

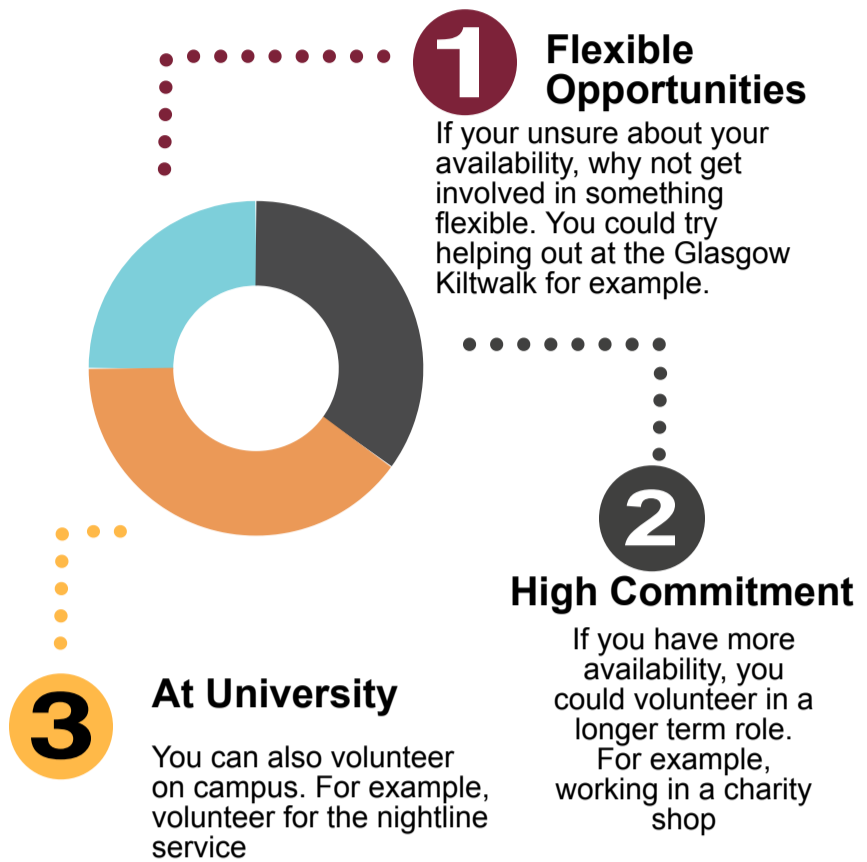
GET INVOLVED!

University is about far more than just academics. By getting involved in sport, societies and volunteering you can take your experience to the next level!

VOLUNTEER



Get involved within the University and local community and make a real impact. By volunteering, you can gain skills and experience for future job applications



JOIN A SOCIETY



GLASGOW UNIVERSITY SPORTS ASSOCIATION

Head to the sports fayre during freshers week to get an idea for the sports Glasgow has to offer

Try choosing one or two sports that interest you and go along!!

THE BENEFITS
NHS: regular physical exercise is proven to reduce the risk of depression by 30% and you have a 30% lower risk of early death

THE DAILY MILE:
Take the 20 minute challenge and walk a mile every day with University sports staff and fellow students

PLAY A SPORT



By participating in sport at university, you can get fit and meet new people at the same time

GET HELP AND ADVICE



Part of getting involved in university is knowing when and how to get the support you need. From health problems to academic difficulties, by using support channels provided by the university you can get the advice you need when you need it

For sport clubs

For a list of societies

To volunteer

For help and advice: see our Wellbeing A to Z for problem specific support