at Manor Lodge
Step back in time and experience Christmas as it was in World War Two. You will welcome visitors, deliver kids craft activities and help set up the event. There will be Christmas crafts, vintage hair-styling, 1940s music, vintage bus rides, festive food and much more!
Sunday 18th November 10am - 4pm

Festivities on the farm
Come along and help at our very popular Christmas open days. Meet all our animals, help Santa give presents to our visitors and get involved helping with festive children’s crafts. Experience a traditional Christmas market - buy all your presents and have fun too!
Saturday 24th, Sunday 25th November 9.30am - 4.30pm

transform theatre Deli
Every year Theatre Deli brings a huge immersive performance to Sheffield. They need your help, imagination and creativity to transform the theatre into Dickens’ London, for an immersive Christmas Carol. Come on down and lend a hand - don’t be a Scrooge!
Wednesday 28th and Thursday 29th November 10am - 3pm or 3pm - 8pm

Supermarket sweep
Foodbanks play a vital role in helping to feed people who are in crisis, especially over Christmas. You can make a difference and change lives by giving just a couple of hours of your time at a supermarket collection. Hand out shopping lists to shoppers as they enter the store and collect donations as they leave.
Saturday 1st December, 2 hour sessions between 9am - 5pm

Zest festive fun day
Decorate Santa’s Grotto, help with activities for children - face painting, balloon modelling and crafts, and tidy up after the event. Zest is an award winning community enterprise which delivers high quality services to local people. This is always a great day with a really lovely atmosphere, so if you like having fun with children and families, this is for you!
Saturday 8th December 9.30am - 3.30pm

Christmas at the cemetery chapel
Join the festive cheer and help to raise money for the Sheffield General Cemetery Trust charity, hosted in the Grade II* listed fully heated chapel. You could be running the pop up cafe, delivering the Christmas Carol. Come on down and lend a hand - don’t be a Scrooge!
Wednesday 28th and Thursday 29th November 10am - 3pm or 3pm - 8pm

Sheffield Volunteering has projects all across Sheffield. From taking part in activities on your doorstep to exploring the wild and wonderful Peak District, you can experience amazing things by volunteering.

Our Give it a Go volunteering days are the best way to give volunteering a try. Each activity is designed as a taster day, enabling you to try something new and gain new skills. They are perfect with friends and a great way to meet like-minded people.

All activities including transport are free. For all our volunteering, no experience is required.
You do not need to buy a ticket from the Box Office, instead book your place in the Sheffield Volunteering office in your Sheffield Students’ Union. (Mon to Fri, 10am - 5pm)

www.sheffieldvolunteering.com
volunteering@sheffield.ac.uk
@shef_volunteer
sheffieldvolunteering

SHEFFIELD VOlunteering
SHEFFIELD VOLUNTEERING
SHEF_Volunteer
SHEFFIELDVOLUNTEERING
‘Activism’ has become a little bit loaded as a word, but all it really means is to do something active about things you care about. Scrap the stereotypes of loud rants and placards and dive into the thoughtful world of active change making at Sheffield.

Sheffield students have a proud history of making change, within the University community and beyond. Be part of it this autumn.

THINKING LUNCHTIMES
Come and enjoy an inspiring lunchbreak. These sessions will screen the best TED style talks on a range of issues to whet your appetite for positive change. Videos will be introduced by SU staff who can point you towards groups active on these issues at Sheffield.

- **RACE, WHITENESS AND EDUCATION**
  Gallery Room 3
  12.15-1.15pm Thu 4 October

- **GENDER AND FEMINISM**
  Gallery Room 4
  Wed 24 Oct 12.30-1.30pm

- **ECONOMIC & POLITICAL CRISIS**
  Gallery Room 3
  Thu 25 Oct 12.30-1.30pm

BEST OF THE REST
Check out these events programmed by active student societies and committees working hard to make change.

- **LIVING YOUR MOST ETHICAL LIFE** – 1 Oct
- **FEMSOC CAMPAIGNING** – 9 Oct
- **CRUELTY FREE PRODUCTS** – 16 Oct

DID YOU KNOW?
Your Students’ Union offers support to any society, committee, or individual student who is running (or thinking of running) a campaign. Get in touch at campaigns@sheffield.ac.uk or call in to the Student Groups Support office next to coffee revs.

GET INVOLVED
For a list of campaigning and political student groups, start with the online societies listings on the Students’ Union website, just click on ‘Find a Society.’ There are also representative committees for BME students, women students, disabled students, LGBT+ students, international students, mature students and postgrads, all of whom run events, campaigns and activities around issues that are important to those they represent.

www.sheffieldsu.com/societies
You run your Students’ Union, and right now we’re asking you to get involved with our leadership elections.

