

# Welcome Week Handbook

BSc (Hons)  
Food Science and Nutrition  
Cardiff School of  
Sport and Health Sciences

Academic year  
2022/2023



Cardiff  
Metropolitan  
University

Prifysgol  
Metropolitan  
Caerdydd

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# Introduction

## Welcome Message

Starting University is very exciting. We have put together a series of activities and events to help you settle into your academic programme and get to know the University, your course and your new colleagues.

The aim, therefore, of Welcome Week is to provide you with an opportunity to get involved with your chosen course of study right from the start.

During Welcome Week you will be involved in a range of inquiry-based projects (please see the section on programme activities and projects for more details) designed to provide you with a taste of what you can expect during your studies at Cardiff Met.

## Welcome Week Objectives

During Welcome Week you will be required to:

1. Meet your Personal Tutor and the rest of your cohort
2. Attend social activities and events on campus or online
3. Engage in a research-based task
4. Complete a problem-solving activity



## Personal Tutors

Don't worry though you will not be thrown in at the deep end! When you turn up for your registration session (please see induction timetable for details) you will get to meet your Personal Tutor. Your Personal Tutor will provide academic support and guidance during your time of study at Cardiff Met.

Please make sure that you attend the activities planned for your programme during Welcome Week, so you get to meet your Programme Directors, Tutors, and the rest of your cohort.

Finally, we hope you enjoy your time studying at the Cardiff Met and we look forward to meeting you during your course of study.

Yours sincerely,

Your Food Science & Nutrition Programme Team



# Essential Information

## Programme Details

Our all-new BSc (Hons) Food Science and Nutrition degree at Cardiff Met is an exciting development that gives you the opportunity to shape your programme to provide a strong foundation for your chosen career. You decide what your degree will look like as you understand more about the subject areas. Your choices will also reflect how your own interests evolve, and how your career goals are most effectively achieved.



The philosophy underpinning the design of the BSc Food Science and Nutrition degree clearly links to Cardiff Met's mission statement to deliver high quality and high impact practice-focused and professionally recognised education.

This unique programme has two named pathways which you will select at the end of your first year of studies. Students on both pathways follow a common first year of study, after which you select either of the named pathways. The shared first year enables you to gain key skills for working within a range of public and private sector organisations in a variety of roles.

## Sports Kit Order

Once you have enrolled online, you will be sent information about ordering Cardiff School of Sport and Health Sciences sport kit. This kit is an optional purchase for all students, with a diverse product range to choose from. If you have not already done so, please ensure you enrol ASAP to receive information about how to order the optional sport kit from our approved supplier. If you have then not received this information after enrolling, please contact admissions via [askadmissions@cardiffmet.ac.uk](mailto:askadmissions@cardiffmet.ac.uk). However, as Food Science and Nutrition students you do need a food grade white coat (long sleeve, no external pockets and stud fastening) for practical's. These can be ordered from <https://www.nisbets.co.uk/>



or similar suppliers. You are not permitted to wear chef's whites or other items in place of a food coat.

## Part-Time Students

Whilst full-time students should participate in everything, we recognise that you may not be able to do so because of your other commitments, and we understand this.

Talk with your Personal Tutor about which activities will be most valuable for you, and see what you can manage. You will be welcome to join in all events during the week, as and when you can. Do, though, ensure that you have registered, and done the required paperwork before attending any events.

## International Students

We understand that international students will have many obligations and paperwork to complete when they arrive in the UK and The Global Student Advisory Service offers support to international students at Cardiff Met by providing support pre-arrival and throughout their studies.

### Global Student Advisory Support

[International - Welcome \(sharepoint.com\)](#)

[Global Student Advisory Service International Welfare Advice](#)

[International Academic Advice International Academic Advice](#)

### Global Student Advisory Contacts

Welfare Advice – [intstudentadvice@cardiffmet.ac.uk](mailto:intstudentadvice@cardiffmet.ac.uk)

Immigration Advice - [Immigrationregs@cardiffmet.ac.uk](mailto:Immigrationregs@cardiffmet.ac.uk)

International Academic Advice – [intacademicadvice@cardiffmet.ac.uk](mailto:intacademicadvice@cardiffmet.ac.uk)

It is also important that you attend the activities planned for your programme of study during Welcome Week, so that you get to meet your Programme Directors, Tutors and the rest of your cohort. This will help you to settle into your new environment and make new friends.



