



WELCOME WEEK 2025

15-19 September

#UofGDumfries

Welcome Week

Welcome to #TeamUofG

We're thrilled to have you here as you begin this exciting journey at UofG Dumfries. Whether you're returning to campus or joining us for the first time, this week is all about getting to know each other, exploring everything our campus has to offer, and diving into the vibrant community that makes the University of Glasgow Dumfries Campus so special.



Throughout the week we've got a packed schedule of events, activities, and opportunities to help you settle in, make new friends, and start your academic year off on the right foot. So, get ready to connect, learn, and have fun!

Classes start on 22nd September, and our Welcome Week Timetable starts on 15th September.

Any session marked as mandatory should be treated as such and attendance is required.

All sessions will be delivered on campus unless otherwise specified. Please note while we endeavour to run all events as advertised all are subject to change or cancellation if deemed necessary by University Staff.

Some sessions require online booking. If you experience any issues with this then please email dumfries-studentexperience@glasgow.ac.uk

Here's to an unforgettable Welcome Week and an amazing year ahead!

#UofGDumfries #UofGDumfriesWelcome

Campus Tours

Each day, we'll be running both a campus tour and a library, sports, and gym tour. If you're a new student, you're expected to book one of each during your first week. These tours are a great way to get familiar with your surroundings and feel confident heading into your first week of teaching.

Monday 15th - Friday 19th from 1:30pm - 2:30pm

Prebooked Campus Tour with Ambassadors

Where: Pick up from the Cafe Rutherford

Booking required.



Monday 15th - Friday 19th from 2:30pm - 3:10pm

Prebooked Library Tour and Sport/Gym Introduction

Where: Pick up from the Cafe Rutherford

Booking required.



5 Key Ideas for Upping Your Sustainability Game

1. Purchasing Power Comes With Responsibility



REDUCE your ecological footprint
REDUCE your carbon footprint

CHOOSE less packaging
CHOOSE companies that give back

BUY second-hand
BUY to last



2. Habits Stack Up (For Better or Worse)

3. You Don't Have to Go Vegan to Eat Less Meat and Dairy



The greenhouse gas emissions just from cows and sheep is 3 times the global aviation industry! (Lamb et al., 2021)

Eat less meat and dairy.
Stay healthy. Save money.
Save the planet.

- Soft plastics to shops
- Layer up > heating up
- Wash full loads
- Plan your meals



5. Don't Forget to Talk About It!



84% of people in UK think we should do more to address climate change.

(People's Climate Vote, 2024)

4. Make Your Money Green (Divest from Fossil Fuels)

There are 5 times as many fossil fuels left than is safe to burn. (McKibben, 2012)

Prevent it being extracted.
Invest your money with banks that HELP not hurt.

Multiply your impact. Share solutions with friends and family.

What could be the next step in your personal journey of sustainability?

AND: If you ever have any questions don't hesitate to email Ieuan at 30266700@student.gla.ac.uk

GUDU

Glasgow University Dumfries Union

GUDU

Glasgow University
Dumfries Union

GUDU is run by a committee who are elected by the students at the Dumfries campus and organise a range of social events and educational opportunities throughout the academic year.



We support the students, clubs, and societies based at the Dumfries campus and are here to assist in any way we can.

Come and join us and make the most of your time here at the Dumfries campus.

You can sign up as a member anytime by emailing us at president@gudu.org.uk or info@gudu.org.uk.

We can't wait to see you on Welcome Week!

Big Welcome Fair

There will be a Big Welcome Fair taking place on Monday the 15th and Tuesday the 16th of September in the main foyer of Rutherford McCowan. You will find a diverse range of organisations to talk to including:

Monday

Welcome Stall with our Student Ambassadors
Glasgow University Dumfries Union
UofG Student Support Officer
UofG Accommodation Services
University of the West of Scotland
Library Services
Dumfries & Galloway College Active Campus
LGBT+
Dumfries and Galloway Citizens Advice Service
Dumfries Saints Rugby Club
Fairtrade Dumfries
The Educational Institute of Scotland
Dumfries Climate Kitchen
Dumfries and Galloway Befriending Project
Pure Gym
Police Scotland
LGBT Youth

Tuesday

Welcome Stall with our Student Ambassadors
Glasgow University Dumfries Union
Student Support Officer
SUSTRANS
UofG Transformation Team
Dumfries Table Tennis Club
Midsteeple Quarter
RSCDS Dumfries
Rape Crisis
Crichton Trust
SHAX
Police Scotland
Cat Protection
Big Burns Supper



Monday 15th September

9:15am -10:00am

Registration and Meet the Stallholders

Where: Foyer of Rutherford McCowan

When you arrive, you'll be greeted by our Student Ambassadors (look out for their bright pink t-shirts!) who will help you register for the day's activities and answer any questions you might have.