**SU COUNCILLORS** are responsible for bringing the issues which matter to you to the highest levels of the SU. They make important decisions about your SU, which have included:
- Bans on bottled water and Nestle products in our outlets
- Introducing free sanitary products around the SU
- Campaigning against the National Student Survey

The SU has 46 Departmental Councillors, 8 Representative Councillors and the Ethical and Environmental Councillor. Councillors are elected by and from the groups of students that they represent, so being a Councillor is open to all students, and is a fantastic opportunity to represent your peers and develop your skills.

**NUS DELEGATES** are elected Sheffield students who represent you on a national level at annual NUS Conferences. They vote on national policy and elect NUS leadership for the year ahead. Delegates decide on policies with a huge impact on the lives of students studying in the UK.

All students can become an SU Councillor or NUS Delegate, to find out more about either role come along to a session or email elections@sheffield.ac.uk

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**ELECTIONS 2018-19**

**ELECTION SCHEDULE**
- **NOMINATIONS OPEN** – Mon 24th Sep 10am (Week 1)
- **NOMINATIONS CLOSE** – Fri 5th Oct 5pm (Week 2)
- **TRAINING AND SUPPORT** – Mon 8th - Thurs 11th Oct (Week 3)
- **CANDIDATES ANNOUNCED** – Fri 12th Oct (Week 3)
- **VOTING** – 10am Mon 15th Oct – 5pm Thurs 18th Oct (Week 4)
- **RESULTS ANNOUNCED** – 7pm Thursday 18th Oct (Week 4)

**INFO SESSIONS**

**IS BEING A COUNCILLOR FOR ME?**
- **FREE**
- **Date and Time:** 27th September 2.30-3.30pm
- **Venue:** Gallery Room 3 or 3rd October 12-1pm, View Room 4
- Find out how councillors fit into the running of the SU, what it’s like to be a Councillor and ask any questions you might have about the SU Elections process.

**NUS DELEGATES: WHAT’S IT ALL ABOUT?**
- **FREE**
- **Date and time:** 27th September, 3.30-4.30pm, Gallery Room 3 or 3rd October, 2.30-3.30pm, View Room 4
- Want to get involved in national policy and student democracy? Learn about the NUS Conference process and how you can get involved!

FIND OUT MORE: SHEFFIELDSU.COM/ELECTIONS
GET IN TOUCH: ELECTIONS@SHEFFIELD.AC.UK
RAG STANDS FOR ‘RAISING AND GIVING’ – WE’RE HERE TO SUPPORT STUDENT FUNDRAISING AND TO PUT ON FUNDRAISING EVENTS AND ACTIVITIES YOU CAN’T GET ANYWHERE ELSE!

Bummit are a Committee in their own right and are linked to RAG through their passion for fundraising. Bummit organise two landmark charity hitch-hikes each year. Every year we help students raise thousands of pounds for different charities and support hundreds of student-led events.

**RAG@SHEFFIELD.AC.UK**
**WWW.SHEFFIELD.AC.UK**
**WWW.BUMMIT.CO.UK**
**BUMMIT 2018**
**BUMMIT@SHEFFIELD.AC.UK**
**‘SHEFFIELD RAG’**
**@SHEFFIELDRAG**

**Take part in our events**

**SPIDERWALK**
RAG’S 13-MILE CHARITY BONFIRE NIGHT – HIKE!
THURSDAY 1ST NOVEMBER
Join us for RAG’s infamous night-walk in The Peak District; Spiderwalk! With hundreds of other students along for the journey, a picturesque route to keep you motivated and free food and a show at the half way point, Spiderwalk puts the fun in fundraising! Check our Facebook page for more info and to vote on where the money you raise will go to.

Ticket price & minimum sponsorship tbc

**BABY BUMMIT TO… BRISTOL!**
WEDNESDAY 7TH NOVEMBER
Our hitchhiking charity challenge is a great way to meet new people, see new places and raise money for good causes. What’s more, if you enjoy it, there’ll be an even bigger hitchhiking challenge to an as of yet unknown European city for you to get involved with in 2019!

Baby Bummit can be a great bonding experience for you and your housemates, or a way to find new friends. You just need to get to Bristol in one day without spending any money and once you get there you’ll be treated to a cosy hostel and a well deserved night out with your fellow Bummit participants. All this whilst raising money for a good cause! What’s not to love?

Ticket price & minimum sponsorship tbc

**Put on your own fundraisers for charities of your choice (and raise money for your club or society at the same time)!**

**Top tip: follow us on Facebook to find out how we can support your fundraising.**

RAG’s ‘Adopt a Charity’ scheme works with clubs, societies and committees to help you fundraise for charities of your choice. We can help you organise your own fundraising events or set up a bake sale or collection permit for you. Sports clubs and societies can also claim back up to 45% of your fundraising for your own club or society account too! We can help with things like planning, budgeting, marketing, resources and legal stuff.

