

COLLECTIVE

STORIES
FROM YORK
2025



UNIVERSITY
of York





university



green campuses



expert faculties



welcoming colleges



award-winning schools, centres and departments



courses to choose from



GOLD

Our teaching, learning and student experience is outstanding, recognised by a Gold overall rating in the Office for Students' national assessment (Teaching Excellence Framework)

This rating was awarded in 2023, for four years

TOP 20

across major UK league tables

15th
The Times and The Sunday Times Good University Guide (2024)

=17th
Complete University Guide (2024)

19th
Guardian University Guide (2024)

9th

in the UK

14th

in Europe, and

29th

in the world for sustainability, including

=1st

in the world for sustainability governance

QS World University Rankings: Sustainability (2024)

4th

in the UK for sustainable cities and communities

Times Higher Education Impact Rankings (2023)



University of the Year shortlisted

Times Higher Education Awards (2023) and The Times and The Sunday Times Good University Guide (2024)

=10th

for research quality

out of 155 UK universities in the Times Higher Education's ranking of the latest Research Excellence Framework results (2021)



3 gold

4 silver

14 bronze

Athena Swan awards, recognising our commitment to gender equality in higher education

STORIES FROM YORK

A new course. A new city. A new life.

Starting university can feel like the beginning of a new chapter. Maybe it's your first visit to York. Maybe it's your first time in the UK. Maybe you're coming back to a place you know well. You'll meet new people, make new friends and share unforgettable experiences.

Every journey is unique and each student has a different story to tell. Covering every

aspect of life here would be impossible. Instead we've asked just some of our students to share their perspectives on university life, from studying to sports and societies.

We hope these stories give you a sense of the people, the community, the spirit of our university. And perhaps inspire you to write your next chapter at York.

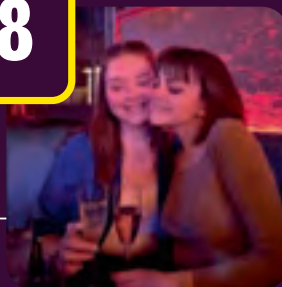
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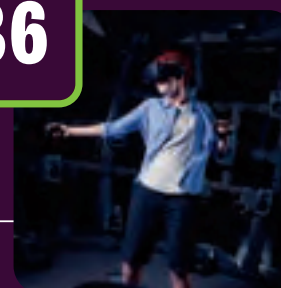
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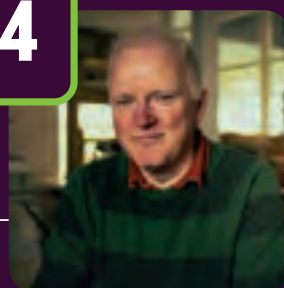
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From a country in turmoil to a new life in York

FINDING FLOWER





York's Student Expert Panel

Power can take many forms. It's something we hear about all the time: the power to do good, to bring change, to improve lives.

For many, it's what university life is all about.



Sealing a win against Leeds Beckett University

“SAFETY FOR PEOPLE TO ASK QUESTIONS, TO LEARN WITHOUT JUDGEMENT OR SHAME, IS SO IMPORTANT”

The big mission

At York, we talk a lot about 'public good', and how our students have used their time here to feed into something bigger. The people of York show examples of public good everywhere, in our city and beyond, with our students so often at the forefront. It's what defines us, and is a constant source of pride.

Let's talk about it.

A closer look

"I'm from London, born in Canada and a proud Nigerian, so I'm culturally rounded to say the least. I'm a big believer in sharing my experience, speaking up, and making sure those around me are being seen."

Phoebe, alongside pursuing a career in medicine, performing music, playing rugby and producing radio shows, also finds the time to be an active member of York's Student Expert Panel.

The panel is a collaborative group co-run by the University and the Students' Union. It brings together students to act as advisors on inclusivity and equal opportunity.

They make sure that we take into account lived experiences and diverse student views when new ideas and projects are being created. They push us to go further and be bolder in our ambition.

The panel gives students power, and a sturdy platform to shape the shared values of the University community.

“PUBLIC GOOD, TO ME, MEANS A PLACE THAT SUPPORTS STUDENTS TO IMPACT THEIR WORLD AND GENERATION – BUT ALSO ACKNOWLEDGES THAT WE’RE FROM DIFFERENT BACKGROUNDS, CULTURES, RACES.”

Phoebe
MB BS Medicine



"Safety for people to ask questions, to learn without judgement or shame, is so important", explains Phoebe. She encourages members to think, "Actually, I may not be from where you're from, but I can still understand what you've been through. And even if we don't agree, we can still coexist."

Why it matters

'Now more than ever.' Another phrase we see everywhere, and it's not hard to see why. It's often easy to feel discouraged by the state of the world, and at the hostility and division that get in the way of solving our shared crises.

The chance to discuss diverse views with kindness, the safety that Phoebe describes, is essential. Any effort to push for the fairest world possible is something to celebrate.

We celebrated Phoebe's commitment at our recent Inclusive Impact Awards, hers being just one of the inspirational stories of support that York students write every day. The event looked back at work done so far, forward to the work left to do, and asked how we can all take our kindness further.

Every year, the York community grows, and so does our potential for good. Every new student brings

with them new perspectives to share, new ideas to show, new opportunities to find the power to shape whatever lies ahead. As Phoebe herself says, "Now's the time to make it bigger, better, in newer ways."

Explore stories of York's public good: york.ac.uk/strategy-stories



Phoebe receives her Inclusive Impact Award



BRIGHT IDEAS

Led by the University, York Festival of Ideas is built on a passionate belief in the power of ideas to transform lives. For over a decade, the Festival has brought people together to educate, entertain and inspire.

Each year, world-class speakers come together, in the city and online. With dozens of free talks, exhibitions, music, films, guided walks, family-friendly activities and more, York Festival of Ideas offers something for everyone to enjoy.

Discover more about our annual Festival of Ideas at yorkfestivalofideas.com

Watch some of the great talks from our 2023 event:



Michael Morpurgo
Author, poet and playwright

"I've been involved for years now with the wonderful York Festival of Ideas. Right from the start I knew it was special, unique even! An extraordinary variety of events and all done with a wonderful spirit of openness. I didn't realise to begin with that the Festival was open to all, that coming to see or hear or watch did not depend on being able to afford it.