Once you're signed in, take some time to explore the stalls in the foyer - it's a great chance to meet staff, discover support services, and learn more about what's available to help you settle into university life.

10:00am -10:15am

Welcome to the School of Social and Environmental Sustainability!

Mandatory for new students, open to all students

Who: Fabrice Renaud (Head of School)

Where: R232

Our Head of School will welcome you to the School of Social and Environmental Sustainability with an introduction all about life, learning and teaching at Dumfries Campus. He will also discuss some interesting developments that are coming up within the school this academic year.

10:15am -10:30am

The Role of Your Advisor of Study

Mandatory for new students, open to all students

Who: Natalie Welden (Chief Adviser of Studies)

Where: R232

This session will be important to ensure that as a student you know who to go to in terms of academic support and how they can help and support you.

Monday 15th September

10:30am - 10:45am

Student Support Services

Mandatory for new students, open to all students

Who: Tariq Jankiewicz (Student Support Officer)

Where: R232

Tariq will be highlighting all of the support services and resources available to students. These include:

Finances, accommodation, personal problems, career and employability information, study support, accessing counselling services and support for disabilities.

10:45am - 10:55am

5 Day Extension & Intro to Extenuating Circumstances

Mandatory for new students, open to all students

Who: Kerri LaBrash (Administrative Officer)

Where: R232

Kerri will explain the 5-day extension system in detail, including how to apply if you need it. She will then give a brief introduction to extenuating circumstances.

10:55am - 12:00noon

Meet With Your Undergraduate Degree Convenor

Mandatory for new students

Where: Meeting at R232

This important session gives you the opportunity to meet your fellow classmates and members of the teaching team for your programme.

R236 Sarah Stevenson & Shaista Shirazi will meet with students from MA Primary Education with Teaching Qualification students.

Teaching Lab Michael Muir and Natalie Welden will meet with all BSc Environmental Science and Sustainability students.

R151 Nwamaka Okeke-Ogbuafor and Alistair Hunter will meet with MA Global Sustainable Development students.

Monday 15th September

12:00 noon - 12:10pm

Explore Your Student Hub

Mandatory for new students, open to all students

Who: Jeanna Davies (Student Engagement Coordinator)

Where: Student Hub

Join Jeanna for a guided tour of our Student Hub and Food Pantry, where you'll discover key resources and learn how to get involved in shaping your student experience

12:10pm - 12:20pm

GUDU - Your Student Union Welcome

Mandatory for new students, open to all students

Who: Kayleigh Burns and Catherine Darroch

Where: R232

Come and meet our dedicated student union - Glasgow University Dumfries Union.

12:20pm - 12:30pm

Find Out More About Paid Employment Opportunities as a Student Ambassador

Open to all students

Who: Amy McFarlane (Interim Student Recruitment Manager)

Where: R232

Would you like to be a student ambassador for our school? Come along to this information session to find out how you can support our school and make some extra money along the way.



Sustainability at the Supermarket

ECOVER washing up liquid and laundry detergent is 100% microplastic and harmful chemicals free!

Monday 15th September

12:30pm - 1:30pm

Explore Stalls and Lunch Break

Take this time to speak to the various stallholders and visit Cafe Rutherford.

12:30pm - 1:25pm

Basketball at Dumfries and Galloway College

Where: Meet at welcome desk in Rutherford Foyer or in the DGC Sports Hall.

Basketball is a fast-paced team sport that builds fitness, coordination, and teamwork while offering a fun and competitive way to stay active.

1:30pm - 2:00pm

Student Residences Meet and Greet

Mandatory for new residents

Who: Fiona Weir (Manager Student Apartments) and Ellen Thompson (Marketing & Customer Services Manager)

Where: R232

A special session for those living in University accommodation and Halls of Residence.

2:00pm - 3:00pm

Enrolment and Registration Help and Support Drop In

Open to all students

Who: Laura Montgomerie (Student Experience and Ops Manager), Kerri LaBrash (Administrative Officer) and Mark Firth (Administrative Officer)

Where: Student Hub

These sessions are available to all students. You can come along to the Student Hub anytime if you have any questions or issues involving timetable, enrolment, academic, or financial registration.

