

Sport, leisure and travel

Sport

Sport, exercise and health

The University organises a varied programme of sporting activities catering for all levels of fitness and interest. The overall aim is to promote health and wellbeing among the whole University community. Staff work closely with UBU Sport and Health (see next page) by offering technical help, coaching and expertise to clubs and individuals. Activities include:

- Exercise classes for the fit and the not-so-fit
- Aquafit classes, circuit training and weight training
- Coaching for University teams and for individuals at all levels
- Advice on fitness training, nutrition and other aspects of health
- High Performance Squad for those wishing to compete at national or international level
- Events held throughout the year including the Varsity Boat Race and football and rugby matches against the University of the West of England.

New students should have received a brochure in their registration packs giving details of all the sports facilities and activities available. If you have not received one, call into the Sport, Exercise and Health building to pick up a copy. You will also find various leaflets and timetables for exercise classes and training sessions. All this information is also on the website.

University sports facilities

- Swimming pool, in the basement of the Richmond Building
- Sport, Exercise and Health Building, which includes a double-court sports hall, jogging track, the Pulse Health and Fitness suite, free-weights area and three studios offering a wide range of exercise classes, martial arts and fencing
- Squash courts, situated close to the precinct
- Healthy Living and Sports Medicine Unit, offering injury diagnosis, treatment and rehabilitation
- Coombe Dingle Sports Complex, comprising several grass and artificial pitches and courts, a four-court indoor tennis centre, an Olympic weights room and a pavilion with bar and catering facilities
- Boathouse on the River Avon at Saltford, halfway to Bath.

Details of opening hours are listed on the website.

Contact

Sport, Exercise and Health

Tyndall Avenue
Tel: (0117) 92 88810
Fax: (0117) 33 11105

Web: www.bristol.ac.uk/sport

Coombe Dingle Sports Complex

Tel: (0117) 962 6718

The sport and activity pass

The sport and activity pass is more than just a gym pass: it provides access to all the centrally managed sports facilities across the University including free exercise-to-music classes. Income from the sale of passes provides funding for all essential services and programmes. There are additional charges for:

- externally run courses and activity programmes which involve instruction, including Pilates
- entry to the indoor and outdoor tennis courts at the Coombe Dingle Sports Complex
- services such as physiotherapy and massage.

There are two membership packages: Peak and Off-Peak. Off-Peak members may not use sports facilities after 3.30pm on weekdays.

Passes are available for one, two and three years, with charges on a sliding scale. The three-year pass offers the best value for money. Passes may be renewed at the start of each academic year, on payment of the appropriate charge in force at the time.

Sport and activity pass charges are not refundable, except in the event of serious illness or early withdrawal from the University, and there are no concessions for part-time students or for time spent away from Bristol during your studies (eg on fieldwork or placements). Students on four-year programmes which include a full year away from Bristol may buy a three-year pass which will be rolled over to cover the final year, with no additional payment required. Students who have purchased an Off-Peak membership may upgrade to Peak membership later on; students who have purchased a Peak membership may not subsequently downgrade to Off-Peak membership.

There is a 'pay-and-play' system in place at off-peak times in the pool and the sports hall.

The full terms and conditions are available at www.bristol.ac.uk/sport/memberships/termsandconditions.

Once you have purchased a pass, your UCard will be encoded accordingly, and you will need to present your UCard each time you use sports facilities.

Charges for 2013/14

	Peak	Off-Peak
Three-year pass	£600	£450
Two-year pass	£450	£300
One-year pass*	£250	£150
One-year pass**	£265	£165

* if paid in full

** if paid in three instalments

How to apply

The registration packs for new students included information on how to apply for a sport and activity pass before the start of term. If you decided not to apply then but subsequently change your mind please visit www.bristol.ac.uk/sport/memberships/obtainingasportspass and follow the instructions for online application and payment.

Sport and the Students' Union

The University of Bristol Students' Union (UBU) offers a wide range of sporting opportunities for all levels of experience. Primarily, the Union supports the running of over 50 sports clubs with activities ranging from the traditional to the unusual, so you can try most things, from football to sky diving. In addition to training and competition, the clubs and the Union also organise social activities including weekly Sports Nights and the annual Sports Awards Dinner.

Sport at all levels

The majority of the clubs take part in the **British Universities and Colleges Sport** (BUCS) championships. Bristol has achieved considerable success in recent years, ranking in the top 13 universities in the UK.

At a local level the **Varsity Series** involves competitions against the University of the West of England in a number of special events for traditional sports such as rugby, football and boat racing.

The Union also runs one of the largest **intramural leagues** in the country, with over 1,000 students competing every week. Students of all abilities can represent their hall, department or society, or just play with friends, in a number of team sports such as 5- and 11-a-side football, basketball, rugby, mixed hockey and netball.

If you prefer casual and commitment-free sport then try **UBU Active**, where the emphasis is on keeping fit while having fun. The **Fit and Fabulous** programme is another casual option and provides free (or very cheap) sessions for female students.

Joining a sports club

Students wishing to join a sports club will need to pay:

- the relevant club joining fee, which varies according to affiliations, coaching, equipment and kit
- an annual membership fee, which helps cover costs such as insurance and travel.

