

STUDENT ADVICE

COST OF LIVING RESOURCE

Affordability has always been something which has been a key issue for students at University, but with the current cost of living crisis things can be extra tricky. But Student Advice have your back! Click on the icons below to explore our handy guides and top tips to make your pounds stretch further.

ART
SUPPLIES



CLOTHING



FOOD



TRAVEL



SOCIAL
ACTIVITIES



FOOD

Outside of our rent and utility bills, our largest monthly spend is usually on groceries. There are so many options out there it can be difficult to work out where to go and what to buy. Here are a few top tips on bargains that can be found in the local area.



Approved Food

Approved Food sells food and drink which is close to or past its best before date – but which is safe to consume. It does NOT sell meat or dairy. Once again, this enables you to buy the goods that you know and love but at much cheaper prices, whilst also helping to minimise food waste.

Too Good To Go

The **Too Good To Go app** allows you to search locally for unsold food and then buy it at bargain prices! Not only are you keeping your costs low, but you are helping prevent food waste - A win-win! So, sign up and grab your MAGIC BAG now! There are other apps and food waste companies offering deals on good food and drink – so do hunt around, you never know what else you might find that takes your fancy!

Supermarket Shopping

These can be daunting places...where do you even begin to find the cheap deals and how do you stop yourself getting sucked in by the “special offers”.

There are some helpful online sites to learn how to eat on a budget such as **SAINSBURY's**, **BBC Food & MoneyHelper**

Also, check out the **Uni Hub App** which will offer cooking tutorials and workshops as well as exclusive promotions at the on campus outlets.



TOP 4 TIPS

TO SAVE ON YOUR FOOD BILL

1 PLAN Your Meals

Make a list of what you want to eat in a week, then transform that into a shopping list and stick to it. Don't even think about picking anything else up off the shelf until you have got all the items on your list!

2 UNBRAND Yourself

Try to buy supermarket own brands if you can, they are often just as tasty but a whole lot cheaper as you are not paying for the name.

Buy One Get One Free?

3 These are not always the bargains you think they are – especially if it's on a food item that will go out of date quickly. However, if you and a friend both need the same thing, then you might find it saves you money!

4 HUNGRY?

Don't shop! You'll end up buying lots of 'special treats' and spending far too much on things you don't need. Heading out after dinner means you may grab some end of the day yellow sticker items too!



CLOTHING



Looking to stay stylish on a budget? We've got you! With the world moving toward more sustainable clothing options, there's so many ways to recycle your wardrobe and spend less on clothing and accessories.

Local Events

Keep your eye out for second hand clothes events in AUB halls and the local community for the chance to rejuvenate your wardrobe for a lower price. **Vintage KILO** sales happen regularly - where you can shop tonnes of sustainable, retro and branded fashion from just £20 per kilo. Additionally, AUB Clothes Swaps give you the chance to find free 'new to you' clothes - keep an eye on the [@aubcommunity](#) Instagram for the next event.

Buy Second Hand

Check out your local charity shops and find a gold mine of unique clothes and accessories. You'll find items for cheaper than buying brand new, as well as be shopping sustainably - its a win, win! In Bournemouth, you can find lots dotted along the high streets of Winton and Westbourne, or you can head over to the new Barnardo's superstore at Castlepoint and find homeware and lifestyle items as well as clothing and accessories.

Sell Unloved Items

With apps like **Vinted, Depop and Facebook Marketplace**, its never been easier to sell your pre-loved items. If you're wanting to refresh your wardrobe, why not assess what you don't wear and pop some up for sale. If you're really up for a challenge - try a 'sell one, buy one' method for your purchases. This way, you're swapping out what you don't wear, for things you will!



ART MATERIALS



As a student of an Arts University, we appreciate you'll need to spend a little on art materials and supplies. From local treasure troves to thrifty swap schemes, there are a few different ways to grab great materials on a budget...