Monday 15th September

1:30pm - 2:30pm

Prebooked Campus Tour with Ambassadors

Mandatory for new students to attend one session throughout the week

Where: Pick up from the Cafe Rutherford

Booking required.

This is a fantastic opportunity to speak to our Student Ambassadors and ask them any questions you might have about the campus in Dumfries.

Sign up



2:30pm - 3:10pm

Prebooked Library Tour and Sport/Gym Introduction

Mandatory for new students to attend one session throughout the week

Where: Pick up from the Cafe Rutherford

Booking required.

Our Student Ambassadors will take you across to the school library located in D&G college. You will then be shown around the library and shown some of the available study areas. Connor will then show you around the sports hall and gym and tell you about the wide range of sports and activities that are free for University of Glasgow students.

Sign up



3:15pm - 5:00 pm

Prebooked Tour of the Toon with Ambassadors

Open to all students

Where: Pick up outside Rutherford McCowan

Booking required. Limited spaces.

Hop on the minibus for a guided tour of Dumfries! Our friendly student ambassadors will show you around town, highlighting their favourite places to eat, shop, and hang out. It's a great chance to get familiar with the area and ask any questions you might have - whether about student life, local tips, or anything else.

Sign up



Monday 15th September

4:30pm - 5:30pm

Table Tennis and Badminton at D&G College

Open to all students

Where: Pick up in the Foyer. Sports hall in D&G College

Whether you're into fast rallies or quick reflexes, come along for some fun and friendly games of table tennis and badminton—no experience needed, just turn up and play.

7:00pm onwards

Karaoke Night

Open to all students

Where: The Granary

Come along for a laid-back evening of karaoke - whether you're belting out ballads or just cheering from the crowd, it's all about having fun and making memories. Prizes to be won.



Tuesday 16th September

9:15am - 10:00am

Registration and Meet the Stallholders

Where: Foyer of Rutherford McCowan

When you arrive, you'll be greeted by our Student Ambassadors (look out for their bright pink t-shirts!) who will help you register for the day's activities and answer any questions you might have.

Once you're signed in, take some time to explore the stalls in the foyer - it's a great chance to meet staff, discover support services, and learn more about what's available to help you settle into university life.

10:00am - 10:30am

Security, Safety and Support on Campus

Mandatory for new students, open to all students

Who: Conall Rodgers (Security Operations Manager)

Where: R232

Conall will be taking you through information and advice about staying safe on and off campus. There will be information about our UofG SafeZone App which is a must for every student on campus.

10:30am - 10:40am

Meet the Facilities Team

Mandatory for new students, open to all students

Who: Lesley Firth (Duty Manager)

Where: R232

Lesley will introduce you to some of the facilities team and explain how they are here to help you. This session includes information on room bookings and reporting faults.

Tuesday 16th September

10:40am - 11:00am

Police Scotland

Mandatory for new students, open to all students

Where: R232

Police Scotland will be on campus to share important information around scam awareness, online safety and keeping yourself safe in Dumfries.

11:00am - 11:10am

ICT Induction

Who: Stephen Patterson

Mandatory for new students, open to all students

Where: R232

Stephen will be going through details on getting set up on the University network as well as security information that is important to know during your time with us.

11:10am - 11:25am

Student Representation

Mandatory for new students, open to all students

Who: David Clelland

Where: R232

David will tell you more about the Student and Staff Liaison Committee (SSLC), your important role as a student and the benefits that you receive for getting involved as a Student Rep.



Need Help Choosing a Brand in the Shops?

B Corps earn certification by being better for society and the environment. Choose products with this symbol.

Tuesday 16th September

11:25am - 11:40am

Moodle Walkthrough

Mandatory for new students, open to all students

Who: Heather Walker (Administrative Officer)

Where: R232

Heather will guide you through the basics of using Moodle and share top tips on how to make the most of the platform.

11:40am - 11:55am

Sustainability at Dumfries Campus

Open to all students

Who: Ieuan Owen (Global Sustainable Development Student)

Where: R232

Ieuan will share practical ways to live more sustainably during your time at the School of Social & Environmental Sustainability.

11:55am - 12:15pm

Student Listeners - A Place To Be Heard

Open to all students

Who: Kathleen Kennedy

Where: R232

This session will cover what students can expect if they want to use the service & also the process around training to become a Student Listener.

