



STUDENT NEWS

UNDERGRADUATE - WEEK 0



Trashing: What a Waste

It's the start of exams season, and we understand that you'll want to celebrate after your final exam, but please consider the social, environmental and personal impacts of your celebrations. The food used for 'trashing' could be donated, and it's also worth remembering that trashing costs the University more than £25,000 a year. More importantly, it's disruptive to those who live nearby and the products used are often not biodegradable which has a damaging impact on the environment. Please help us to spread the word. Let's do what we can to prevent damage to the environment and the local community.

[Read more](#)



Make a difference at Oxford with the Student Advisory Group

Share your views about University with the new Student Advisory Group. As a member you'll have the opportunity to hear the opinions of other students and share your own thoughts on student campaigns, new initiatives, events, changes to University processes and more. The meetings will take place once a term from around 6pm – with drinks and pizzas provided. In addition to attending termly meetings, you may also be asked to respond to three online polls per term. Interested in joining? Simply [fill out the online application form](#) by Monday 6 May. The group is a joint initiative by the University and Oxford SU, and there are just 40 places available. The first meeting will take place on Tuesday 23 May. For further information see the [Student Engagement page](#) on the Oxford Students website.

[Apply now](#)



UNIQ+ graduate access scheme launched

The University has launched UNIQ+, a six-week summer school aimed at students who would find it challenging to progress to postgraduate study for financial or socio-economic reasons. UNIQ+ is free to take part in and includes a £2,500 stipend, plus free accommodation in an Oxford college. It will give students the opportunity to experience postgraduate research at Oxford by carrying out a research project. UNIQ+ will run from Monday 1 July to Friday 9 August 2019 and applications close Monday 29 April. To find out more, [visit the UNIQ+ webpage](#).

[Read more](#)

Fees & Funding

2019/20 Student finance applications now open for continuing full-time undergraduate students

Student finance applications for tuition fee and maintenance support are now open for full-time undergraduate students from the United Kingdom and the European Union who are continuing their course in 2019/20. We recommend that you apply as early as possible, and no later than 21 June 2019, to ensure that your funding is in place by September.

- Students from England must apply via the [Gov.uk student finance website](#)
 - Students from Wales must apply online via the [Student Finance Wales website](#)
 - Students from Northern Ireland must apply online via the [Student Finance NI website](#)
 - Students from Scotland must apply online via the [Student Award Agency for Scotland website](#)
 - Students from the European Union must apply by post using the form available on the [GOV.UK website](#)
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Wellbeing & Welfare

A green banner for 'Stress Less Exam Support'. On the left, the text 'STRESS LESS EXAM SUPPORT' is written in large, white, bold letters. A black pencil icon is positioned to the right of the text. Below the main text are two logos: 'Oxford SU' and 'UNIVERSITY OF OXFORD'. On the right side of the banner, there is a list of resources in white text on green rectangular backgrounds: 'Web resources', 'Study skills advice', 'Life skills workshops', 'Videos and podcasts', and 'Mock exam and orientation sessions'. At the bottom right, the website address 'WWW.OX.AC.UK/STRESSLESS' is displayed in white text on a dark green background.

**STRESS
LESS**
EXAM SUPPORT

Web resources
Study skills advice
Life skills workshops
Videos and podcasts
Mock exam and orientation sessions

[WWW.OX.AC.UK/STRESSLESS](http://www.ox.ac.uk/stressless)

Oxford SU
UNIVERSITY OF OXFORD

Stress less in our gardens, libraries and museums

Take time out from the pressures of revision and exams and [enjoy some relaxing activities](#) in the beautiful surroundings of Oxford University's gardens, libraries and museums. From late April to the end of May, you'll find a programme of free activities to help you unwind during exam season. Dedicated to students, these morning and evening activities are ideal opportunities to relax and learn new skills in inspiring surroundings - from yoga in the Weston Library to sketching in the Museum of Natural History. Spaces are limited, so book ahead to guarantee your place. For additional advice on how to unwind during exam season, [visit the Stress Less webpage](#) on the Oxford Students website.

[Read more](#)

Careers & Entrepreneurship



Apply for the Micro-Internship Programme

Interested in a short-term work experience placement (two to five days)? Applications for this term's [micro-internship](#) opportunities open tomorrow, with placements taking place in Week 9 and 10 of Trinity Term. The focus of the placement is to observe and assist with a notable project and there are a broad range of internships available across various sectors. Simply sign-in to [CareerConnect](#) from tomorrow to see what's on offer this term, and to make up to two applications. There a variety of opportunities available in arts and heritage, fashion, consultancy, education, not-for-profits and more. If you have any questions, contact micro-internships@careers.ox.ac.uk. The deadline is noon on Monday 13 May.

