



Space to Explore Potential (STEP) 2024

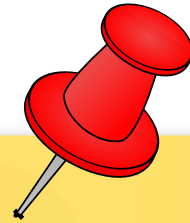
Attendee Handbook



WELCOME!

Here is your all important guide to navigating STEP 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 step@durham.ac.uk).

We can't wait to welcome you to Durham!



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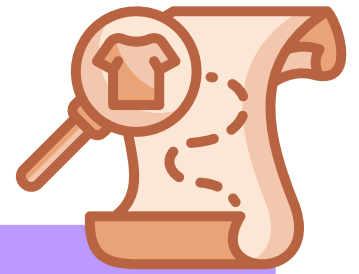
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- Academic Session Information
- Packing List
- Being Black in Durham
- Menu
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- Mentors
- Mentor Olympics
- Your Wellbeing

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 - 19:45	Move to Sport or Society Activity (You will choose this when you arrive!)
19:45 - 21:45	Sports and Societies Night
21:45 - 22:30	Return to South College
22:30 - 23:00	Mentor Time
23:00	Curfew

TUESDAY



Time	Activity
8:30 - 9:30	Breakfast
9:30 - 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 - 14:30	Refreshments
14:30 - 15:30	Information, Advice & Guidance Session
15:30 - 17:30	Scavenger Hunt
17:30 - 19:30	Dinner
19:30 - 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 19:30 on this evening are optional.


WEDNESDAY

Time	Activity
8:30 - 9:30	Breakfast
9:30 - 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 - 15:30	Return to South College
15:30 - 16:30	Information, Advice and Guidance Session
16:30-17:00	Get ready for Mentor Olympics
17:00 - 17:45	Transfer to Sports & Wellbeing Park (Maiden Castle)
17:45-19:00	Dinner
19:00 - 21:00	Mentor Olympics
21:00 - 21:30	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.

THURSDAY



Time	Activity
8:30 - 9:30	Breakfast
9:30 - 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 - 15:30	Transfer to South College
15:30 - 16:15	Mentor Time
16:15 - 17:30	Get ready for formal
17:30 - 18:00	Drinks Reception
18:00 - 20:00	Formal Dinner
20:00 - 22:30	Post-formal Activities
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.



FRIDAY

Time	Activity
8:30 - 9:30	Breakfast and Check Out
9:30 - 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



Packing list

- 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!

- If you wish you can bring your flag to use for 'Rep your Flag' throughout the week!

- 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 -- please see the next page for further information!

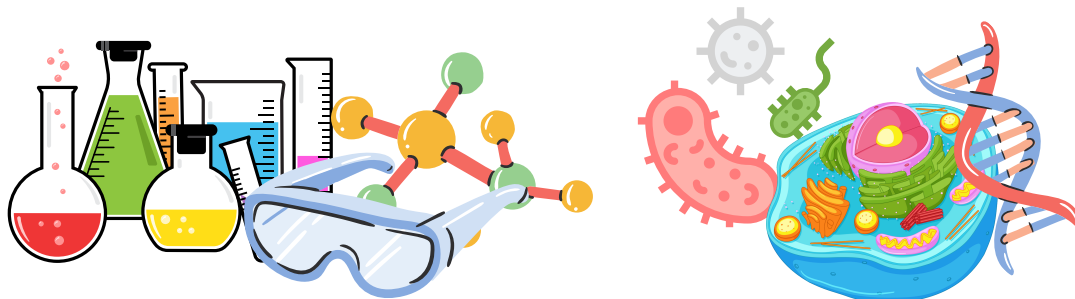


If you're studying Biology...

To work in the university laboratories requires suitable clothing and footwear.

- Appropriate footwear has no heels and encloses the whole of the foot
- Flip-flops, sandals or 'ballet pump'-style shoes are forbidden.
- 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.

BEING BLACK IN DURHAM



Hair

Durham terms are only 10 weeks, very short in comparison with other universities. Most of the black community within Durham prefers to get their hair done at home during the holidays and when visiting during term time.

However, there are some options for getting your hair done when you are here at university. Most of these options include jumping on a 12-minute train to Newcastle.

