



Leaving Home

4: Thriving in Freshers Week

We spoke to World Class Programme athletes Vicky Holland and Sam Dickinson for their tips during Freshers Week



Get involved

"Definitely do Freshers Week - you'll regret it if you don't. It's one week. If you have squad trials early in the first term you will need to plan what you can and can't get involved with, if you don't have any sporting commitments or trials use Freshers as a bit of break and a good time to have some fun"



Enjoy yourself

"Don't be afraid to enjoy it. One drink or one night is not going to stop you achieving your goals. As an athlete you will though just need to be more sensible - you may not want to go out every night or choose to come home early on some. Freshers Flu is common so hopefully by being a bit more sensible you might avoid it!"

Make friends

"Freshers Week is definitely a good time to get out and make some friends. Spend some time getting to know people - everyone is in the same boat (and asking the same questions!). Be courageous and say 'Hi' to people"

Life Skills

"Spend time working on the life skills you need before you leave home! You do not want to be in at the deep end in your first week at Uni - there is too much going on. If you can't look after yourself properly you will really struggle!"

Look after yourself

"You will have some late nights and probably have a few drinks. Stay on top of your hydration - drink plenty of water through the day and when you get back home in the evening. Eat plenty of fruit and veg and look to nap in the daytime if you have had a late night - if you are training take it very easy and cut it back"

Eat well

"Eat as well as you can through the week. I was self catering and found it really useful to cook in bulk. It helps you eat well and stops you being lazy and going for less healthy options"



Leaving Home

4: Thriving in Freshers Week

Some other tips you might find useful

Come armed with treats and make teabags if in halls - sharing these and making drinks will make a good impression!

Being open minded is important in enjoying Freshers Week - some of your best friendships could easily come from people you thought you'd never get along with.

If feeling shy a good tactic is to ask questions, it takes the spotlight off you and means the other is pleased you are interested in them.

Don't do anything you are not comfortable with, people will respect you either way

Don't worry if it takes you a while to settle in and Freshers' Week isn't fun, that is very normal - you have been through a huge change and there is a lot going on for the first few weeks - it can take time.

Socialise during the day if you're not a big clubber there is plenty to do

Alcohol is not the enemy - if you do want to drink know your limits and don't get so drunk you can't remember what you did

Be realistic about your priorities and if you are training through Freshers' Week plan ahead to ensure you have a good week

Know what your budget is and stick to it! Student loans can take a while to kick so don't turn up empty handed.

Arrive early and unpack straight away - you'll be busy to start with and will be more comfortable if you are all set up