[Read more](#)



Building Skills for the Future – CreativeLive via your single sign-on



Work abroad or in the UK with the Summer Internship Programme

All University of Oxford students and staff now have access to hundreds of inspiring practical learning videos, including content led by the likes of Tim Ferriss, Arianna Huffington and Reid Hoffman, that will help them build skills and unlock their creative potential. The videos, which are provided through a partnership between the Oxford Foundry and [CreativeLive](#), cover themes such as entrepreneurship, communication, design thinking and emotional intelligence. [Access the videos via your single sign-on \(SSO\)](#).

[Read more](#)

A new batch of internships is available through the [Summer Internship Programme](#) exclusively for Oxford students. Opportunities include entrepreneurship projects in Zambia, working for a rural Scottish museum, sustainability projects in Oxford or AI and Healthcare systems in China - there is a huge range to choose from. Students may apply for an unlimited number of internships now being advertised through the Summer Internship Programme with an application deadline of Monday 29 April. All applications are made through [CareerConnect](#).

[Read more](#)

Oxford Life



Oxford SU launches Community Festival

On Sunday 5 May, Oxford SU will host Springtide - a community focused family friendly festival that aims to bring the student and non-student community together for day of music, fun and adventure. Taking place in University Parks from 11am-7pm, the festival will showcase some of the best local music, a petting zoo and food & drink from across the world. The event is free and family friendly, with lots of entertainment regardless of your age. We hope to see you there.



You're leaving already?!

Come and find out what it means to be an Oxford alumnus at the upcoming [Leavers' Fair](#), 10-11 June at the Town Hall. Explore all the benefits and offers you will receive as an alumnus, along with exclusive discounts, a chance to talk careers and giveaways. And of course receive the iconic Alumni Card. See you in June!

[Read more](#)

Take over the official Instagram

It's the start of a new term and we're looking for more students to take over the [Oxford Students' Instagram page](#). Showcase your photography and share images about your course, club, college or general student life. To volunteer, email academicadmin.comms@admin.ox.ac.uk from your University e-mail address and make sure you include your Instagram handle.

[Read more](#)

A red banner advertisement for the Vice-Chancellor's Social Impact Awards 2019. It features the University of Oxford logo and the Oxford Hub logo in the top left. The text reads: "WE ARE NOW ACCEPTING APPLICATIONS & NOMINATIONS FOR THE VICE-CHANCELLOR'S SOCIAL IMPACT AWARDS". A large green megaphone graphic is positioned in the center. At the bottom, it says "FIND OUT MORE ONLINE: WWW.OXFORDHUB.ORG/ACTIVITIES/VC-AWARDS".

Applications are now open for the Vice-Chancellor's Social Impact Awards 2019

Each year, awards are presented to Oxford students who show exceptional achievement and commitment to positive social change. We're currently looking for students worthy of recognition

for their volunteering, charity work, social enterprise, campaigning or research. Submit an application for yourself and/or nominate others. [Find all the details online](#) and submit your application before Sunday 5 May.

[Read more](#)

May Morning road closures in Oxford

May Morning is a traditional celebration of the coming of spring and brings together Oxford's communities to enjoy dancing and singing on 1 May. Celebrations start at 6am with the choristers of Magdalen College choir singing from the Great Tower. Magdalen Bridge will be open to pedestrians and closed to traffic on May Morning to enable everyone to enjoy the singing in safety. Longwall St, Merton St, Rose Lane, Queen's Lane, The Plain and the A420 High St will all be closed to bicycles and cars from 02:00 – 09:00 on Wednesday 1 May.



Oxford Expenditure Survey

We want you to share information on the cost of living in Oxford through the Oxford Expenditure Survey. You should have received an email in week 8 of Hilary term, with a unique URL linking you to the short survey. We'd be grateful if you could complete it as the information you provide will be used in our living costs calculations for prospective applicants, based on real student experiences. The survey will take no more than 10 minutes to complete and closes on Tuesday 7 May.

Research & Innovation



Research highlight: Greater exposure to bright sunlight correlates with lower diabetes and heart disease risk indicators

Researchers from the Oxford Centre for Diabetes, Endocrinology and Metabolism have found that increased exposure to bright sunlight may be associated with a lower risk of type 2 diabetes and heart disease by lowering blood insulin and triglyceride levels. The study, published in the *Journal of Clinical Endocrinology & Metabolism*, is the first to suggest that regular exposure to bright sunlight might improve glucose and fat metabolism.

[Read more](#)



Stay Informed

Stay informed with what's going on at Oxford by following our official [Instagram](#), [Twitter](#) and [Facebook](#) page. You can also find out about news and events on the [Oxford Students website](#).



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Student News is produced by Academic Administration Division Communications
Examination Schools, 75–81 High Street, Oxford OX1 4BG
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