Everyone comes because they want to be there, they are interested and ready to learn. I love that! I keep coming back because that spirit of openness endures. And because I love York and the University, and the Minster too!"



"YORK IS ONE OF MY ALL-TIME FAVOURITE CITIES, SO I WAS DELIGHTED TO BE INVITED BACK."



Tracy Borman
Author, historian and broadcaster

"York is one of my all-time favourite cities, so I was delighted to be invited back to the Festival of Ideas. I've taken part in the Festival before, and every single time it has been a wonderful experience. It is always brilliantly organised and promoted. This year's was particularly special because it involved so many University of York students as volunteers.

The audience profile is much broader than at many history events, and included a high number of students and younger people, many of whom were aspiring historians. I hope it provided them with some inspiration for their future careers."

"AN EXTRAORDINARY VARIETY OF EVENTS AND ALL DONE WITH A WONDERFUL SPIRIT OF OPENNESS."

CULTURAL CONNECTIONS

Students travel to the UK from all over the world. Over 150 countries are represented in York's diverse and inclusive campus community. No matter how far you've come, there's lots going on to make you feel at home.



Navin
MBiol Genetics

"Coming to York from India to study genetics has brought me nearly 5,000 miles from home. This is how I've kept in touch with my culture."

Faith and international societies

There are loads of societies at York celebrating world cultures and religions. I've interacted with the Hindu, British Asian, and Tamil and Mallu Societies. They offer communities full of amazing people who come together for fun, support and celebration. I've particularly enjoyed showing off my moves at the Bollywood nights!

Comfort food

Food is a really important part of Indian culture. When I'm missing home comforts, York can provide. It has loads of great restaurants, but also a variety of international supermarkets. My favourite is Makkah International which is only a 10-minute walk from Campus West. They have a wide selection of authentic ingredients and spices, so I can always create a taste of home.

Connected communities

York has a diverse international community so it's really easy to meet people in the same situation, or from the same country, as you. Everyone is really welcoming and it's so easy to make friends. Once I got to campus, I soon started bumping into people from different parts of India. The Indian community here is like a family, and we mix with others from all over the world."



Tianyu
MA Stained Glass Conservation and Heritage Management

"Though this is my seventh year in the UK, being away from my home in China can still make me feel sentimental."

Staying in touch

Thankfully, York is a historic and charming place, so I have successfully convinced my family to come and visit me a few times. Chatting and having video calls with my parents and younger brother is part of my weekly routine. We still share our daily stories, even though we are thousands of miles apart.

Delightful experiences

One of the questions that I asked my interviewer (now my supervisor) was, 'Are we going to be studying in King's Manor?' Studying in one of York's most attractive buildings - home to the Department of Archaeology and the Centre for Medieval Studies - has made my university life like a fairy tale. The ancient buildings are full of hidden surprises: I never get bored of pointing out the alleged 'smallest window in York' when people visit.

Celebrating the Lunar New Year

It was a happy surprise to see the city decorated for the Spring Festival. Lanterns were hanging on the trees; Coney Street was decorated with a Chinese mythical creature that plays an important role in the tale of the New Year - the dragon. I used my film camera to capture this festive season and share the memories with my family and friends."

Watch Navin's vlog on celebrating Indian culture in York:
york.ac.uk/indian-culture



Find out more about life as an international student at York:
york.ac.uk/international



YORK ON A FORK



Sam
BA Theatre: Writing,
Directing and Performance

One of my favourite things about studying and living in York is how many cool restaurants and cafes there are all over the city and University.

To help give you an idea of the range here, I've put together a list of my favourites. In truth though, I've barely scratched the surface. Between the cosy cafes, indie gems and bustling food courts, there's so much to sink your teeth into!

Discover more about living in York:
york.ac.uk/student-life



FORTYFIVE VINYL CAFÉ

There are so many cafes in York that are great to work and study in. I try to go to a new one as often as I can. One I keep going back to is FortyFive Vinyl Café which is, as you might have guessed, also a record store. There's a really nice atmosphere and I tend to get a lot of work done. During my well-deserved breaks I can browse the shelves. I usually grab one of their famous cheese toasties and I can definitely recommend!

THE LINK

When I'm on campus, I often find myself at The Link for lunch. It's a cafe in the Science Park that's run by the Uni. They serve all sorts, from broths to bao buns. Usually I go for a jackfruit bao, but if I'm in need of a treat I'll get one of their sweet bubble waffles! They also serve Starbucks, so I can pair it with an iced latte.



“THERE'S SO MUCH TO SINK YOUR TEETH INTO!”

THE CAT'S WHISKERS

York has lots of quirky cafes too. One of the best is The Cat's Whiskers. They have so many cats and they're all adorable! I've made friends with Luna – one of the youngest kittens. Most of their cats are rescues too, so it's wonderful to see them settled in such a lovely home. Combining the cats with coffee and cakes makes it the perfect afternoon.



DÖNER SUMMER

So you're vegetarian, but you still want a cheeky kebab? Enter Döner Summer. They're a 100% plant-based kebab restaurant in town, and also do burgers and loaded fries. Their fake chicken burger with garlic tater tots is delicious, but a lot of food! Enough to save some for later...



SPARK:YORK

SPARK is a collection of shipping containers that have been upcycled into a huge food court. They have all sorts there, so everyone can get what they want. The No Meat 'Nduja from Rad Pizza is my go-to, but my friends love the chicken souvlaki from SASA, which specialises in Greek street food. It's the perfect place to graze away a lazy afternoon.

BREW AND BROWNIE

My number one pick for brunch has to be Brew and Brownie. It's a student favourite and it's obvious why. Their breakfast options are amazing. I go for the American pancake stack with maple syrup, streaky bacon and blueberries.

THE MODERN MEDIIEVAL ROMANCE

A professional-turned-printmaker returns to education to pursue a lifelong love of words.

Michael Smith in Thin Ice Press, the Department of English and Related Literature's in-house printing studio.