Tuesday 16th September

12:15pm - 12:25pm

Staying Active on Campus

Mandatory for all new students

Where: R232

Connor and Warren from D&G College and UWS will be speaking about the gym, fitness classes, and sports activities available free of charge to all University of Glasgow students.

12:00noon - 2:00pm

BBQ Lunch in the Teaching Garden

Open to all students

Where: Teaching Garden

We're hosting a delicious BBQ in the Teaching Garden, free of charge, so come and enjoy some tasty BBQ treats. This is also a perfect chance to meet our stallholders in the main foyer and discover what they have to offer students at Dumfries Campus.

Booking required.

Sign up



Tuesday 16th September

12:30pm - 1:25pm

Table Tennis and Badminton at Dumfries and Galloway College

Open to all students

Where: Meet at welcome desk in Rutherford Foyer or in the DGC Sports Hall.

Whether you're into fast rallies or quick reflexes, come along for some fun and friendly games of table tennis and badminton - no experience needed, just turn up and play.

12:30pm - 1:30pm

Explore Stalls and Lunch Break

Take this time to speak to the various stallholders and visit Cafe Rutherford.

1:30pm - 2:30pm

Welcome to the Garden

Open to all students

Where: Teaching Garden

Step into our green space at our 'Welcome to the Garden' event. Have a go at planting seeds for the future, learn more about our weekly gardening sessions, test your knowledge in the nature quiz and try your hand at our photography competition with prizes to be won.

1:30pm - 2:30pm

Prebooked Campus Tour with Ambassadors

Mandatory for new students to attend one session throughout the week

Where: Pick up from the Cafe Rutherford

Booking required.

This is a fantastic opportunity to speak to our Student Ambassadors and ask them any questions you might have about the campus in Dumfries.

Sign up



Tuesday 16th September

2:30pm - 3:00pm

ICT Drop in

Open to all students

Where: R250

Stephen will be available to support you with your individual ICT issues and support you to access the network.

2:30pm - 3:30pm

Enrolment and Registration Help and Support Drop in

Open to all students

Who: Laura Montgomerie (Student Experience and Ops Manager), Kerri LaBrash (Administrative Officer) and Mark Firth (Administrative Officer)

Where: Student Hub

These sessions are available to all students. You can come along to the Student Hub anytime if you have any questions or issues involving timetable, enrolment, academic, or financial registration.

2:30pm - 3:10pm

Sign up

Prebooked Library Tour and Sport/Gym Introduction

Mandatory for new students to attend one session throughout the week

Where: Pick up from the Cafe Rutherford

Booking required.



Our Student Ambassadors will take you across to the school library located in D&G college. You will then be shown around the library and shown some of the available study areas. Connor will then show you around the sports hall and gym and tell you about the wide range of sports and activities that are free for University of Glasgow students.

Tuesday 16th September

4:30pm - 5:30pm

Football at D&G College

Open to all students

Where: Pick up in the Foyer. Sports hall in D&G College

Come along to the sports hall to get some practice in before the Student Vs Staff Football Game.

5:30pm - 7:30pm

Student Vs Staff Football Game

Open to all students

Where: Crichton Playing Fields

A friendly but competitive football match where staff and students go head-to-head for bragging rights, team spirit, and campus glory. Sign up is essential.

Sign up



Wednesday 17th September

11:00am - 12:30pm

Paint with Pride

Open to all students

Where: Teaching Garden or R232

Join us for a vibrant, creative session where we'll each design a square that reflects our Pride, identity, or allyship. Together, these pieces will form a colourful quilt artwork to be displayed in our building — a collective celebration of self-expression and community.

12:30pm - 1:25 pm

Pickleball at Dumfries and Galloway College

Open to all students

Where: Meet at welcome desk in Rutherford Foyer or in the DGC Sports Hall.

Come along to this popular session.

1:00pm - 4:00pm

Explore the History of the Town with Solway Tours

Open to all students

Where: Meet in Foyer of Rutherford McCowan

Join us for an afternoon of local history and scenic stops! We'll set off from the university campus at 1:00pm, visiting the majestic Caerlaverock Castle, the historic St Michael's Churchyard, and the tranquil Sweetheart Abbey. If time allows, we'll take a short detour to Castledykes Park or Devorguilla Bridge before returning to campus by 4:00pm. A relaxed and enriching way to explore the heritage on our doorstep!

Booking required.

Sign up



Wednesday 17th September

1:30pm - 2:30pm

Prebooked Campus Tour with Ambassadors

Mandatory for new students to attend one session throughout the week

Where: Pick up from the Cafe Rutherford

Booking required.