E-mail adoptacharity@sheffieldrag.com

Please be aware that small scale fundraising events must send in their request for fundraising support at least 10 days before they wish for their event to take place and larger events must send through their request at least 6 weeks prior to their chosen event date.

Our Adopt a Charity team will not respond to fundraising requests during exam time and vacation periods.

**Want to fundraise? Here’s how we can help!**

- Budgeting, events management and maximising your fundraised income
- Ticketing
- Marketing
- Banking
- Health and safety advice, insurance and risk assessment
- Charity law and good practice
- Online Fundraising
- Fundraising resources and materials
- Collection permits
- Choosing charities

**RAG REPS**
Interested in fundraising and want to develop your knowledge and skills? Become a RAG Rep! With support from our student committees and staff, you can learn fundraising skills, make new friends, and be an integral part of some of our biggest events (plus it counts towards your HEAR.)

E-mail ragreps@sheffieldrag.com

**WANT TO FUNDRAISE?**
**HERE’S HOW WE CAN HELP!**
The Chaplaincy Centre

The Chaplaincy Centre is freely available to all members of our University. We're based in the Octagon Centre and have a Common Room, Quiet Room, and Craft Room open to all. Call in to see us, or find out more on our website www.sheffield.ac.uk/chaplaincy or by email to chaplaincy@sheffield.ac.uk. You can find us on social media too: shefchaplaincy

NON FAITH SPECIFIC EVENTS

TANDEM LEARNING
Get a different perspective on life through conversation with someone from a different religion or belief background. Two lunchtime introductory sessions, then 6 hours of conversation.
www.sheffield.ac.uk/ssid/chaplaincy/tandemlearning
Email for details. Chaplaincy Gathering Room (Octagon L floor)

GOOD GRIEF!
Self-directed support groups for students affected by loss or bereavement.
www.sheffield.ac.uk/ssid/chaplaincy/grief
Flexible - email for details

FAITH SPECIFIC ACTIVITIES (OPEN TO ALL)

BUDDHIST CHANTING
(Nichiren/SGI)
Tue 12:15 - 12:45pm
Chaplaincy Gathering Room (Octagon L floor)

HOLY COMMUNION
(Free Church & Anglican)
Wed 1:10 - 1:40pm
Chaplaincy Gathering Room (Octagon L floor)

QUR’ANIC RECITATION
Wed 5-6pm
Chaplaincy Gathering Room (Octagon L floor)

Coming Up:
A range of creative skill events in Coffee Revolution. Learn skills, be creative and get crafty.

Tickets available at SU Box Office and online tickets.sheffieldstudentsunion.com
ESSENTIAL INFORMATION PAGE
Sheffield Students’ Union’s Give it a Go programme is packed full of activities, events and experiences. Every year thousands of students take part in Give it a Go, and you should too!

BUYING TICKETS
Tickets for all activities are on sale at the Students’ Union Box Office (tel: 0114 222 8777) and are available to buy www.sheффielдsu.com/giveitago.

Tickets MUST be purchased in ADVANCE and your Student, SIC or Gold Life Membership uCard must be shown at the Box Office in order to buy your tickets. Demand for Give it a Go is massive and events can sell out very quickly, so please buy your ticket early to avoid disappointment and please note that you cannot turn up and pay on the door! Unfortunately, all tickets purchased are non-refundable and cannot be exchanged or transferred.

If the event organiser cancels the activity, a full refund will be given from the Students’ Union Box Office. Participants will be informed of cancellations via facebook and twitter, and email where possible.

ROOM LOCATIONS
Unsure of where to go? Go to the map at the front of the programme. If the location reads ‘The Edge’ in Endcliffe, ‘The Ridge’ in Ranmoor or ‘The SU’ (Students’ Union), just meet outside the Reception. Goodwin Sports centre is located on Northumberland Road (on your way up to Crookes)

WOMEN’S MINIBUS
For evening activities in the Students’ Union, the Women’s Minibus will take you home to your door anywhere within a 2-mile radius of the Union. The service runs at half past every hour and tickets cost just £1.50 from the Students’ Union Box Office.

WOMEN’S COMMITTEE
The Women’s Campaign at the University of Sheffield Students’ Union consists of the Women’s Officer and the Women’s Committee. Together they work to make your student experience free from discrimination and sexism, alongside the other Liberation Campaigns. Look out for the Women’s Committee logo to see events for self-defining women.

PUBLIC TRANSPORT
For information on bus and tram fares in and around Sheffield, visit www.travelsouthyorkshire.com

The Give it a Go sports activities are in partnership with Sport Sheffield.

LOOK OUT FOR THE NEXT GIVE IT A GO PROGRAMME IN FEBRUARY.

GOT AN IDEA FOR A GIVE IT A GO SESSION? LET US KNOW AT: GIVEITAGO@SHEFFIELD.AC.UK