

THE ULTIMATE FRESHERS' WEEK SURVIVAL GUIDE 2025



unifresher
LIVING THE BEST UNI LIFE POSSIBLE

Welcome to uni life

Freshers' Week is a chaotic, exciting, part-terrifying top of a rollercoaster. There's no textbook on meeting your best friends between beers and a silent disco – but this guide is your backpack of tips for the ride.

It's totally normal to feel a mix of buzzing, tired, confused, hyped and awkward – often in the space of ten minutes. Uni is new, and big, and brilliant. You're not doing it wrong if it feels weird at first.

We've all been there – everyone's winging it a bit. But this guide's here to help you feel a bit more ready.



unifresher
LIVING THE BEST UNI LIFE POSSIBLE



Starting university is a unique experience that's full of opportunities. From meeting lifelong friends to discovering new passions, these first few weeks are all about stepping out of your comfort zone and embracing the journey.

Connor Steele, Unifresher Editor



Freshers' Week To-Do List

PRACTICAL

- Register with a GP
- Find the closest shop + pharmacy
- Unpack the necessities and make your bed
- Do a food shop

ON CAMPUS

- Get your student ID
- Go to the Freshers' Fair
- Sign up to at least one society
- Sign up for your uni portal + check email

SOCIAL

- Say hi to your flatmates
- Go to the Freshers' pub quiz or club night
- Make a getting home plan for nights out
- Call home or text someone when you need a reset



How to Meet People

1

Eat in the Kitchen, Not Your Room

- Even if you're not cooking a full meal, just make tea or toast in the shared kitchen.
- It naturally sparks conversation: "What are you cooking?" "Where are you from?"

2

Use Your Flat Group Chat (or Start One)

- If your accommodation doesn't already have a group chat, start one.
- Kick it off with something easy like "Anyone up for Tesco run / dinner / drinks?"

3

Talk to People in Your Course Induction

- Sit down next to someone, then casually ask:
 - "Are you doing this module too?"
 - "Have you found the reading list?"

4

Volunteer to Help Out at a Society Stall

- Even if you're not fully joined yet, societies are often happy for extra hands.
- It gives you a reason to talk to lots of people with no pressure.

5

Organise a Shared Flat Breakfast or Pre-drinks

- Doesn't have to be fancy – just bring people together.
 - Cereal party
 - Instant noodles night
 - Cheap cocktails before a club night



Food, Sleep & Avoiding Freshers' Flu



90%

Did you know...approximately
90% of students get fresher's
flu ?

How to Avoid
Freshers' Flu and
What to Do If You
Get It



Here's how to take care of your body during Freshers':

- Drink water between drinks (your brain will thank you)
- Eat something before going out – toast counts
- Keep Lemsip and paracetamol on hand just in case
- Don't skip out on sleep every night
- Have a hoodie or blanket that feels like home
- Buy actual food when doing your first big shop – you'll regret spending it all on vodka and cereal

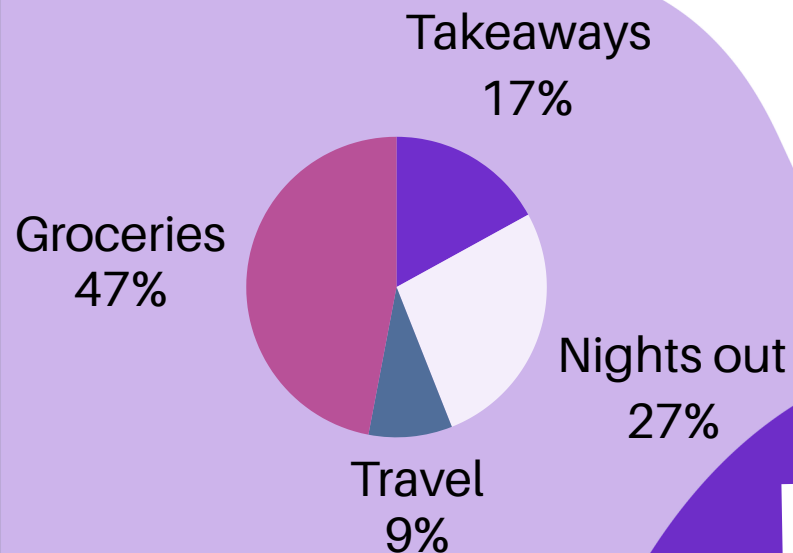
DON'T UNDERESTIMATE THE POWER OF A PROPER MEAL

AND FULL NIGHT'S SLEEP!

Budget Like a Boss

Most students said their money disappears on groceries...so keeping track of food shopping spends is important!

- 🎫 Don't buy every wristband – research what's actually good
- 🍲 Meal prep once and thank yourself later
- 🗪 Use your student discounts (Unidays, TOTUM, railcards)
- 🛍 Grab freebies at the Freshers' Fair – loads are useful!
- 📝 Track what you spend in Week 1 – you'll spot patterns fast



Find more money hacks here



Feeling Overwhelmed?

“ A very real issue for us as students – peer pressure plays a big part in why some people, me included, don’t enjoy Freshers’ Week.

Amy Finn, Uni of Salford

”

Freshers’ week isn’t for everyone – here’s 4 reasons why I chose to opt out



Freshers’ isn’t a constant party for everyone – and that’s okay.

You might feel a bit lost, anxious, or even like you’re not fitting in. That doesn’t mean you’re not doing it “right” – it means you’re human.

Take breathers. Say no when you need to. Go for a walk, call a friend, or just watch Netflix in bed.

Freshers’ Week isn’t the peak. It’s just the starting line. You’ve got time.

Remember: Everyone else is figuring it out too, even if they look confident.

Mind supports over 100 local Minds across England and Wales.

Call their support line on [0300 102](tel:0300102)

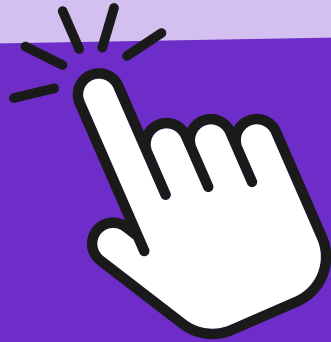
Call their Infoline on [0300 123 3396](tel:03001233396)





unifresher
LIVING THE BEST UNI LIFE POSSIBLE

Find more fresher tips here



Unifresher has tons of city guides and student resources to help you feel more at home:



Best Freshers' Events



Where to Eat on a Budget



Student Housing Advice



Mental Health & Support
Info



How to Survive Uni Life



Head to unifresher.co.uk to explore your city, find your people, and make the most of student life.