“My passion is in the words themselves. Somebody, sometime, many years ago, wrote these words down, and now they’re talking to us again. My desire is to prise them out of their hole and make them come alive.”

These particular words are spoken by Michael Smith, an English with Creative Writing PhD student, who has just completed a two-year, part-time MA in Medieval Literatures and Languages.

A former undergraduate History student at the University of York in the 1980s, Michael is one of a growing number of people returning to higher education to find out more about a subject they feel passionate about.

“I think what surprised me with the MA was how supportive my fellow students were. Many of them were about the age of my kids. A few of my MA cohort are still friends. I thought I was going to be the old guy in the corner that no

one would talk to, but I found that just not to be the case. It was really encouraging.”

Michael had already completed a mammoth, three-year task of translating a Middle English romance, *Sir Gawain and the Green Knight*, from scratch, so he could use quotes from it in a set of handmade greetings cards he was producing. This led to his first published book, illustrated with his own linocuts. He enjoyed the process so much he went on to produce a second book, *King Arthur’s Death*, a translation of the 14th-century *Alliterative Morte Arthure*.

Seeking to add academic rigour to his work, he asked for advice from Dr Nicola McDonald in York’s Department of English and Related Literature. She suggested he complete an MA before moving on to a PhD.

“I didn’t really know what I was going to get out of it, to be honest, or how I was going

“SOMEBODY, SOMETIME, MANY YEARS AGO, WROTE THESE WORDS DOWN AND NOW THEY’RE TALKING TO US AGAIN.”

Michael Smith
PhD English with Creative Writing



to do, having been so long out of formal education but, after two years, part time, I emerged with a distinction!”

He’s now working on his PhD, once again translating a medieval text, but this time with the additional element of performance. He is trying to understand how a modern audience perceives the medieval world through an alliterative rhyming stanzaic romance. At the end of his PhD he will have produced a book, script, academic work and performance, as well as illustrations using Thin Ice Press, the Department of English and Related Literature’s in-house printing studio.

“Part of my driving force is making these old romances intelligible to modern audiences, because they carry messages which are still hugely relevant,” he says.

“They also shine a light on the development of the English language over time. I was reading the romance *William of Palerne* recently, and the phrase ‘as dead as a doornail’ leapt out of the ancient text. I thought, ‘Wow! This is 600 years old but here is a phrase we still use today.’”

Michael chose to come back to York for a number of reasons: familiarity, a feeling of unfinished business, but above all the combination of academic rigour, creativity and medieval resources at the University which he feels is second to none.

“I wanted something that was true to me, but had the standards I was looking for. I love stepping out of the station and seeing the city walls in front of me. Coming back to York, I just feel at home.”



Find out about postgraduate study:
york.ac.uk/postgraduate



Discover more about Thin Ice Press:
york.ac.uk/thin-ice



A NIGHT OUT IN YORK



Hannah
Graduate Ambassador
BSc Biology

Something I love about studying at York is how varied the nightlife is. There are all sorts of pubs, cocktail bars and clubs, as well as some cool activities to get involved in, even if you don't want to drink.

The best way to give you an idea of what a night out in York is like is to bring you along with me!

Find out more about life in York:
york.ac.uk/city



18:30 FOOD ON CAMPUS

We kick off the night on campus, grabbing some food at The Courtyard, one of the bars run by the University of York Students' Union (YUSU). They do some really quirky and delicious pizzas. I go for the Peppa-roni, but we steer clear of drinks, to keep us focused and sharp for our next activity. We jump on the bus to the city centre. It runs regularly until the early hours of the morning, so it's always easy to get into town and back.

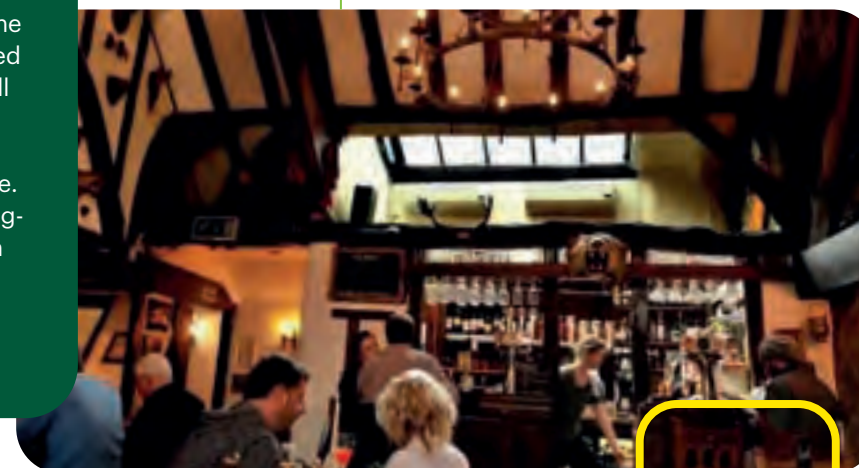


20:00 ESCAPE ROOM

We're booked in for an escape room at Can You Escape. Their sessions run into the evening and they offer a student discount, which is always a major plus. We choose the medium-difficulty room, but despite taking it very seriously (some might say I'm too competitive) we only barely manage to get out!

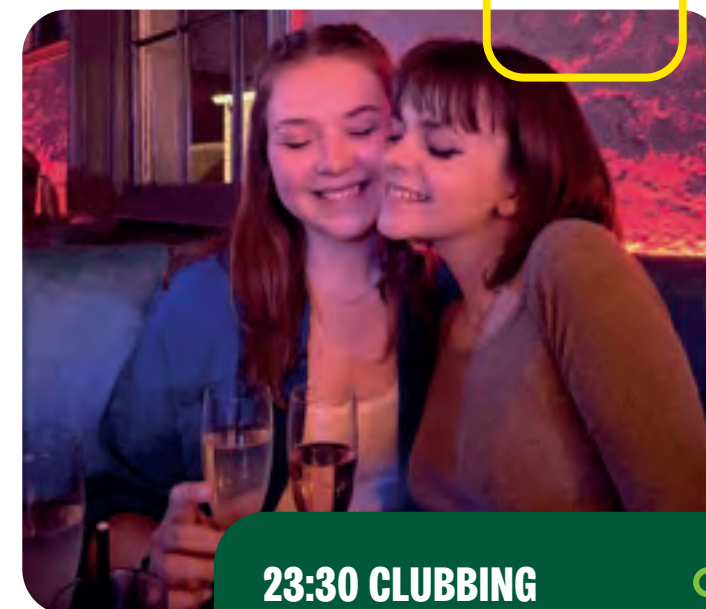
21:15 DRINKS IN TOWN

Next we head to some bars, starting just around the corner at House of the Trembling Madness. Don't be alarmed by the name, it's actually a really chill place to get a drink. They have all sorts of beers and ales to try, over three floors of a medieval townhouse. Afterwards we go to Valhalla, a Viking-themed bar near the Shambles, with live music on the top floor. We drink mead from a horn for the full Viking experience!