Dorset Scrap Store

Access cheaper/discounted materials and be environmentally friendly by heading to **Dorset Scrap Store**, who sell donated materials for use in art, craft, education and play. It costs £5.00 to sign up as a member, and then you can access this Aladdin's Cave full of arty-crafty treasure! Make sure to bring along your student ID, and you can also receive 20% off all magic scrap bags.

Student Deals

As recommended by AUBSU – grab your **NUS TOTUM Card** and get some great deals, including discounts on art supplies from retailers and resources like Craft Ease, Papier and Canva. It's also worth signing up to **UNIDAYS, Student Beans and Save the Student** who advertise the most recent discounts, so you get the full scope of savvy student sales!

Local Legends

G&T's on Winton high street sells a plethora of useful art supplies from canvases and paints to odd materials for a fantastic low price.

Other spots to check out for reasonably priced supplies are The Works, Poundland and Wilko (all on Winton highstreet) or The Range over in Turbary Retail Park.



TRAVEL



Dorset has excellent travel links to places like London, Southampton and beyond. But it also has a world of places to explore on its doorstep! Read our thrifty travel tips and see it doesn't have to break the bank to feed your inner wanderlust...

Thrifty Tickets

If you're travelling by train, make it a habit to check your route on the **Split My Fare** website. By splitting your journey into multiple tickets automatically, Split My Fare can save you up to 90% on your ticket fare. What's best, you still travel on the same train without any changes to the normal journey. If you're travelling by Coach, you can do the same and search on **Check My Bus** to shop the best deals around. It's a no brainer, right?

Student Savers

Use your University email address to sign up to **UNIBUS**, and get a discount on tickets and journeys throughout the local network. You can visit local gems like Southbourne, Westbourne and more for a great price! Discount cards are also worthy investments that can give you big savings later on. The **16-25 Railcard**, and **National Express Young Persons Coach Card** can save you up to a 1/3 off ticket prices (including mature students aged 26+ on full time courses).

Beryl Bikes

Beryl bikes are a great way to travel to and from AUB as they are cost effective and environmentally friendly. Download the app to explore Bicycles, E-Bikes and Electric Scooters available to rent throughout Bournemouth, and keep an eye out around campus for the latest promotions and deals on minutes!

AUB Support?

AUB can offer financial support with travel to eligible students. For BA students with an annual household income of under £25k, this includes a travel bursary to assist with the purchase of a bus pass, or bike to travel to AUB. Foundation students with an annual household income of under £45k can apply for an Advanced Learner Bursary or Discretionary Bursary via the Funding tile on eVision. If you'd like to know more about eligibility, contact **Student Advice**.



SOCIAL

Getting to know people and then being able to enjoy different activities and pastimes with them is all part and parcel of University life. Here are a few tips on how to do so without breaking the bank!



Halls Events

Make the most of what's happening on your doorstep by taking part in AUB events and socials, just keep an eye on the noticeboards and [@aubcommunity](#) Instagram for updates on how to get involved. Upcoming events include...

- Secret Cinema – all the latest movies, without the cinema prices!
- Karaoke Nights
- Quiz Nights
- Bingo!
- AND MORE!

Society Socials

Pop into the AUB SU on campus, [or visit their website here](#) to explore the huge range of societies you can be a part of and meet new friends with similar interests. AUB students are also welcome to join some BU societies, so pop over and explore what is on offer. From world cinema, to the unibrow society, there's something out there for everyone!

Sport

AUB SU's 'Give it a Go' helps students try a new sport and stay active, by offering fun, friendly, and inclusive activity sessions for all. Led by trained instructors, these discounted sessions start from just £2 are a unique chance to try out exciting activities from yoga to fencing. AUB students also have access to a discounted membership to **Sport BU** - gym facilities and exercise classes over on BU's campus.

Other Activities



If you're into retro and vintage games, check out **Insanity Arcade** in Poole, which has over 60 machines and consoles from all eras. Visit on a Wednesday for half price sessions and enjoy 2 hours of play for just £6! Or for those of you who enjoy singing, playing musical instruments, University Music offers wonderful opportunities. If you'd like to keep up a hobby, or even learn something entirely new, check out **University Music** or email music@aub.ac.uk for more information.