Members of any club which uses University facilities for training and matches, receives University coaching or participates in BUCS must purchase a sport and activity pass. This helps to pay for club facility time and professional coaching.

Contact

UBU Sport and Health

Richmond Building
105 Queen's Road
Tel: (0117) 33 18648
Email: ubu-sport@bris.ac.uk
Web: www.ubu.org.uk/activities/sports

Sport, leisure and travel

Cultural activities

Within the University

Music

Participation

There are plenty of opportunities for students to participate, and perform, in choirs, orchestras and other musical groups. Different levels of ability are catered for: some groups are open to all-comers, while entry to others is by audition only.

No audition required:

- University Choral Society
- University Wind Orchestra*
- University String Orchestra*
- University Church Choir (sings at Communion service every Sunday morning during term and at other occasional services)
- Symphonia
- University Brass Ensemble*
- University of Bristol Barbershop Singers
- University Jazz Orchestra
- University Revelation Rock Gospel Choir

Audition required:

- University Symphony Orchestra
- Bristol University Singers
- University Chamber Choir*
- University Chamber Orchestra*
- University Early Music Group
- University Baroque Ensemble
- University Big Band Hornstars
- Bristol University Madrigal Ensemble
- University New Music Ensemble

* Membership of Bristol University Music Society required

Some auditions take place at the Victoria Rooms during Introductory Week, and this is the only opportunity to audition for the whole year. Most groups rehearse on a weekly basis. The Department of Music produces a leaflet giving further details about all of the above groups – see

www.bristol.ac.uk/music/unimusicmaking.

The Bristol University Music Society (BUMS) acts as an umbrella group for many musical activities – see www.bumsonline.org.uk. Membership benefits include reduced-price and free concert tickets and access to music practice rooms.

Other student musical societies include Music Theatre Bristol, Bristol Operatic Society, Change Ringers, Live Soc, Indie Soc, Rock Soc, Jazz Funk Soul Society, Jungle Soc and Folk Club. Most of these societies run on a more casual basis than those listed above and also welcome music lovers of all abilities to their activities.

Full details are available on the Students' Union website at www.ubu.org.uk/activities/societies.

Concert going

The Department of Music arranges lunch-hour concerts every Wednesday and some Fridays during term time (up until the start of exams in the summer term). These normally take place in the Victoria Rooms and are free of charge, with a retiring collection. Performers include some of the groups listed above as well as professional soloists and ensembles. There is also a programme of evening concerts. Details of all concerts, workshops and other events are listed at www.bristol.ac.uk/music/events.

Contact

Department of Music

Victoria Rooms

Tel: (0117) 33 14044

Email: music-resources@bris.ac.uk

Web: www.bristol.ac.uk/music



Performing arts

The University's own theatre, the Wickham Theatre in Cantock's Close, is the venue for several productions each year by visiting theatre groups and by members of the Department of Drama.

Students in other schools have the opportunity to participate in many other productions, either as performers or as members of the production team (eg set design, front-of-house, etc). There are several different and varied performing arts societies. DramSoc, Bristol Operatic Society, Spotlights, Music Theatre Bristol and Panto Soc each put on a number of shows throughout the year and hold auditions for each one. Members of the Stage Technicians Association (STA), also a Students' Union society, receive training in various aspects of production, including set design, lighting and sound systems. STA provides crew for shows and technical assistance for events from operas to cabaret nights.

Some academic school societies, such as French, German, Falstaff (English) and Galenicals (Medics), have a tradition of putting on productions, as do some of the Halls of Residence. Other societies to look out for include the Film-making Society (UBFS), Artofficial, Fine Film, Latin American and Ballroom Dancing, Photo Soc, Dance Soc, Le Roc, Circus Soc, Rag Morris, Capoeira and a diverse range of cultural societies that put on their own performances, such as the Chinese, Malaysian and Thai Societies. See the Union's website for further details:

www.ubu.org.uk/activities/societies.

Visual arts

Every autumn term the University arranges a series of free public art lectures on a particular theme. These usually take place on six consecutive Tuesdays from 6 – 7pm in the Wills Memorial Building.

For more information about cultural and public events at the University, please visit www.bristol.ac.uk/events.

Elsewhere in Bristol

Bristol Old Vic – Theatre
King Street
www.bristololdvic.org.uk

Bristol Hippodrome – Opera, musicals, ballet
St Augustine's Parade
www.bristolhippodrome.org.uk

Colston Hall – Classical, popular, jazz, world music
Colston Street
www.colstonhall.org

St George's Bristol – Classical, folk, world music
Great George Street
www.stgeorgesbristol.co.uk

Tobacco Factory – Wide variety of events
Raleigh Road, Southville
www.tobaccofactory.com

Arnolfini – Exhibitions, film, live art, dance, music
16 Narrow Quay
www.arnolfini.org.uk

Watershed – Cinema, digital media, events
1 Canon's Road, Harbourside
www.watershed.co.uk

Bristol Museum and Art Gallery; M Shed; Georgian House; Red Lodge
www.bristol.gov.uk/page/museums-and-galleries

Explore@Bristol – Hands-on science centre
Harbourside
www.at-bristol.org.uk

Royal West of England Academy – Visual arts
Queen's Road, Clifton
www.rwa.org.uk

This is only a selection of Bristol's attractions. Others are listed in the Guide produced by the Students' Union – see Section 6.

