

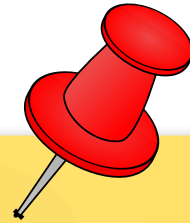


Supported Progression 2024 Attendee Handbook



WELCOME!

Here is your all important guide to navigating the Supported Progression 2024! This handbook contains all the essential information you need for the residential! Read the information carefully, don't be afraid to ask questions (prior to the residential you can email us on supported.progression@durham.ac.uk). We can't wait to welcome you to Durham!



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MONDAY



Time	Activity
12:00 - 14:00	Arrival and Lunch
14:00 - 14:20	Welcome Talk
14:20 - 15:00	Mentor Time and Move to Academics
15:00 - 17:00	Academic Session
17:00 - 17:30	Return to South College
17:15 - 19:00	Dinner
19:00 - 19:30	Move to Sport or Society Activity (You will choose this when you arrive!)
19:30 - 21:30	Sports and Societies Night
21:30 - 22:00	Return to South College
22:15 - 22:45	Mentor Time
22:45 - 23:00	Wind down
23:00	Curfew

Please note: activities after 22:00 on this evening are optional and you can head to bed any time from returning back to college.

TUESDAY



Time	Activity
8:00 - 9:00	Breakfast
9:00 - 10:00	Mentor Time + Move to Academics
10:00 - 12:00	Academic Session
12:00 - 13:00	Lunch
13:00 - 14:00	Academic Session
14:00 - 15:00	Refreshments
15:00 - 17:30	Durham Gone Wild! City Scavenger Hunt
17:30 - 19:00	Bailey Dinner
19:30 - 20:00	Move back to South College
20:00 - 22:30	Toned Down Tuesday Variety of chilled activities to choose from (You will choose this when you arrive!)
22:30 - 23:00	Mentor Time
23:00	Curfew

Please note: activities after 20:00 on this evening are optional and you can head to bed any time from returning back to college.


WEDNESDAY

Time	Activity
8:00 - 9:00	Breakfast
9:00 - 10:00	Mentor Time + Move to Academics
10:00 - 12:00	Academic Session
12:00 - 13:00	Lunch
13:00 - 15:00	Academic Session
15:00 - 16:00	Return to South College
16:00 - 17:00	Information, Advice & Guidance Session
17:15 - 18:45	Dinner
19:00 - 21:00	Mentor Olympics
21:30 - 22:30	Return to South College
21:30 - 22:30	Open Mic Night / Karaoke
22:30 - 23:00	Mentor Time
23:00	Curfew



Please note: activities after 21:30 on this evening are optional and you can head to bed any time from returning back to college.

THURSDAY



Time	Activity
8:00 - 9:00	Breakfast
9:00 - 10:00	Mentor Time + Move to Academics
10:00 - 12:00	Academic Session
12:00 - 13:00	Lunch
13:00 - 15:00	Academic Session
15:00 - 16:00	Transfer to South College
16:15 - 17:15	IAG Session
17:30 - 18:30	Get ready for formal
18:30 - 19:00	Drinks Reception
19:00 - 21:00	Formal Dinner
21:00 - 22:30	Post-formal Activities
22:30 - 23:00	Mentor Time
23:00	Curfew

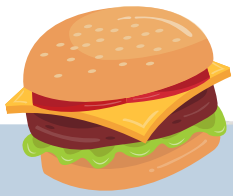


Please note: activities after 21:00 on this evening are optional and you can head to bed any time from returning back to college.



FRIDAY

Time	Activity
8:00 - 9:00	Breakfast and Check Out
9:00 - 10:00	Mentor Time + Move to Academics
10:00 - 12:00	Academic Session
12:00 - 12:45	Return to South College
12:45 - 13:00	Farewell Talk
13:00 - 14:00	Lunch
14:00 - 16:30	Departures



MONDAY

ARRIVALS

Lunch: Sandwiches,
Crisps & Fruit

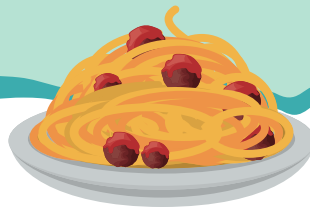
Dinner: Aberdeen angus beef
burger with monterey jack
Vegan burger
Skin on fries

TUESDAY

Breakfast: Continental &
cooked breakfast available

Lunch: Packed Lunch
(ham/cheese/tuna/egg
sandwich, crisps, fruit)

Dinner: Italian pork meatballs
Vegan meatballs,
pomodoro sauce
wholewheat penne pasta



WEDNESDAY

Breakfast: Continental &
cooked breakfast available

Lunch: Packed Lunch
(ham/cheese/tuna/egg
sandwich, crisps, fruit)

