

## Peer Guidance – Week 2

### Getting Involved

Royal Holloway has a great variety of activities, societies, sports clubs, causes and campaigns to get involved in. Details of all of these and much more can be found within our new [Student Life guide](#) in the Welcome to RH app. This guide also contains a full events schedule for the term ahead, with many virtual events included and details of online drop-ins for our university services. Keep checking this regularly as more events will be added throughout the term.

### Students' Union

Many opportunities are operated by our Students' Union. They run all [sports clubs and societies](#), each of which have been adapted to operate at least partly in a virtual medium. There are over 110 in total and with so much variety it's an opportunity to try something new. There are also eight [student collectives](#) for underrepresented voices at the university and three [student executives](#) that collaborate to tackle key issues.



Keep an eye out for further opportunities run by the Students' Union which actively encourage the promotion of student voice. A Union Workshop may be hosted to gather feedback on existing ideas and Sabbatical Officer led campaigns are another way to get involved.

The Students' Union also run the [Academic Rep](#) scheme. Over 400 students volunteer or are elected to lead on a course, department and school level ensuring that your best academic interests are represented.

Their venues and opportunities mean that the Students' Union are also popular among students for part-time work opportunities. More information on part-time roles can be found via the [Students' Union webpages](#).

### Careers and Volunteering

The [Careers Service](#) can help you in many ways, whether it's for one-to-one support or advice on applying for a part-time job and starting your career plan. They offer great advice on writing your CV and cover letter, practising your interview and assessment skills or getting work experience. They also organise employer-led events and voluntary related events.

Our Volunteering team offer a wide variety of ways to get involved. Their projects include teaching English to refugees, helping the elderly, conservation activities, or delivering sports coaching in local schools. You can find out more about volunteering opportunities on campus, in the local area or abroad by visiting the [Volunteering webpages](#).

## Staying Active

Whether you're staying on campus or at home, there are lots of ways to get involved with sport and maintain an active lifestyle while studying at Royal Holloway.

You can join our on-campus gym, attend group exercise classes or take part in recreational sport through the Active programme. Information on memberships, class timetables, sports volunteering, events, and general health and wellbeing can be found on the [Sport student intranet pages](#).

New for this year, you will be able to download the [Royal Holloway Moves app](#). Royal Holloway Moves is a free app that rewards you for being active. You can earn points for a range of activities which you can redeem for a variety of rewards on campus.

A purple rectangular box containing the hashtag '#DoesYouGood' in white, stylized, handwritten-style font.

Getting involved with events and activities while studying is a key aspect of student life and you can do so whether you're living on or off campus. It's important to maintain a balance between your studies and everything else. Your Peer Guide is a great source of information – they've already got at least one year of Royal Holloway experience!

Sometimes there's so much going on that you can feel a little overwhelmed. Your Peer Guide can be good to speak to if at any point you find balancing everything tough. They're great for signposting you to other services around the university if necessary and are always happy sharing tips related to studying.