



Welcome Week Timetable

Biomedical Science (Health Exercise and Nutrition) – BSc (Hons) - Year 1

Llandaff campus

Tuesday 22 September 2026

AM

10:00am – 11:00am

Programme Welcome

Room: O1.14

11:00am – 13:00pm

Meet the Team

Room: O1.14

PM

14:00pm – 15:00pm

Group Task

Room: T0.12a

Wednesday 23 September 2026

All Day

Freshers Fayre (Cyncoed Campus)

Thursday 24 September 2026

AM

10:00am – 11:00am

Meet your Personal Tutor

Room: A0.13

11:00am – 12:00pm

What Can I Do with BMS (HEN)

Room: A0.13

PM

12:00pm – 13:00pm

Welsh Language Provision (Optional)

Room: O1.09

Friday 25 September 2026

AM

10:00am – 11:00am

Welcome Week De-Brief

Room: O3.08

11:00am – 12:00pm

Meet Current BMS (HEN) Students

Room: E1.02



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

Welcome week
Wythnos groeso

2026