22:30 COCKTAILS

We make our way to Evil Eye for cocktails. They have the biggest menu I think I've ever seen! As well as traditional options, they also have all manner of innovative cocktails and a huge range of alcohol-free mocktails. We manage to grab one of the bohemian bed seats upstairs, and lounge around chatting over our drinks.



23:30 CLUBBING

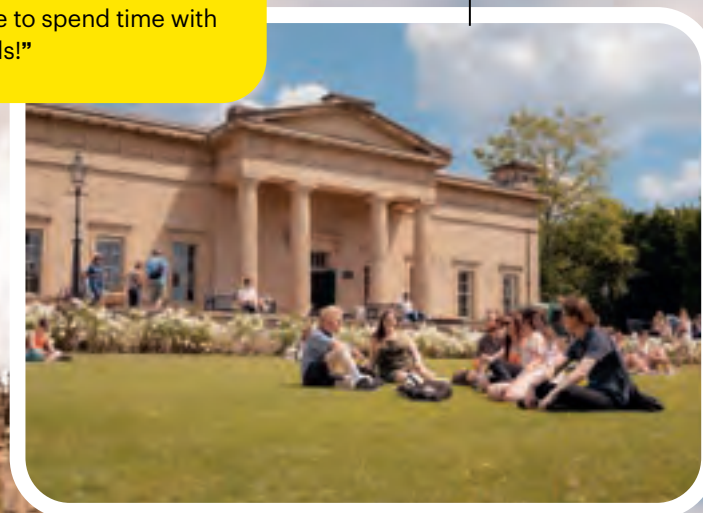
As the night wears on, we get ready to hit the dancefloor. Our Students' Union runs lots of student club nights, and since tonight's Wednesday night, we head for Club Salvation. We dance to some classics and relax on the moonlit rooftop terrace. We're there for the rest of the night before dragging ourselves out to get the late bus home.

York was recently named one of the best places for a night out in the UK, and it's also one of the safest. I don't feel worried walking by myself at night. I love going out in York because there's so much to do that every night can be different. Come and try it for yourself!

A CITY TO LOVE

York is a contemporary, student-friendly city, renowned for its rich history and heritage. Whether it's shopping on the Shambles, brunches in cosy cafes, or grabbing a drink in one of the hundreds of historic pubs, there's something for everyone.

"One of my favourite places to relax and read is the York Museum Gardens – plus it is a great place to spend time with your friends!"



"SPARK has been a personal favourite spot of mine since I was a fresher – the food choices are amazing and there's always something new to try!"



"I fell so in love with King's Manor. It's definitely the perfect place to study Archaeology."





FINDING PEOPLE

What's it like to settle into the York community? We sat with three flatmates to get their take on the everlasting magic of friendship.

Katrina, MSci Psychology | James, BA International Relations | Kabeer, BSc Physics

What was your experience of arriving at York?

Kabeer: Moving in is surreal. One moment you're in a car with your parents, the next you're surrounded by everyone you're going to spend the next year with. At York, second and third year students help you move in, make sure you don't get lost, help you make friends, attend events – it really makes you feel welcome.

James: You usually go for your first trip into the city together, so it's not as daunting. I'd stress that there were people who didn't want to do that initially. One of our housemates didn't come to say hi until about week six. Now they live with us in our second year house. I think, for them, it was nice to have us to talk to if they wanted to.

Katrina: I came as an international student, so I arrived a day earlier than everyone else. We had a weekly college meal, so we put time aside especially to go together as a bonding experience.

On that point, any top tips for food – cooking, shopping?

James: Oh, I can't cook at all. Starting uni can be overwhelming, so to have some meals cooked for you is really helpful. I remember our first meal, sitting with the whole block. That got me talking to more people than just my flat. If you go for catered accommodation, that's the benefit. Just don't get chips every day, like I did.

Katrina: An advantage of being self-catered is getting to see the dishes your flatmates are cooking.

Kabeer: True. You have such a variety of people who you're living with. I think in our flat, we had like six countries and cuisines. Seeing what people cooked definitely widened my ability.

James: We have an Italian housemate who makes pizza from scratch. It's fantastic. We made her try a Greggs pizza once, and she hated it. We had a weekend tradition where one person would cook a meal for the flat, so we got to try different food each weekend.

Kabeer: I made my favourite, paneer, which was nice to share. It meant we were fed at weekends, so one less thing to worry about. It allowed us to celebrate the things people were good at. Even James, with his limits.

James: Even me.

Sports and societies: how have they helped you branch out?

Katrina: Shout-out to Floorball. It's not a well-known sport here, but big in parts of Europe and Asia. I didn't think I'd get into sports at uni but I got hooked, and now I'm part of that community. Other than that, there are plenty of unexpected societies – Sock Appreciation Society was one I wanted to try, but they stopped this year. That was sad.

James: My favourite is the Hong Kong Society, who've been really welcoming. I've applied for a summer abroad this year, so I'll be going there

soon. It's comforting to have had a kickstart of what to expect. I'd say, 'Do a Kabeer': Join as many sports and societies as you can. If they're not your thing, that's fine, but it's good to have different areas of interest to explore.

Kabeer: I've just finished as president of our College's tennis club, working with my committee to bring together events. Formals. Parties. Competitions in Durham, and Lancaster for the college varsity. We get to travel the country.