# Meet the Team



Dr James Blaxland Level 4 Tutor



Dr Ian Ashton Level 5 Tutor



Dr Ruth Fairchild Level 6 Tutor



# Welcome Week

## What to expect

During the week you will complete a small inquiry-based project, which you will undertake with a group of other new students from your programme, supported by academic and technical staff and an existing student or two.



There will be an introduction to your new School and Programme and lots of fun activities to help you meet new people.

You will also need to complete a bit of administration, check-in so that we know who is doing what and when, complete any outstanding registration matters, pick up University ID and Students' Union cards and touch base with any specialised support services that you need.

## Here's what Cardiff Met students enjoyed about Welcome Week

*"Helped me settle in and took the pressure off travelling to a new place"*

*"The group projects to find out about our peers was a nice way of getting to know everyone"*

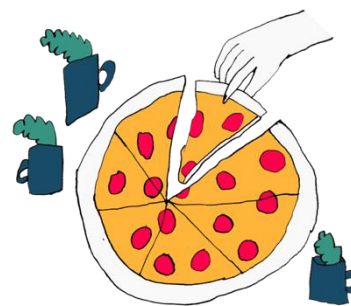
*"Helpful to chat informally to the Programme Team and chat about important things to help settle in"*





## Programme Activities and Projects

We will be asking you to work in small groups to produce a very short presentation on the title topic: Hopes, Fears, Careers and Ideas. You will be asked to be creative and innovative in the way you present information, including uploading photos to demonstrate your experiences and learning during the week. We will guide you through activities during the week which you complete on both Llandaff and Cyncoed Campuses. You will discuss this presentation with your group and your personal tutor at the end of the week.



This task will enable you to get to know your fellow tutees, discuss how you are feeling about starting your degree and help you identify resources in Cardiff Met which could help you with any fears and support you in achieving your aspirations. You will learn how to submit work in the same the way that you will submit your assignments for your degree.

## Welsh Language

During welcome week, you are invited to participate in Welsh language activities, designed just for you, that will give you a taste of the Welsh medium provision, support and community that you can expect to join as part of your undergraduate studies provision. You are all invited to join a sofa session at Hwb, at Llandaff campus. Here, you'll be able to grab a complimentary coffee and spend some time getting to know fellow students whilst listening to some of our post graduate students who have themselves accessed Welsh medium provision as part of their undergraduate degree in the past. Support will be on hand if you'd like to discuss any questions or queries in relation to Welsh medium provision and a member of the Welsh language unit will also be present to provide information about the Welsh language lessons available to students of all Welsh language ability (from beginner through to advanced) that are being launched for the first time this year! You're also more than welcome to join us for a game of bilingual badminton, which will be held on the Cyncoed campus, or, if you fancy more of a sit-down session, we'll be hosting a celebrity guest speaker on the Llandaff campus who will share with you their Cardiff Metropolitan University journey, and how they've incorporated the Welsh language into building their career. There will also be a chance to



practice your Welsh language skills during this session as tutors from the Welsh language unit will be joining us for some fun language activities.

These activities are suitable for anyone who is interested in either studying through the medium of Welsh or learning about starting (or continuing) their Welsh language learning journey. You don't need to be able to speak Welsh to join, and the sessions will be conducted through the medium of Welsh and English to accommodate everyone's needs.

## Social Activities

The Student Union will be hosting a series of social activities throughout welcome week for you to participate in. Please visit <https://www.cardiffmetsu.co.uk> for the latest information.

