

WORD WORD WORD

VOLUME I
September, 2024

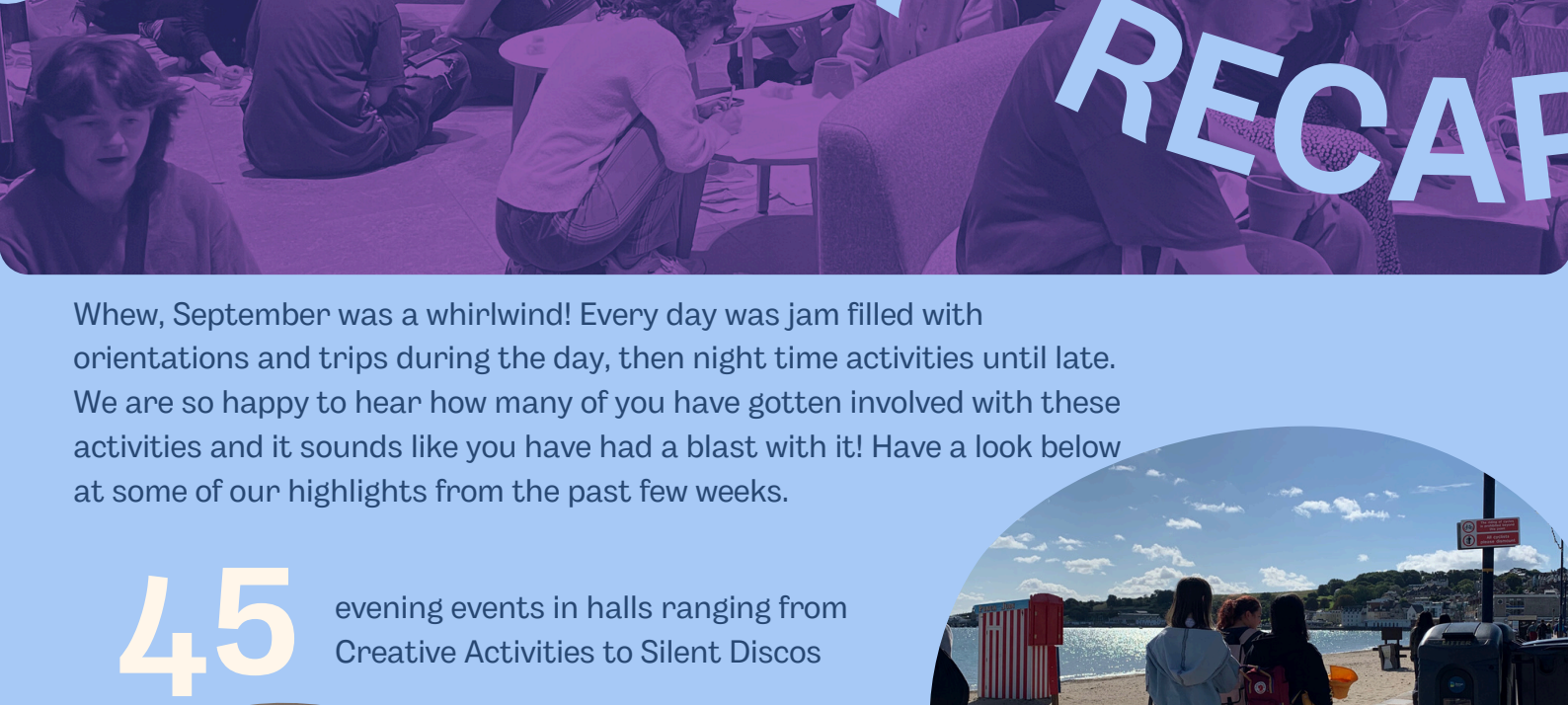
A note from the editor

Hello Everyone! It's been so lovely getting to see all of you over the past few weeks. We really hope you have been enjoying all of our fab ResLife activities and are settling in nicely to Bournemouth.

Word is your monthly newsletter giving you all the insights into halls, tips, tricks, and other fun bits to make sure you have the best time possible in Halls.

In this edition, you will be able to see our September Highlights, advice, a cosy recipe recommendation, and our October activities. Stick around to the very end for an exciting announcement which you can get involved with!

Best,
Your AUB Accommodation team



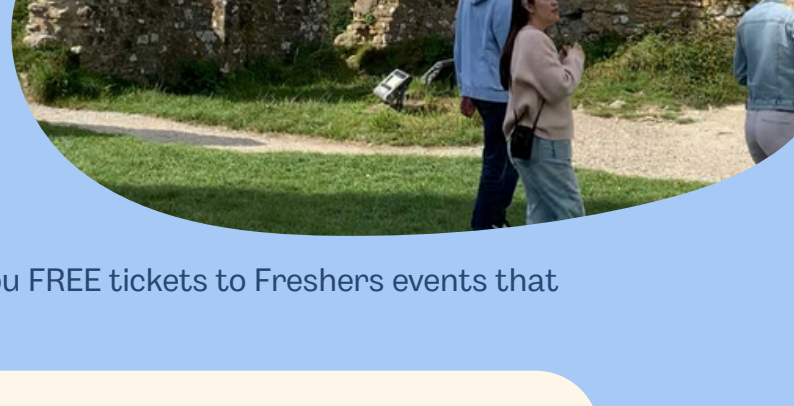
Whew, September was a whirlwind! Every day was jam filled with orientations and trips during the day, then night time activities until late.

We are so happy to hear how many of you have gotten involved with these activities and it sounds like you have had a blast with it! Have a look below at some of our highlights from the past few weeks.

45 evening events in halls ranging from Creative Activities to Silent Discos



27 Out and about activities to help you get orientated around AUB, Bournemouth, and the local area



8 Trips (6 to London and 2 to Swanage/ Corfe Castle)

We have also teamed up with AUBSU to offer you FREE tickets to Freshers events that require a fee!