York's collegiate system lets us split popular sports into uni- and college-level clubs, so people who aren't ultra-competitive can play in a more casual setting. It's really allowed people to grow.

I'm on the committee for the Circus and Magic Society too. I tried to teach one of my flatmates to unicycle, but that went disastrously.

James: We left them to it.

Katrina: Nothing broke. It's fine.

Have you found yourself geeking out with those you've got to know?

Kabeer: Definitely. It's a big advantage, being able to talk to academics about their research. I want to do a Masters, possibly a PhD, and talking to them about how I can build on what they've done is really what I feed off.

I'm working for the surface and astrophysical sciences research group trying to confirm how nuclear fusion occurs in superhot stars. It's

made me one of the top 18 experts in this field ... in the world! That's something you can do when you go to uni: specialise in so niche an area that you become the source of authority. You feel you're making a real difference.

“WE HAD EVENTS TO GET US INVOLVED, GET US TALKING. IT'S LIKE AN EXTENDED FAMILY.”

Kabeer
BSc Physics

Find the full interview – ducks, dreams, dinners and more at york.ac.uk/chips-every-day





COLLEGE COLOURS

From the moment you arrive at York, you're welcomed into college life. Colleges are about more than accommodation: they become a second family, creating a supportive community for you to rely on.

Shivani
BA English

Compare our colleges
york.ac.uk/college-life
Find out more about
living on campus
york.ac.uk/accommodation



On the committee

"Each college is run by an elected committee of students, working under a professional college manager. There are over 20 different roles, leading on wellbeing, sport, events, photography and more. The colleges run big events during Freshers' Week and throughout the year. They also organise the Second and Third Year Contact (STYC) programme, connecting each flat to a group of senior students to help them settle in.

I'm in Derwent (which I think is the best!), and having been part of it for nearly three years I can proudly say I bleed my college colours! I was elected Head of Events, which offered me the opportunity to set up

fun nights like Take Me Out and Derwent's Got Talent. I've also organised big on-campus club nights, working with DJs like York's famous Jason Reilly to put on events attended by over 700 students.

I would really recommend getting involved in your college committee. You learn so many transferable skills for your CV, as well as getting to work with a fantastic group of people.

College sport

One of my favourite parts of the college system is the friendly rivalry created by college sport. The colleges each have their own sports teams, which play each other throughout the year. In Derwent, we have an annual

tournament against James College. It's a super fun weekend, with face paint, ribbons and drinks to keep us warm while shouting from the sidelines. The campus bars have a vibrant atmosphere, and most importantly, great deals!

Support and wellbeing

Colleges are also an important source of welfare and wellbeing. In Derwent and other colleges we often offer free food to help with the cost of living. Derwent does regular toasties and jacket potatoes, and sometimes puts on a brunch or even 'dessert for dinner' with lots of sweet treats.

There are also opportunities to unwind, with regular game and film nights, and even a 'drumming to de-stress' workshop during assessment week.

A perk of being a part of your college committee is free entry to events and getting to see behind the scenes. I wanted to get involved to help run events that I experienced in my first year. I'm grateful that being a part of the committee involves me in college life and allows me to make a difference. I couldn't recommend it enough."

"COLLEGES ARE AN IMPORTANT SOURCE OF WELFARE AND WELLBEING."



MAKE YOURSELF AT HOME

Picture it: the long summer after exams is over, and at last you've arrived at university. You weren't really sure this day would come. Around you is your new room. A blank canvas. A clean slate. You might be tempted to collapse on the unmade bed and have a nap. The thought of unpacking, and organising yourself in this not-yet familiar space is far from your mind. Luckily, our students are here to help with some realistic inspo and advice.

Parker's room Langwith College

"Make sure to bring some decorations that will motivate you for your degree. I study Film and Television Production and I have many film posters around my room. Let your personality shine in your room and it'll feel like home."



Parker's top tip for staying organised

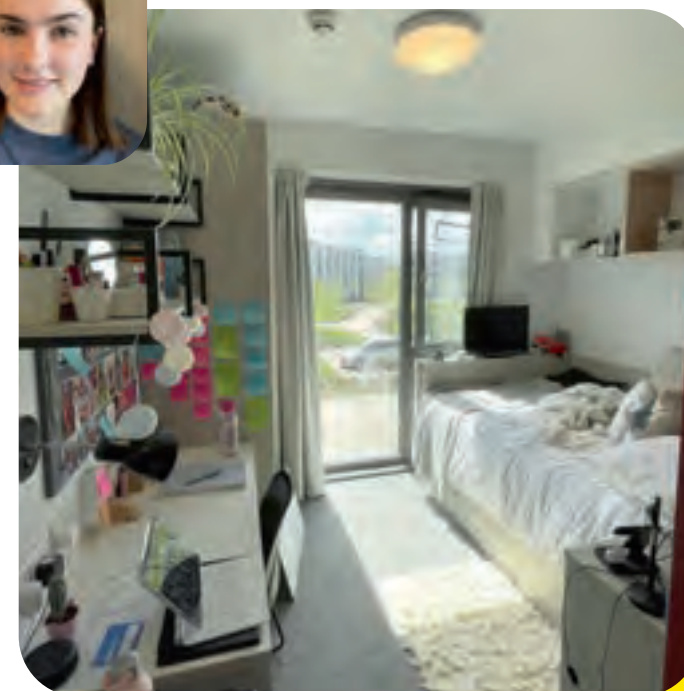
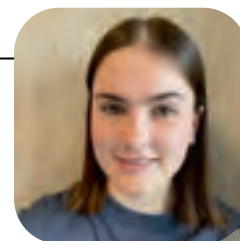
"Bring lots of storage containers to keep items such as important documents, letters and medicines in the same place. I use shoe boxes for these so I can keep track of where everything is in my room. I find my room feels more homely when my decorations can shine rather than papers scattered about!"

Find out more about accommodation and colleges at york.ac.uk/accommodation



Issy's room Anne Lister College

"I absolutely love how personal my room is to me. I decorated it in my favourite colours, with cushions and blankets from home to make it super cosy. I love looking at the pinboard above my desk, covered with photos of my friends and family."