## Freshers' Fayre

The Freshers' Fayre, organised by the [Students' Union](#), is your first chance to meet to all our SU Societies, SU Sports Teams and of course a chance to grab all manner of freebies from our commercial partners! The fayre is an all-day event taking place on Wednesday 21/09/2022 within [NIAC on the Cyncoed campus](#)! It is one of the highlights of the Freshers calendar and one of the only times during your university journey that every student from all Cardiff Met schools will be in the same place!

Head over to the [Cardiff Met Students' Union website](#) for up-to-date information on events, societies, support and more.



# Your Welcome Week Timetable

Mon	Tues	Weds	Thurs	Frid
<p>School Welcome</p> <p>Programme Activity</p> <ul style="list-style-type: none"> <li>• Plan for the week</li> <li>• Campus orientation tour</li> <li>• Book 1-1 PT meeting</li> </ul>	<p>Programme Activity</p> <ul style="list-style-type: none"> <li>• Project based task introduction</li> <li>• Getting to know Cardiff Met systems</li> </ul>	<p>Freshers Fayre</p> <p>Social Activities</p>	<p>Programme Activity</p> <ul style="list-style-type: none"> <li>• Learner gain task review. Have you got the EDGE?</li> <li>• 1-2-1 PT Drop ins</li> </ul>	<p>Programme Activity</p> <ul style="list-style-type: none"> <li>• Group practical - Bakery</li> <li>• Buffet lunch prepared by students</li> </ul>
<p>Lunch/ Campus Activities</p> <p>12-2</p>	<p>Lunch/ Campus Activities</p> <p>12-2</p>		<p>Welsh Language Provison</p>	<p>Lunch/ Campus Activities</p> <p>12-2</p>
<p>Programme Activity</p> <ul style="list-style-type: none"> <li>• Meet PD and other staff</li> <li>• Q&amp;A</li> <li>• Introduction to expectations of HE study</li> </ul>	<p>Programme Activity</p> <ul style="list-style-type: none"> <li>• Meet level 5 and 6 – sharing experiences</li> <li>• Project work</li> </ul>		<p>Lunch/ Campus Activities</p> <p>12-2</p>	<p>Orientation</p> <ul style="list-style-type: none"> <li>• Free time to explore the campus and local area</li> </ul>
			<p>Programme Activity</p> <ul style="list-style-type: none"> <li>• Preparation for week 1 , project review</li> <li>• Q&amp;A</li> </ul>	



## Personal Welcome Week Checklist



During Welcome Week you need to make sure that you have completed the following tasks:

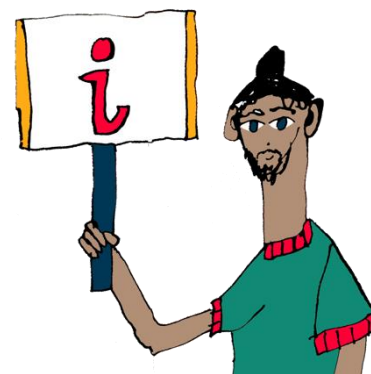
- Complete enrolment process
- Collect student ID card
- Attend programme activity sessions
- Attend some social events on campus/online
- Attend Fresher's Fayre
- Meet your Personal Tutor
- Take part in the Met Mile Walk – This will be advertised on campus by Cardiff Met Sport
- Familiarise yourself with the Library and Student Support Services
- Engage with your programme project task set by the programme team



# Useful Information

## New Students Information

The [Course Joining Information website](#) has lots of useful information to help with your planning. Simply select your level of entry on the website to find out more and access your important joining information.



## Student Services

[Student Services](#) provide support and guidance, including counselling and mental health, disability support, and money management.

## SU Welcome Guide

An interactive guide to help you navigate your journey into and throughout your university life. Take the tour and enjoy each section designed to help you get to know Cardiff Met.