This is a fantastic opportunity to speak to our Student Ambassadors and ask them any questions you might have about the campus in Dumfries.

Sign up



2:30pm - 3:10pm

Prebooked Library Tour and Sport/Gym Introduction

Mandatory for new students to attend one session throughout the week

Where: Pick up from the Cafe Rutherford

Booking required.

Our Student Ambassadors will take you across to the school library located in D&G college. You will then be shown around the library and shown some of the available study areas. Connor will then show you around the sports hall and gym and tell you about the wide range of sports and activities that are free for University of Glasgow students.

Sign up



2:30 - 3:30pm

Enrolment and Registration Help and Support Drop In

Open to all students

Where: Student Hub

These sessions are available to all students. You can come along to the Student Hub if you have any questions or issues involving timetable, enrolment, academic, or financial registration.



Ecosia: Plant Trees with Clicks!

Ecosia search engine gives 100% of the money they make when you search to save the planet. Search "make ecosia my default search engine"

Thursday 18th September

10:00am - 12:00noon

Trip to Caerlaverock and Hike Up Wardlaw Wood

Open to all students

Where: Foyer of Rutherford McCowan

We will be going out on the mini bus to the picturesque Caerlaverock area. On our walk we will catch glimpses of the Solway Firth and surrounding countryside emerge, offering rewarding views at the summit. The wood is rich in wildlife and seasonal flora, making it a perfect spot for nature lovers and photographers alike.

Booking required. Spaces are limited.

Sign up



11:00am- 1:00pm

GUDU To Meet You. Coffee and Cake Mixer

Open to all students

Where: Student Hub

New to campus or just keen to meet others? Come along to the GUDU To Meet You Coffee and Cake Mixer for a relaxed afternoon of sweet treats, warm drinks, and great conversation. A perfect chance to connect with fellow students, and meet the GUDU committee in a welcoming, informal setting.