Hair shops:

- Hair City
🏠 55 Clayton St, Newcastle upon Tyne NE1 5PW



ACE OF BRAIDS

🏠 4 Waterloo street Ne14DG



Socials



Socials

KASH HAIR

🏠 Darras Drive, NE29 8ST
North Shields



Volume Hair and
beauty salon

🏠 226-228 Hylton Road,
Sunderland, United
Kingdom. SR4 TUZ



Socials

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🏠 55 Clayton St, Newcastle upon Tyne NE1 5PW

TELLA BARBERS

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🏠 91-95b blandsford street
Newcastle NE1 3PZ



Socials



MADE IN KAYS

🏠 295a WESTGATE ROAD,
NE4 6AJ, NEWCASTLE
UPON TYNE,

Socials



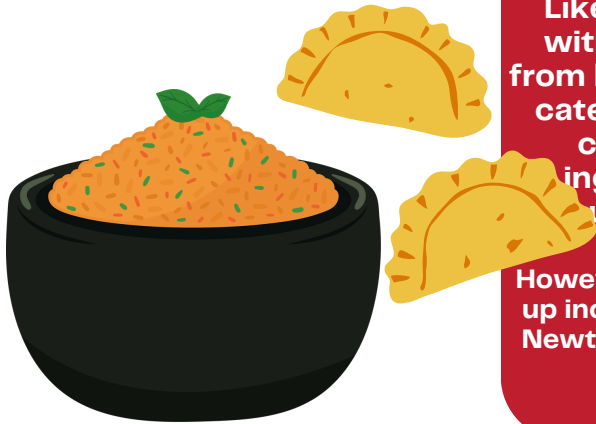
Lux Styles

🏠 Lux Styles NE4 6JE



Socials

BEING BLACK IN DURHAM



Food

Likewise, with hair, the black community within Durham bring food and seasoning from home up to Durham. Especially are self-catered or 'live-out' students who have to cook for themselves, sometimes the ingredients are not always available in supermarkets like yams or plantains.

However, shops in Newcastle and Durham to stock up including Candat Stores just outside the city in Newton Hall - Just a 10-minute drive from the city centre.

ACS Recommendations

Grocery Store:

- Candat Stores
🏠 67 Carr House Dr, Durham, DH1 5LT
- Osas Afro Caribbean Food shop
🏠 438 Westgate Rd, Newcastle upon Tyne, NE4 9BN, UK
☎ +44 191 447 3104

Halal Grocery Stores:

- Pamir Halal Meat
🏠 271 Stanhope St, Newcastle upon Tyne, NE45JT, UK
☎ +44 191 241 4643
- Newcastle Halal Foodstore
🏠 28 West Rd, Newcastle upon Tyne, NE4 9HB, UK

Restaurant :

- House of Jollof
🏠 94 - 102 Blandford St, Blandford St, NE1 3BT
☎ 07723421419
- Gwarn Jerk
🏠 133 Benwell Ln, Newcastle upon Tyne NE15 6RT
☎ 01916822488



BEING BLACK IN DURHAM

DURHAM SU

Societies & Associations

There are many different societies & Associations you can join with in ur time at durham with have pick out a few that of attendees of STEP might be of interest



ACS

The Durham African and Caribbean Society (DACS) celebrates African and Caribbean culture, offering a platform for students to connect socially, educationally, and professionally. We host various events throughout the year, including a Welcome Party, Cultural Ball, and alumni networking. All who appreciate Afro-Caribbean culture are welcome to join.



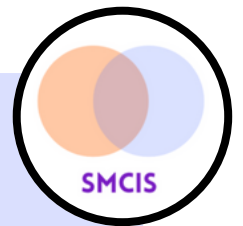
Socials



Socials

SMCIS

The Students of Mixed Cultural Identities Society is a group that represents Durham students of mixed race and/or third-culture backgrounds. This group aims to provide a safe space for discussion of topics such as identity and culture and organise events to promote global mindedness.



DPOCA

Durham People of Colour Association aims to provide representation and support for students of Durham University who identify as a person of colour. Durham POCA serves as a safe, welcoming space for people of colour to access confidential welfare services, meetings and talks, social events, campaigns, and education on race-related issues, as well as facilitate greater racial dialogue and awareness on campus.



Socials

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Socials

ICMD

The Inclusive Christian Movement Durham Society welcomes everyone to join our Sunday meetings for discussions on faith, justice, and activism. We support LGBT+ rights and inclusivity, offering a Safe Space for open, respectful dialogue. Meetings include lunch, discussions, and guest speakers, with occasional trips and activities.