[What you need to know before you go](#)



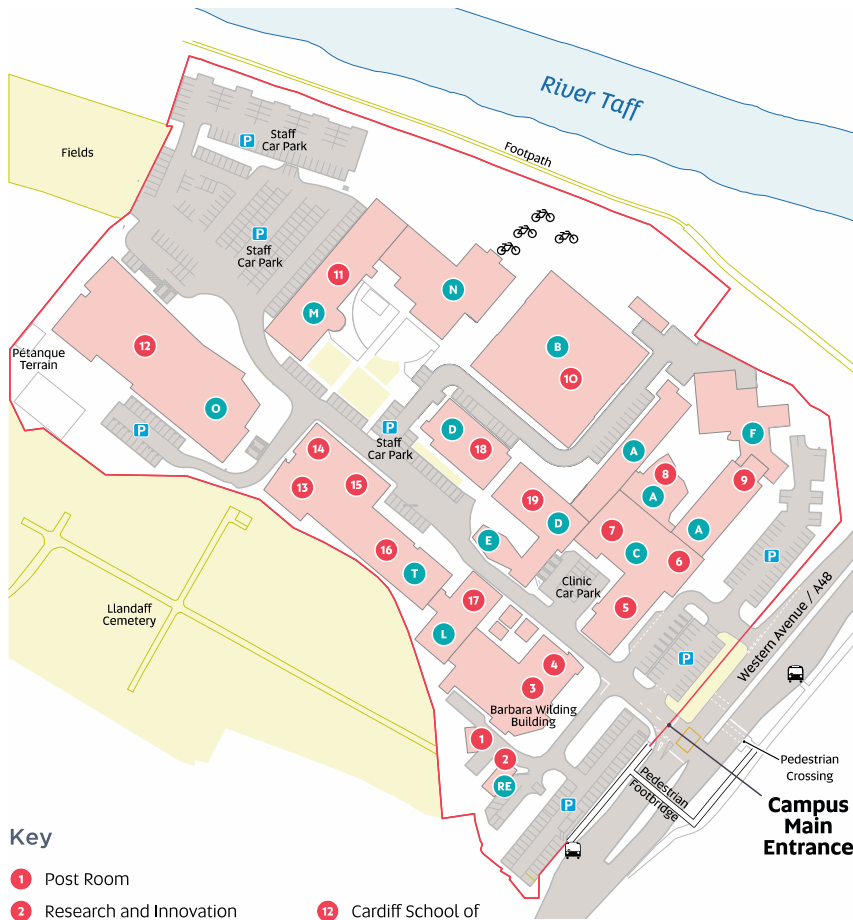
## Academic Calendar 2022/23

[Academic Calendar 2022/2023](#)



# Campus Map

## Llandaff Campus



### Key

- |  |                                     |  |
|--|-------------------------------------|--|
| 1 Post Room                              | 12 Cardiff School of Management CSM | P Parking                              |
| 2 Research and Innovation                | 13 IT Help Desk                     | 🚲 Bike Rack                            |
| 3 Student Hub                            | 14 School of Dental Technology      | 🚌 Bus Stop                             |
| 4 Gym (First Floor)                      | 15 Global Engagement                | 2 · City Circle                        |
| 5 Podiatry                               | 16 Biomedical Sciences CSSHS        | 15 · Heath Hospital to Central Station |
| 6 Main Reception & i-Zone                | 17 Learning Centre                  |  |
| 7 Main Halls                             | 18 Food Industry Centre FIC         |  |
| 8 Lecture Theatre AO.31                  | 19 School of Health Sciences CSSHS  |  |
| 9 Cardiff School of Technologies CST     |                                     |  |
| 10 Cardiff School of Art and Design CSAD |                                     |  |
| 11 Maritime House                        |                                     |  |



## Useful Contact Numbers

Accommodation Services – 029 2041 6188/9

Enrolment – 029 20 205669

Finance & Tuition Fees – 029 20 41 6083/6081

Home Admissions – 029 2041 6010

International Admissions – 029 20 41 6045

IT Helpdesk – 029 20 41 7000

I-Zone Cyncoed – 029 2020 5460

I-Zone Llandaff – 029 2020 5600

Learning Centre Cyncoed – 029 20 41 6242

Learning Centre Llandaff – 029 20 41 6244

Switchboard – 029 20 41 6070

Sports Facilities – 029 20 41 6042

Student Service – 029 20 41 6170

Students Union – 029 20 41 6190