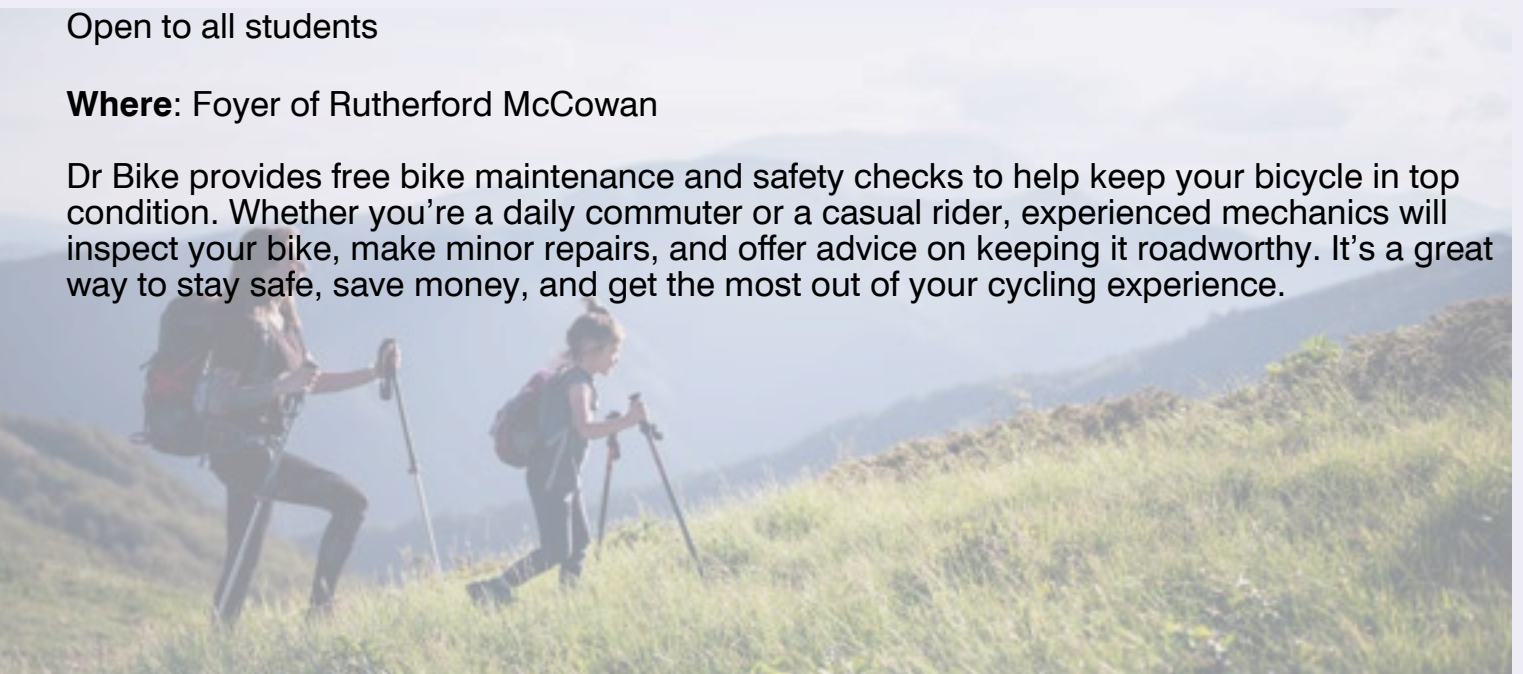
11:00am - 2:00pm

Dr Bike - Smooth Ride Service

Open to all students

Where: Foyer of Rutherford McCowan

Dr Bike provides free bike maintenance and safety checks to help keep your bicycle in top condition. Whether you're a daily commuter or a casual rider, experienced mechanics will inspect your bike, make minor repairs, and offer advice on keeping it roadworthy. It's a great way to stay safe, save money, and get the most out of your cycling experience.



Thursday 18th September

12:30pm - 1:25pm

Football at D&G College

Open to all students

Where: Pick up in the Foyer. Sports hall in D&G College

Come along to this popular session.

1:30pm - 3:30pm

Sustrans Social Cycle Ride

Open to all students

Where: Foyer of Rutherford McCowan

Grab your bike or borrow one from Sustrans to improve your confidence cycling to and from campus. This student-friendly, gentle cycle tour takes you along scenic riverside paths and through leafy parks. We will also give you a guided tour around Dumfries so that you are confident exploring the area by bike.

Booking required. Limited Spaces.

Sign up



1:30pm - 2:30pm

Prebooked Campus Tour with Ambassadors

Mandatory for new students to attend one session throughout the week

Where: Pick up from the Cafe Rutherford

Booking required.

This is a fantastic opportunity to speak to our Student Ambassadors and ask them any questions you might have about the campus in Dumfries.

Sign up



Is Your Bank Financing Fossil Fuels?

Make your money green today. Speed up our transition to 100% renewable energy. Slow the rate of devastating natural disasters. Visit bank.green for more information.

Thursday 18th September

2:30pm - 3:10pm

Prebooked Library Tour and Sport/Gym Introduction

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Where: Pick up from the Cafe Rutherford

Booking required.

Sign up



Our Student Ambassadors will take you across to the school library located in D&G college. You will then be shown around the library and shown some of the available study areas. Connor will then show you around the sports hall and gym and tell you about the wide range of sports and activities that are free for University of Glasgow students.

4:30pm - 5:30pm

Pickleball at D&G College

Open to all students

Where: Pick up in the Foyer. Sports hall in D&G College

Similar to Tennis and Padel. It is played with a plastic ball, paddle and on a badminton court. It is a really fun game to try and one of our most popular at the college. This can be played in singles or doubles. All equipment is provided.



Thursday 18th September

4:00pm - 5:00pm

Meet the Postgraduate Degree Convenor (End of Life Studies only)

Open to all End of Life Studies Students

This important session gives you the opportunity to meet your fellow classmates and members of the teaching team for your programme.

[Join here.](#)

Meeting ID: 361 415 174 603 8
Passcode: UG9bV9RB

Join here



7:00pm onwards

Pub Quiz

Open to all students

Where: Greens, Dumfries

Join us for a relaxed evening of trivia, laughs, and a bit of friendly competition at the pub quiz. Whether you're in it to win or just for the fun, it's a great way to meet people and test your general knowledge. Prizes to be won!



Friday 19th September

9:45am - 9:55am and 10:00am - 10:10am

Meet with PGT Director

Mandatory for new PG students

Who: Sarwar Sohel (Post Grad Director)

Where: R232

Our Postgraduate Director will deliver an official welcome to postgraduate students. This session is being offered twice to ensure everyone has the opportunity to attend, due to room capacity limits.

Booking required.

Sign up



10:10am - 11:10am

Meeting with Postgraduate Degree Convenors

Mandatory for new PG students

Where: Meeting at R232

This important session gives you the opportunity to meet your fellow classmates and members of the teaching team for your programme. Please see below for the room numbers for each programme.