Islamic Society

The Durham University Islamic Society (DUISOC) supports Muslim students by organizing social events, prayers, and Quranic lessons, while fostering community and spiritual life. They co-manage Durham's Islamic Prayer Rooms and work closely with the local Muslim community, offering guidance on religious matters. DUISOC serves as a key resource for Islamic affairs in Durham.



Socials



Socials

The 93%club

The group provides a platform for state school students at Durham to share experiences, access social and educational resources, and build a supportive community. They organize inclusive social events, offer practical advice for post-graduation opportunities, and welcome students from all schooling backgrounds to participate and benefit from the support.



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LGBTQ+

The LGBT+ Association offers social events, support, and advocacy for students identifying under the LGBT+ umbrella. They provide safe spaces, information, and representation, while also promoting awareness and equal rights within the university and beyond. The association is inclusive of diverse gender identities and sexual orientations.



Socials



Socials

WCSA



The working class student Association. Is a network run by and for Durham's working-class students, offering support, advocacy, and space for discussion.

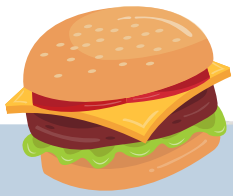


INTERSECTIONAL Feminist

Intersectionality addresses how overlapping social identities contribute to unique forms of oppression. Traditional feminism has often excluded marginalized groups. Our goal is to foster inclusivity, educate on the complexities of oppression, and provide a safe space for respectful discussion and connection among diverse individuals.



Socials



MONDAY

Lunch:

Sandwiches/Crisps/Fruit

Dinner:

Chicken katsu curry
v-Quorn beef katsu curry

With steamed rice, garlic
broccoli, new potatoes

TUESDAY

Breakfast: Continental &
cooked breakfast available

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

Dinner:

Italian beef meatballs
pomodoro sauce
V - meatballs pomodoro sauce

White Penne Pasta

WEDNESDAY

Breakfast: Continental & cooked
breakfast available

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

Dinner:

Food provided from 'Gwarn Jerk'
a North East company.



FOOD MENU

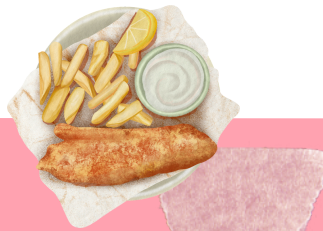
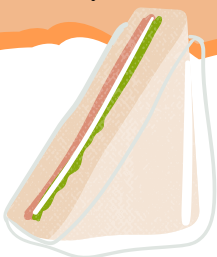


THURSDAY

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:

Jamaican Pork + pineapple
V - Barbados Aubergine and
plantain curry

Please note:

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





Formal Dinner
MENU*

Thursday 22nd August 2024

Starter

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

Main

Rump steak with Hasselback potato, slow
cooked vine tomato, rocket and parmesan salad
and a chimichurri dressing

Chestnut mushroom steak, truffle mash, pea
and mint puree, tender stem broccoli
(Vegetarian/Vegan)

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 ?

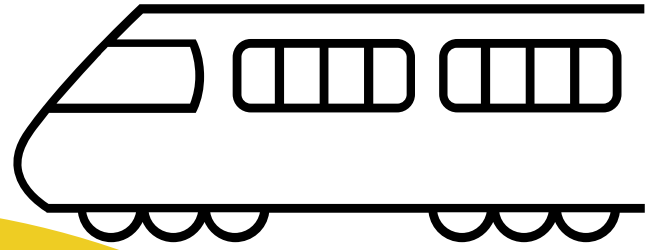
They are current Durham students who are there to help and support you throughout the week. They may even study the same subject as your academic group so don't be afraid to quiz them on their knowledge!



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!

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.

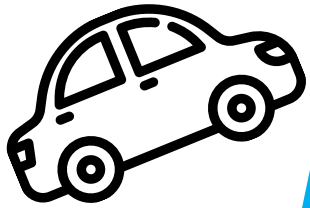
- Please check the details of your journey, you should arrive around 11:00 and 13:45 on Monday 19th August and depart between 14:30-16:45 on Friday 23rd August.
- A coach will take you to and from the train station.

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 step@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.

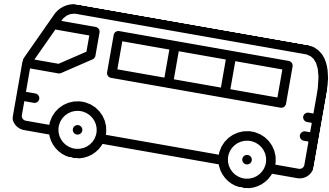
Transport



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 Tuesday there will be a scavenger hunt to win points, and on Wednesday there will be a Mentor Olympics activity, 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 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 capture the flag to tug of war!

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!

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.