Dinner: Pepperoni pizza
Vegan margherita pizza
potato wedges
mac & cheese



FOOD MENU

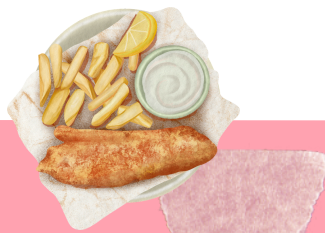
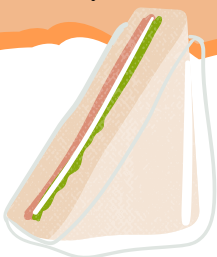


THURSDAY

Breakfast: Continental &
cooked breakfast available

Lunch: Packed Lunch
(ham/cheese/tuna/egg
sandwich, crisps, fruit)

Dinner: 3 course formal dinner
See next page for
formal menu!



FRIDAY

Breakfast: Continental &
cooked breakfast available

Lunch:
Breaded fish and chips
Vegan Cumberland
sausage with gravy

DEPARTURES

Please note: All hot meals
include a selection of
vegetables and sides along
with a dessert.

Additionally, we will have plain
chips, rice and pasta available
at every servery meal and
every packed lunch will have
the option of plain bread and
butter.





Formal Dinner

MENU*

Thursday 1st August 2024

Starter

Roast tomato, red pepper and basil soup
(with crumbled feta)
Adapted for vegan diets.

Main

Seared chicken breast (with potato and spring
onion croquette, sweetcorn puree, charred baby
leeks and gravy)

Pumpkin ravioli (with roasted butternut squash,
tomato, asparagus, shaved parmesan)
[Vegatarian]
Adapted for vegan diets

Dessert

White chocolate and raspberry truffle (with
torched meringue & raspberry sorbet)

Vegan brownie (with poached fruit and sorbet)

*All dietary
requirements will
be catered for.

Academic Session Information



You will spend up to 18 hours in your academic sessions throughout the week.



The teaching will be a variety of lectures, seminars and project work combined.



You will be taught by academic members of staff or research students from the department.



The aim of these sessions is to give you a taste of what life might be like as a university student.

Project Work

All of our subjects will set a project for you to work on throughout the week. This is often in the format of a group or individual presentation or can be a report or written piece of work. We don't assess these to give you a specific grade - all we ask for you to be successful is for you to give it your best try and engage with it positively.



Mentors!

What is a mentor?

Every attendee on the residential will have a designated Durham Student Ambassador (or two!) who will be your mentor throughout the week. They will attend academic sessions with you, be there for mealtimes and during social activities and also can help answer any questions or queries that you have.



Who are They ?

They are current Durham students who are there to help and support you throughout the week. They may even study the same subject as your academic group so don't be afraid to quiz them on their knowledge!



Our mentor groups will also be competing throughout the week in our Mentor Olympics activity for points (see Page 3) and watch out - our mentors can get competitive!

Packing list*

***Not including obvious items like weather appropriate clothes...**



- Comfy and durable shoes for walking around Durham - we'll be doing quite a lot of steps!

- A good waterproof coat (we can't trust the British weather!)



- Formal dinner clothes (if you wish) - don't feel as if you need to dress up, we're happy for you to wear whatever you're comfortable in!

- Your phone charger!

- Practical clothing:

- Easy to walk in trousers, e.g. jeans, cargos, joggers.
- Jackets or hoodies for if it gets cold
- T-shirts
- Pyjamas for at night!



- Toiletries: e.g toothbrush and toothpaste, shampoo, body wash, deodorant, and suncream just in case - sunburn isn't fun!]

- Sports clothes & trainers - some of our activities throughout the week may involve sport in some form!



- You're welcome to bring hair appliances such as hairdryers, straighteners/curlers if you wish - just make sure to always switch them off after using them!

- Any medication required (*please inform us of what these are and when you need to take them*).

Please note: we do not dispense medications (including pain relief such as paracetamol) so we recommend bringing what you may need with you.

- Snacks [optional] - you are welcome to bring snacks if you choose
** No nut products please!

- If you're studying a science subject or music -- please see the next page for further information!



If you're studying Biology/Chemistry/Physics...

To work in the university laboratories requires suitable clothing and footwear. Appropriate footwear has no heels and encloses the whole of the foot and does not include flip-flops, sandals or 'ballet pump'-style shoes. Suggestions include trainers or flat boots. If you do not wear suitable footwear you will be unable to enter the university laboratories.



You must also ensure you are wearing suitable lab clothes. Skirts, shorts, bare legs and tights are forbidden. Suggestions include jeans and trainers. No skin must be showing on the legs, so socks must cover the ankle area. Please also avoid wearing leggings. Long hair will need to be tied back away from the face, and there is to be no eating or drinking (or chewing gum) in the laboratory.

If you're studying Music...