R345 - MSc Sustainable Tourism & Global Challenges Lizanne Henderson

R232 – MLitt Environment, Culture & Communication David Borthwick

R236 - MSc Environmental Risk Management Sarwar Sohel

R149 - MSc Ecology and Environmental Monitoring Steven Gillespie

R245 - MSc Enhanced Practice in Education Shaista Shirazi

R151 - MSc Tourism and Heritage Donald MacLeod



Good On You: Wear What You Believe In.

Visit goodonyou.eco to check how clothing and beauty brands are treating their workers and the environment.

Friday 19th September

11:10am - 11:30am

Sign up

AI in Academic Writing

Open to all students

Who: Douglas Shand (Professor)

Where: R232

Explore how AI tools can support and enhance academic writing, with practical tips and interactive discussion on responsible and effective use.

Booking required.



11:30am - 12:30pm

Postgraduate Coffee at Easterbrook Bistro

Open to all PG students

Where: Meet at Foyer of Rutherford/McCowan and walk across to Easterbrook Bistro

Join fellow postgraduate students from across the School of Social and Environmental Sustainability at the Crichton Bistro, where you'll enjoy a hot drink, traybake, and the chance to connect with peers and teaching staff in a friendly, informal setting.

12:30pm - 1:25pm

Multisports at D&G College

Open to all students

Where: Meet at Rutherford/McCowan foyer at 12:30pm or at D&G College Sports Hall.

Whether you're into football, basketball, badminton or just want to try something new, this is a great chance to stay active, meet new people, and have fun in a relaxed, inclusive setting.

Friday 19th September

12:30pm - 1:30pm

Enrolment and Registration Help and Support Drop In

Open to all students

Who: Kerri LaBrash (Administrative Officer) and Mark Firth (Administrative Officer)

Where: Student Hub

These sessions are available to all students. You can come along to the Student Hub anytime if you have any questions or issues involving timetable, enrolment, academic, or financial registration.

1:30pm - 2:30pm

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Sign up



Friday 19th September

2:30pm - 3:00pm

ICT Support Drop in Session

Open to all students

Who: Stephen Patterson (ICT Manager)

Where: R250

Stephen will be available to support you with your individual ICT issues.

3:00pm - 3:30pm

Immigration and Visa- Drop-in Session

Join here

Open to all students

Where: Online (Teams)

Meeting ID: 344 997 336 017 4

Passcode: J5b25yq9



[Join Meeting Now](#)

The University is required to check the immigration status for all students who are not nationals of the UK or Ireland, including home fee payers and those who do not require a Student Visa. The immigration team will also hold in person visa registration appointments on the 24th of September. More information about this will be sent to your student email.

7:00pm onwards

GUDU Pool Tournament

Where: Greens



Fancy yourself a bit of a pool shark - or just up for some friendly competition? Come along to the GUDU Pool Tournament for a chilled evening of games, laughs, and a chance to meet other students. No experience needed, just bring your best shot!



Café Rutherford

We're delighted to welcome you to Café Rutherford, based in the Rutherford McCowan Building on our campus.

The perfect place for lunch, a coffee or snack - with fresh food and a welcoming atmosphere.

Opening Times

Monday to Friday

8.30am - 10.00am

10.30am - 1.30pm

2.00pm - 3.00pm

Menu

Feeling peckish? We've got you covered with a delicious range of options available daily. Choose from freshly made sandwiches, warm paninis, and crisp salads - perfect for a quick bite or a relaxed lunch. Our soup of the day is always a comforting choice, and if you're after something sweet, we've got a tempting selection of cakes, traybakes, and confectionery. Crisps and snacks are also on hand for those in-between moments.

Hot and cold drinks are available to keep you refreshed throughout the day.

Please note: we accept contactless payments only and are unable to take cash.

The Workout Gym



THE WORKOUT OPENING HOURS

Monday	7:00-9:00	12:30-13:25	15:00-17:45
Tuesday	7:00-9:00	12:30-13:25	15:00-19:30
Wednesday	7:00-9:00	12:30-13:25	16:00-17:45
Thursday	7:00-9:00	12:30-13:25	15:00-19:30
Friday	7:00-9:00	12:30-13:25	

THE WORKOUT Dumfries Campus



Functional Fitness

Tue & Thurs
07.30 - 08.15

A dynamic functional fitness class that boosts strength, mobility and endurance. Designed to improve overall functionality to help you move better and feel stronger.