On Living With Others

You may have heard of the honeymoon phase with romantic relationships, but what if we told you it could exist for flatmates too? For the first few weeks you may feel like you have hit the jackpot for best flatmates in the world, and this very much could be the case, but as time goes on there may be that one thing that starts to drive you insane until it builds up into full flat anarchy!

Read on for some of our top tips and tricks to help making living with others a bit easier:

• **Communication is key:** If you haven't already, make sure you have a flat meeting to discuss expectations this can be for a variety of things such as:

- Cleanliness
- Noise
- Guests

These are the bits that often cause conflict. By discussing it first you can pick out different expectations and make compromises.

• **Create a bin / shared items rota:** These are a great way to ensure that everyone is holding their weight. This can be a simple chart with everyone's names that you tick off every time you take the bin out / buy a new shared cleaning product.

• **Check out the living independently / living with others booklet** for more information and advice!

Microwave Mug Cake

BBC GoodFood

Ingredients:

- 4 tbsps self-raising flour
- 4 tbsps caster sugar
- 2 tbsps cocoa powder
- 1 medium egg
- 3 tbsps milk
- 3 tbsps vegetable oil or sunflower oil
- a few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsps chocolate chips, nuts, or raisins etc (optional)

Steps:

- 1) Mix all the dry ingredients together in the mug
- 2) Slowly mix in all wet ingredients and mix until smooth
- 3) Put your mug in the centre of the microwave and turn it on for 1.5-2 minutes until it's stopped rising and is firm to the touch.
- 4) Enjoy!

OCTOBER IN HALLS

Home Park

- 01 October | Spooky Movie Night
- 06 October | Zendooodle (every first Sunday of the month!)
- 08 October | Pub Quiz @ Dylan's Bar
- 11 October | Hot Chocolate Morning BYOM (bring your own mug-- every first Friday)
- 13 October | Scribe Time (every second Sunday of the month!)
- 15 October | Cosy Cooking Live via @aubreslife on Instagram
- 16 October | Alpacas @ Campus Halls 12.00-15.00
- 20 October | Unplugged Café (every third Sunday of the month!)
- 22 October | Ghost Tour Walk
- 27 October | Yoga (every fourth Sunday of the month!)
- 29 October | Scrapbooking
- 31 October | Halloween Costume Party + Costume Competition

Maderia Road

- 01 October | Spooky Movie Night
- 06 October | Zendooodle (every first Sunday of the month!)
- 08 October | Pub Quiz @ Dylan's Bar
- 09 October | Therapy Dogs 12.00-14.00 (exclusive for Maderia Road residents)
- 11 October | Hot chocolate morning (BYOM bring your own mug-- every first Friday)
- 13 October | Scribe Time (every second Sunday of the month!)
- 15 October | Cosy Cooking Live via @aubreslife on Instagram
- 16 October | Alpacas @ Campus Halls 12.00-15.00
- 20 October | Unplugged Café (every third Sunday of the month!)
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Campus Halls

- 01 October | Spooky Movie Night
- 06 October | Zendooodle (every first Sunday of the month!)
- 08 October | Pub Quiz @ Dylan's Bar
- 11 October | Hot Chocolate Morning BYOM (bring your own mug-- every first Friday!)
- 13 October | Scribe Time (every first Sunday of the month!)
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All weekday events will take place from 18.00-20.00
The Sunday events will take place from 15.00-17.00

Other Notable Dates:

First week of October | Freshers. Check out the AUBSU native in the QR code below!

Don't miss a thing by following us on Instagram!

 @aubreslife

October 4 | Freshers Fair

Looking for other things to get involved with? Check out AUBSU on Instagram and their website for other fun activities happening around:

October 10 | Bike Tagging for Maderia Road 14.00

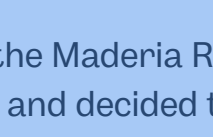
 @aubsu

October 17 | Bike Tagging for Campus Halls 14.00

Bike tagging for Home Park TBC keep an eye on your inbox we'll let you know soon!



follow this to see the aubsu main website!



follow this to see the aubsu native to book tickets!



Have you noticed the big empty spaces in the Maderia Road common room walls just begging for student work? Well, we did too and decided to do something about it so *drumroll please*

A NEW GALLERY EXHIBITION IS OPENING IN MADERIA ROAD!!

This gallery is for Maderia Road residents only to display their work, but everyone is welcome to the opening night!

If you are in Maderia Road, more information regarding the opening night can be found in the additional PDF attached. If you have any questions regarding this information, please contact accommodation@aub.ac.uk.

There will be **6 wall spots for 2D mediums** and **1 spot for a 3D medium** on a plinth. These pieces will be chosen by a panel and will be announced privately and via our Instagram @aubreslife.

The **theme is hibernation**. This can go any way from cosying up in a cabin escaping the busy of life and embracing full introvert mode or it can be a more literal piece inspired by nature's rest over the winter. However you take it we want to see so if you are interested please fill out the form linked in the PDF attachment!

Dates for your diary:

- October 21: Submissions close
- October 28: Shortlist announced
- November 1: Finalists announced
- November 18: Installation day
- November 19: Opening night.

More info on opening night:

Entry is FREE for students living in AUB Halls. If you would like to bring a guest, you are more than welcome, but they will need to pay an entrance charge of £2 cash or card. This charge includes entry and drinks.

This will be a sober event with the Accommodation team providing nosecco amongst other soft drinks, and tea/coffee.

The theme is fancy autumnal. Whether you take that as dark academia or full on Cluedo style fancy dress with lush layers go crazy!

Thanks for reading!

Let us know your thoughts
accommodation@aub.ac.uk