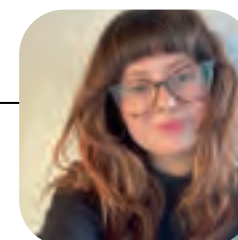
Issy's top tip for a homely room

"Bring plenty of decorative things, ideally from home – not only is it cheaper, but it can really help with homesickness. For me, this meant loads of pillows to make my bed extra comfy, a scented reed diffuser to make my room smell like home, and some fairy lights for soft lighting."



Zara's room Alcuin College

"I love how my room is filled with things that remind me of all the good times I've had so far! Little things I've bought or found, presents from old and new friends, things I've made, and photographs from this year."



Zara's top tip for making your room your own

"Try to make your room your own: pin up photos of loved ones, bring some homely bedding, bring all your different bits and bobs from your room back at home, bring your plant babies! You'll probably be surprised at just how quickly you find yourself settling into university life, and your room will swiftly start to feel like your own space."

WHERE THE WILD ROSES GROW

RUN BY THE UNIVERSITY OF YORK STUDENTS' UNION, THE ROSES TOURNAMENT HAS A LONG HISTORY. STARTING LIFE AS A BOAT RACE, TODAY THE CONTEST FEATURES SOME 50 SPORTS, FROM AMERICAN FOOTBALL TO UNDERWATER HOCKEY.



Roses are a pretty big deal in the North. In the 1400s, the white rose of the House of York and the red rose of the House of Lancaster fought for control of the English throne. Over 500 years later, the rivalry lives on in Europe’s largest inter-university sports tournament.



The road to Roses

“I don’t look like a conventional athlete. When you think of an athlete I’m not what comes to mind. I’m an international student. I’m a person of colour. I’m part of the LGBTQ community. I’m tall. I’m big. It doesn’t matter here as long as you have skill.”

Tanisha is the York Sport Union President, an elected officer of the University of York Students’ Union (YUSU). She looks after the University’s dozens of sports clubs – from casual college teams, to elite athletes competing on the national stage – and aims to make sport accessible to everyone.

This sporting life

Rewind a few years, and you’d find Tanisha’s passion for sport running just as high. “I’ve played basketball since I was eight years old. Everyone

in India plays cricket. But I never got to play at a professional level because women aren’t encouraged to participate. The whole reason I wanted to study in the UK was for sport.

“The first time I looked at York I fell in love with it. There was so much support from the teammates, the coaches, the Students’ Union. When I arrived I was stressed about joining the University Cricket Team – I had only ever played on the streets. But the club here is incredible. I have never felt so accepted.”

The final hurdle

The barriers to participation that Tanisha faced inspired her to run for office. “I had to move out of my own country, move thousands of miles from home, to become something in sports. I don’t want other people to go through that.



“THE ROSES TOURNAMENT BRINGS OUR WHOLE COMMUNITY TOGETHER.”

Tanisha, York Sport Union President
BSc Psychology



“As Sports President I have the opportunity to change a lot of lives and make a lot of lives better. Sport is a community; being part of that community is a privilege and an honour. No gender, background, age, disabilities, sexual orientation, physique, physical or mental barriers should hold you back.”

This was the platform on which Tanisha was elected. “For nearly three years I dreamed of this job. It was overwhelming to have so much support.”

Rise to the challenge

This year Tanisha will lead York’s Roses campaign against Lancaster, who’ll be fighting to retain the Carter James Trophy. “The amount of effort our teams are willing to put into the tournament is

incredible. It takes consistent training throughout the year.”

Roses couldn’t exist without the hundreds of student volunteers who support the tournament. “It brings our whole community together. It really touches my heart to see so many students cheering their friends on and supporting the University. It doesn’t matter if you’re involved in sport or not, it doesn’t matter if you’re a student or a staff member, friends or family. Everyone cares about Roses.”

Find out more about sport at York:
york.ac.uk/sport
york.ac.uk/roses



“ALL TRADITIONS HAVE TO BEGIN SOMETIME AND FOR THE UNIVERSITIES OF YORK AND LANCASTER, SATURDAY IS A HISTORIC OCCASION.”

The Yorkshire Post, 13 May 1965



WHAT'S THE SCOOP?

In James College, overlooking the lake, you might stumble upon Scoop. The Student Co-operative society, Scoop for short, aims to make food more affordable – and better for the planet.

York's Student Co-operative

Scoop was founded over a decade ago, and has since become a staple for sustainable shopping on campus. It's ideal for those looking to purchase ethically sourced, local goods at wholesale prices. It is also a fantastic way to manage your budget and reduce food waste, as most products are sold unpackaged, so you can take exactly as much as you need.

"The shop is open to everyone – staff, students and members of the public," says Darla, the society's chair. "If you become a member then you get 10% off our produce too," which can lead to some pretty amazing savings.

"The majority of the products we stock are vegan, which are typically more sustainable than animal products. They're also very accessible – almost everyone can eat vegan food," Darla tells us, as she discusses the impact of food consumption on society and the planet. Reducing the distance food travels from farm to plate is a key way to help: "We source many of our products locally, like our unique veg boxes from the Organic Pantry in Tadcaster."

As well as food, you can pick

up handmade goods, spices, soaps and much more from the shop.

Sustainability is for everyone

The Scoop team firmly believes that everyone, regardless of their circumstances, can live more sustainably. "Zero-waste shops can be quite expensive, which is a shame," says Darla. "We sell all of our stuff at wholesale prices, and people are like, 'Wow, it's so cheap!'"

A current focus for the team is expanding access to ethical shopping. "We are hoping to put in a path that goes up to the shop window, to make it easier for wheelchair users to reach us," says Darla.

One vision

Scoop is supported by the University and the Students' Union. It's just one part of York's drive for sustainability, with an ambitious goal to become carbon-neutral by 2030. Staff, students and the community are helping to embed sustainable thinking at all levels, from solar panels installed on campus, to a reusable cup scheme which has saved over 1 million single-use cups from landfill.

"In terms of universities in the UK," says Darla, "York's on the right track."



Find out more about sustainability at York:
york.ac.uk/sustainability



Explore hundreds of student societies:
york.ac.uk/societies



NAVIGATING THE UNKNOWN

In the midst of my final year as a Psychology student, the future started to look a bit daunting. Conversations with friends were centred around job applications and postgraduate degrees. My parents were questioning my next steps, and I was doubting my own abilities. Everything became overwhelming.