Core

Mon & Wed
17.00 - 17.30

A short class with a mixture of body weight and weighted exercises to focus on targeting your abdominal muscles and improving your core strength.

Strength

Tue
17.15 - 18.00

A technical class focusing on resistance training working on key techniques to improve strength including the squat, hinge, push and pull movements.

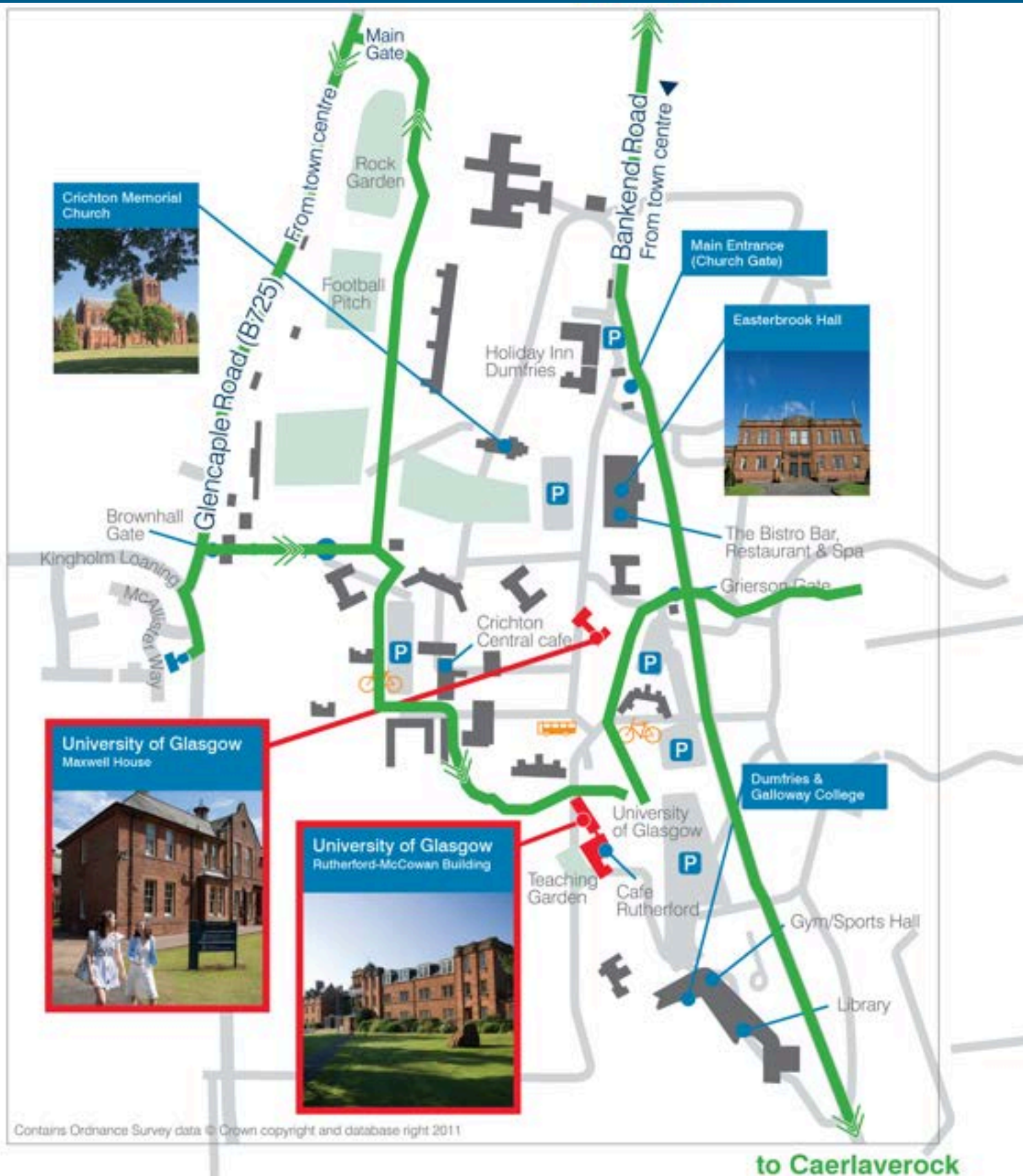
Circuits

Thur
17.15 - 18.00

Rotate through fun, challenging stations that target every muscle group for a high intensity full body workout that leaves you feeling accomplished.

Email: SportDumfries@uws.ac.uk to book

Campus Map & Cycle Routes



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