To find out what's on

- www.venue.co.uk (covers Bristol and Bath)
- www.visitbristol.co.uk
- www.bristol.gov.uk/eventviewer
- www.bristol.gov.uk/nav/leisure-and-culture

Sport, leisure and travel

Travel

Information

University travel website

The University's travel web pages contain a wealth of up-to-date information about all forms of travel in and around Bristol plus links to other travel-related resources. See www.bristol.ac.uk/transportplan.

Journey planning and maps

There are several websites which enable you to plan specific trips in detail. For local trips a good place to start is: www.travelwest.info.

You should have received a pocket sized map of the University precinct and surrounding area either in your registration pack or at registration. Various maps, including Google maps, are available at www.bristol.ac.uk/university/maps. Maps of central Bristol produced by Bristol City Council are available free from the reception desks in Senate House and the Students' Union. A-Z street maps covering the whole of Bristol are available from bookshops and newsagents.

Walking

The main University precinct (the central University area containing the majority of academic buildings) is quite compact, and no buildings are more than 10 minutes' walk apart. The precinct is within easy walking distance of the city centre, Bristol Temple Meads train station and the various residences.

Cycling

Many of the residences have secure cycle sheds and there are cycle stands throughout the University precinct. The University runs numerous initiatives to support and encourage cycling, including free cycle training and a free cycle surgery to keep your bike in good order. To keep up to date with cycling events and initiatives you can join the University Bike User Group mailing list. Further information, including a map showing the location of cycle stands within the precinct, is available at www.bristol.ac.uk/cycling.

Local buses

Bristol and the University precinct are well served by bus services. There are buses from the precinct to:

- the city centre (numbers 8, 9, 19, 16)
- Bristol Temple Meads Station (numbers 8, 9)
- Stoke Bishop Halls of Residence (number 16)
- Clifton (numbers 8, 9)
- Gloucester Road (number 19)
- UWE Frenchay campus (number 19).

The University bus services (numbers 16 and 19) form part of the Wessex Red network. Bus passes for all Wessex Red services are provided for those undergraduates living in University-allocated accommodation. Other students may purchase passes from the Hawthorns Reception or buy individual tickets on board the bus.

The Bristol Flyer airport shuttle bus travels from Bristol International Airport to several destinations within Bristol including the city centre and the Triangle, a short walk from the precinct. See www.flyer.bristolairport.co.uk.

Local trains

The Severn Beach Line crosses the city, calling at several stations between Severn Beach and Bristol Temple Meads. Clifton Down station is the nearest to the University precinct, about 10 minutes' walk away – see www.travelwest.info/severnbeachline.

Taxis

Bristol has several taxi and private hire taxi firms. There are taxi ranks on the Triangle, close to the precinct, and in the city centre. The University has an arrangement with the taxi firm V Cars (0117 925 2626), who will, in an emergency, provide you with late-night transport even if you do not have enough money on you for your fare, on surrender of your student card (UCard).

As soon as the fare has been paid, your card will be returned.

Long distance travel

Train

Bristol is the regional capital of the South West and has good intercity rail connections. It has two major train stations, Bristol Temple Meads and Parkway. Both can be reached by bus.

Discounts of one third are available with a 16-25 Rail Card (also available to full-time mature students). See www.16-25railcard.co.uk.

Coach

You can travel to London and several other destinations cheaply and easily using Megabus or National Express coaches.

Car

You are strongly encouraged not to bring a car with you to Bristol. The majority of on-street parking in and around the precinct is subject to residential permits, meters and time limits. Under the University's car parking regulations students are not permitted to park in the University precinct during working hours. A civil car parking enforcement system is in place. Parking facilities at halls of residence are extremely limited, and are subject to local rules. Students with mobility impairments may apply to Security Services for a parking permit.

Park and Ride

Part-time students who regularly commute to the University may wish to consider using the Park and Ride service, which operate from three different locations (see www.travelwest.info/parkandride), or to use one of the two multi-storey car parks close to the precinct (Trenchard Street/Park Row or Berkeley Place).

Car clubs

An alternative to bringing a car to university is joining a car club. Car clubs offer pay-as-you-go cars located on streets all over Bristol (and elsewhere in the UK). For a modest annual membership fee and realistic trip mileage charges you can use them whenever you want, for as long as you want (subject to availability).

The University operates a student car club scheme with Zipcar. Zipcar offers 100 free memberships to University of Bristol students every year. For further details see www.bristol.ac.uk/carclub.

Contact

Transport Plan

1-9 Old Park Hill

Tel: (0117) 92 89100

Email: transport-plan@bris.ac.uk

Web: www.bristol.ac.uk/transportplan

Facebook: [facebook.com/TravellingtoUoB](https://www.facebook.com/TravellingtoUoB)

Twitter: [@UoBrisTravel](https://twitter.com/UoBrisTravel)