Alessia
BSc Psychology

Seeking help

"Acknowledging that you need help is intimidating - seeking advice is a courageous act. One day, as I was passing by the Careers and Placements centre, I saw a sign for drop-in sessions. I thought to myself: "What would happen if I went in and asked a question?" This marked the day I chose to seek help.

The woman who welcomed me was lovely. She recognised my fears of the future and guided me to sign up for a career coaching scheme. This is a 1-1 service offered to final year students and recent graduates who meet certain eligibility criteria. The personalised nature of the scheme prioritises individual needs. It proved instrumental in helping me to navigate the tumultuous waters of career uncertainty.

My journey

Coaching did sound a bit scary at the beginning. I felt I needed to have everything figured out in my own head before asking for help to apply it practically. I was in a sea of potential career opportunities. I felt powerless and confused.

My coach was there for me. We explored areas I might be good at, interested in or passionate about. They helped me build more confidence in my career prospects. We worked towards my dream of a career in PR and communications.

Having an expert to rely on when things get stressful makes a huge difference. Especially as most of us have little to no experience getting started on a career path, applying for jobs and building up experience.

My coaching is still ongoing, but I already feel much more prepared for future applications and interviews. I am more confident in pursuing what I really care about. It is not merely a service; it is a lifeline. Opening up about our struggles can be daunting, but the potential benefits are huge."

"HAVING AN EXPERT TO RELY ON WHEN THINGS GET STRESSFUL MAKES A HUGE DIFFERENCE."

Read more about Alessia's experience:
york.ac.uk/navigating-the-unknown



Build skills for your future career:
york.ac.uk/futures



Find out more about support at York:
york.ac.uk/support



CREATIVE LICENCE

Whether you're working on an academic project, developing an original idea, or just having fun with emerging technology, York's makerspaces offer opportunities to drop in and get creative. With 3D printers and scanners, high-end PCs, cameras, podcast studios and more, the only limit is your imagination.

Discover more chances to get creative at york.ac.uk/creativity



Jasmina BSc Interactive Media

"While interning in the Creativity Lab, I used a program called Unity to create a 3D tour of the facilities on offer. I had learned about Unity on my course, but using it in a real-life context was really valuable. It was nice to build up my skills in a low-pressure environment with lots of creative freedom.

My course is unique in that there are many different routes you can take career-wise. My main interest is in creative writing and

storytelling. Working with the team, I've discovered how my writing can be applied in a modern context. They have helped me to explore technologies that are making an impact on entertainment and screen industries.

There's a real emphasis on inclusivity – it's a space for everyone and anyone! My course has quite a small cohort, so it has been a nice opportunity to get to know new people around York."



"THERE'S A REAL EMPHASIS ON INCLUSIVITY – IT'S A SPACE FOR EVERYONE AND ANYONE."

"THEY'RE HELPING ME PUSH THE BOUNDARIES OF SCIENCE COMMUNICATION!"



Dushyant MSc Digital Archaeology

"For one of my assessments I decided to produce a virtual reality (VR) exhibition, based on archaeological finds in my department's collection. I had a vague idea of what I wanted to achieve, but the Creativity Lab team really helped to solidify my plans. I didn't have much experience with VR, but they guided me through the software and processes I needed to use.

One of the best things about the Lab is interacting with people from different

backgrounds who all bring varying perspectives. It started with me just wanting to see what the gadgets were. Now, it's helping with my networking - I'm getting to know people from all sorts of industries.

I am currently working on my final dissertation project with the team, exploring unique and interesting ways of teaching people about archaeology. They're helping me push the boundaries of science communication!"



FINDING SANCTUARY

Nazia left Afghanistan in the aftermath of the fall of Kabul in 2021. As an asylum seeker, she had no access to UK student finance. Through York's Equal Access Scholarships she's been supported to study for a better future.

Nazia

LLM International Human Rights Law and Practice

"I was born in Pakistan, as a refugee. From my childhood, I didn't have access to many basic human rights. We were living with cousins, and I wasn't allowed to go to school.

My father was a journalist, and supportive of women's rights, but he was away a lot, covering the war in Afghanistan. When we moved back to Kabul, he stood with me and fought against cultural norms to get me an education.

In 2016, I was studying law at the American University of Afghanistan when it was attacked. I lost my teacher and fellow students in front of my eyes. I got severely injured and didn't know if I would survive. Fortunately, I was given another chance.

The attack confirmed my belief in the right to education. Nobody should be attacked or killed just because they are studying. I had to take a stand. My mother wasn't happy that I was going back to the same university, but if I gave up, it would be like they won and I lost.

I graduated in 2019, and worked at the State Ministry for Parliamentary Affairs and then with the UN. I was part of the young and educated generation of Afghanistan. We wanted to build our country. We wanted to learn. I applied to study at York.

Not long after, the government collapsed. When the Taliban took over, their main target was women. Every day, they would announce new decrees that would restrict women's rights. Leaving my home was the only option left for me.

I received a call from York, offering me an Equal Access Scholarship. It was like magic that changed and still is changing my life. At the time when I had lost everything, every hope, I was given another chance to get out. Everyone was so supportive. I was shocked when I would see people's generosity, people's kindness towards me.

Now I'm working as a case worker for the British Red Cross. My job involves helping Ukrainian refugees settle in to the UK: registering with the doctor, accessing accommodation, applying for English courses.

I'm planning to do a PhD, researching human rights violations committed in Afghanistan. There are cases not prosecuted, not investigated, and the perpetrators living life with impunity. I'm not the only girl who has had her rights taken from her, and not the only one to find a voice, a strength to fight back. Every woman can."

"AT THE TIME WHEN I HAD LOST EVERYTHING, EVERY HOPE, I WAS GIVEN ANOTHER CHANCE TO GET OUT."



Discover what it means to be a University of Sanctuary:
york.ac.uk/sanctuary



Find out more about finance and funding:
york.ac.uk/funding



DISCOVER LIFE AT YORK

We've covered just some of the amazing stories that our staff and students are part of. Take a step towards your next chapter.