Don't forget to bring a musical instrument with you! This will be used for composition work throughout the week and so the department have requested that you bring along a musical instrument that you are comfortable working with to do composition activities. If you have any difficulties with this, please let us know via email (supported.progression@durham.ac.uk).



Transport




By Train

- Please check to see if you have received your train ticket via confirmation email Don't forget to check any railcard requirements on your ticket
- If you have an eticket, please print or download it to your device, if you were booked 'Ticket on Departure' please collect your ticket at the station using a valid debit/credit card (you will not be charged).
- Make sure to arrive at the station with ample time before your departure to avoid any last-minute rush.
- Keep an eye on the departure boards for any updates or changes to your train schedule.

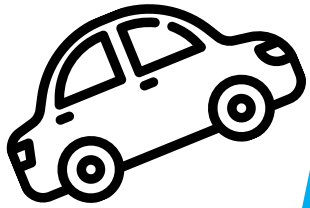
- Please check the details of your journey, you should arrive around 11:00 and 13:45 on Monday 29th July and depart between 14:30 - 16:45 on Friday 2nd August
- A coach will take you too and from the train station.

If you need assistance, station staff are usually available and happy to help with directions, ticketing, or any other queries you might have. Ensure all your belongings are securely packed and with you before boarding the train. Have a pleasant journey and enjoy your travels!



If you have any queries, concerns or questions about any of this, please do get in touch with us via supported.progression@durham.ac.uk straight away so we can help. We will send you information about a dedicated emergency number which you can use if you encounter any difficulties relating to your travel on the day.

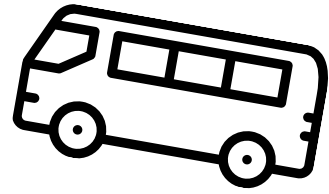
Transport



By Car:

You should have now received an email with your arrival and departure time slot along with a map, address/postcode and 'what 3 words' location for the drop off point at South College.

Please note: that there is no parking available and it will be drop off only. There will be a one way system in place. Please aim to arrive within your time slot to prevent congestion.



By Bus:

Please aim to arrive at South College between 12noon and 1:30pm on arrival day. You will receive an email with map, address, postcode and 'what 3 words' location for South College. From Durham Bus Station the number 6 Arriva bus stops on South Road opposite the college. On departure day you will be free to leave after lunch finishes at about 2:30pm up until 3:30pm.



On Foot:

Please aim to arrive at South College between 12noon and 1:30pm on arrival day. You will receive an email with map, address, postcode and 'what 3 words' location for South College. On departure day you will be free to leave after lunch finishes at about 2:30pm up until 3:30pm.

What is the Mentor Olympics?

Each day of the residential, your and your mentor group will have chance to earn points to crown an overall Olympic Champion. This can be from small tasks/challenges to larger scale evening activities. On Wednesday, there will be the actual Mentor Olympics, where you and your mentees will take part in a series of head to head games to win points.

How can I earn points?

Small tasks, e.g.

First mentor group / table to have all students down for breakfast = 10 pts

Duels:

You can challenge another team to a duel. The winning team will receive 10 extra pts, and the losing team will lose 10 pts.

Large scale activities:

The Olympic Games or City Scavenger hunt are great opportunities to earn those all important points!



MENTOR OLYMPICS

The Olympic Games!

The Olympic Games is the perfect time to change the scores on the doors and get your team to first place. As combined groups, you will have to tactically complete a wide range of activities, from a dobble tournament to track racing!

Points are available for the winning team in each group as well as the overall high score on each activity!

Gold, Silver and Bronze.....

Each time you win points, it must be verified by the Olympic team!

The leaderboard will be monitored throughout the week with plenty of opportunities for your team to take the top spot!

The Mentor Olympics Championship points will be totaled up, and announced at the formal on Thursday night!

Durham Gone Wild!



Your Wellbeing

We hope that you have the best possible experience with us here at Durham during your residential! However, we know that residential can be daunting and potentially overwhelming, so we want you to know that we are here to support you and help you at all times throughout the week. If you feel worried, concerned, unwell or anxious please do not hesitate to come and chat to us. We have staff on site at all times whose role it is to make sure you're doing okay!

you are
NOT ALONE
in this

Who can you turn to?

- Your mentor: Your mentor is here as a listening ear, someone you can speak to about any concerns. Our Durham Student Ambassadors are identified by their purple polo shirts and hoodies!
- Any staff member: Everyone is here to help you and there are procedures in place to make you and your peers as happy and safe as possible. Staff members are identified by their black polo shirts and hoodies!



In the case of an emergency...

You will be provided with emergency staff numbers who you can contact at any time (even in the middle of the night if needed). During night times, there will also be a mentor or a staff member in each flat who you can speak to in the case of an emergency. In the case of a medical emergency please call 999 or 111 for advice.