Areas of study

- | | |
|--|---|
| Accounting and Finance | Mathematics |
| Archaeology | Medicine (with Hull York Medical School) |
| Architecture | Music |
| Biochemistry | Nursing and Midwifery |
| Biology | Philosophy |
| Biomedical Sciences | Philosophy, Politics and Economics |
| Business and Management (with Marketing) | Physics |
| Chemistry | Politics and International Relations |
| Computer Science | Psychology |
| Criminology | Social and Public Policy, and Criminal Justice |
| Economics and Related Studies | Social Work |
| Education | Social and Political Sciences |
| Engineering | Sociology |
| English and Related Literature | Theatre, Film, Television, and Interactive Media |
| Environment and Geography | Search the degrees we offer and find a course that's right for you: |
| Global Development | • york.ac.uk/study |
| History | |
| History of Art | |
| Languages and Linguistics (French, German, Italian, Spanish) | |
| Law | |



York life

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- york.ac.uk/student-life
- york.ac.uk/city

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Explore our accommodation and colleges, and find your home from home:

- york.ac.uk/accommodation
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Discover our diverse community of over 20,000 students from more than 150 countries:

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Get a taste of our teaching on a short free online course:

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Meet current students

Find out what it's really like to live and study in York from the people who know best:

- blogs.york.ac.uk
- york.ac.uk/chat

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Get the latest news and updates, and a glimpse into life at York:

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- universityofyork.f

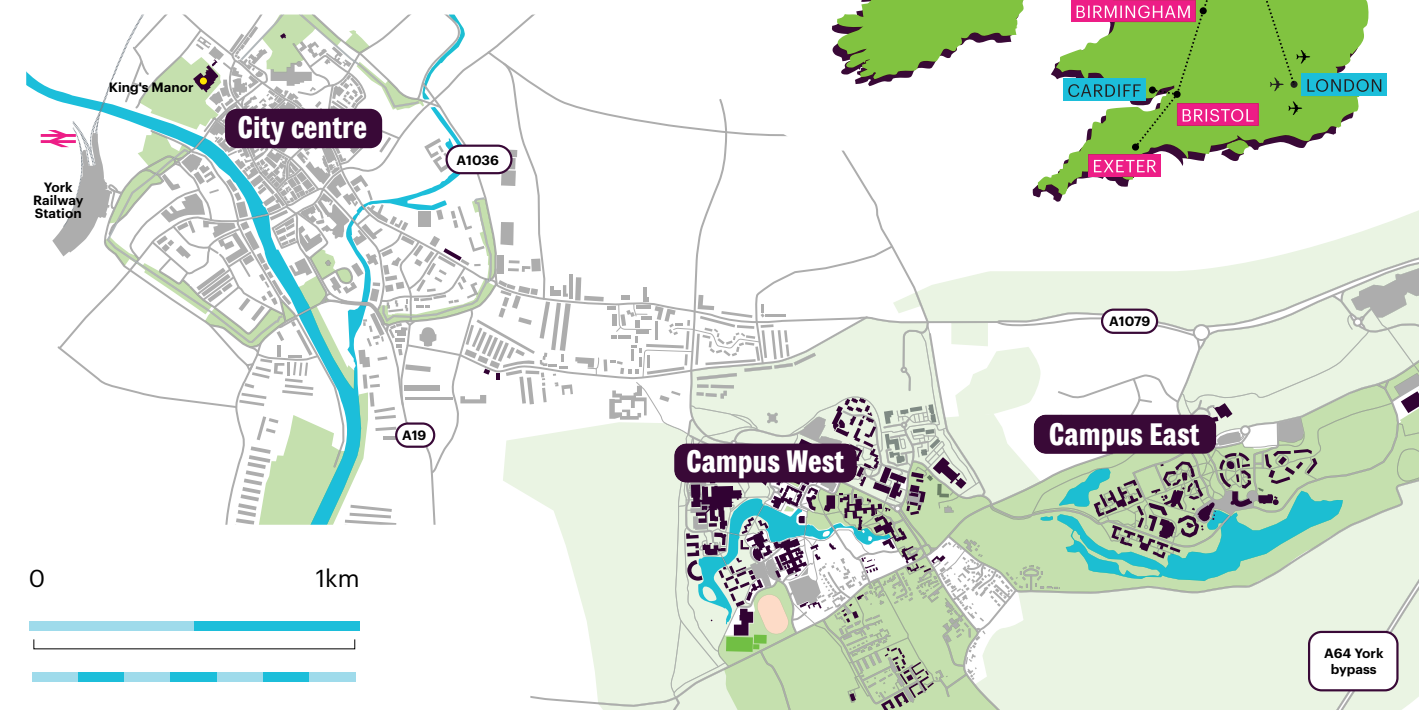
Travel times

From York to other major cities by rail

- London 2 hrs
- Leeds 40 mins
- Edinburgh 2 hrs 30 mins
- Manchester 1 hr 45 mins
- Birmingham 2 hrs 30 mins

From the city centre to the University (Campus West)

- By taxi 10–20 mins
- By bus 15–30 mins
- By bike 12–15 mins
- On foot 25–30 mins



Getting here

Air

There are international airports at Manchester and Leeds Bradford. York is under two hours by rail from London, so Heathrow, Gatwick and Stansted airports are also within easy reach.

Rail

York is on the main line between London King's Cross and Edinburgh, so trains are fast and frequent. There are direct services from York to other major cities including Birmingham, Bristol, Liverpool, Leeds and Manchester. The journey from the station to Campus West takes around 15 to 30 minutes by taxi, bus or bike.

Road

Leave the A64 at the junction with the Hull/Bridlington roads (A1079/A166). Follow the A1079 towards York. The route to the University is clearly signposted. All public car parks on campus have reserved bays for Blue Badge holders.

You can reach York by coach from many destinations around the country. National Express buses stop at York railway station.

ORDINANCES AND REGULATIONS

This publication is issued for the general guidance of prospective students and does not form part of any contract. Our ordinances and regulations, which are binding for all students, can be found on our website. Information correct at time of going to print: January 2024.

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