



Welcome Week September 2026

Foundation Year in Health, Sport and Social Sciences

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Microsoft Teams

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	09:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00
Monday 21st September 2026		Head of School Welcome Talk	Welcome Talk	Independent Activity		Introductions	Library Induction	
		Performance Sports Hall - SB1020	TS011	Click Here		TS402	Click Here	
Tuesday 22nd September 2026		Get Ready To Study	Enrolment and Campus Card Issue		Safeguarding in Sport and Life at Solent	Life at Solent Finding Research	Learning Technologies Induction	
		Click Here	TS111		TS302	TS302	Click Here	
Wednesday 23rd September 2026		Support Services	Chat with your tutor (Drop in, LIVE)	Life as an International Student in Southampton	NHS Registration	Chat with your classmates	Consent & Bystander Training	
		Click Here	Click Here	Palmerston Lecture Theatre (International students)	TS101	Click Here	Click Here	
Thursday 24th September 2026		Individual Tutorial for DBS/GBG Verification (you will be allocated a 10 minute tutorial slot)			Build Your Timetable	Freshers Fair		
		Microsoft Teams (Virtual Option) TS503			Click Here	Sports Building		
Friday 25th September 2026		Independent Activity	Bystander Training	Student Visa Advice and Compliance Talk	SOL, Timetables, Modules and Quiz		Optional Extra	
		Life & Learning at Solent	TS412	LT1 (International students)	TS302		TS302	

A - Michael Andrews building	LT - Lecture Theatre in Michael Andrews building		
CC - Sir Christopher Cockerell building	RM - Reginald Mitchell building		
HC - Herbert Collins building	SB - Solent Sports Complex		
JM - Sir John Everett Millais building	TS - The Spark building		
Colour Key:	On-campus activities	Online activities (mandatory)	Optional

Optional Activities:

NHS Meningococcal B
Vaccination Pop-Up Clinic
TS008
Monday 21st &
Wednesday 23rd
9:00 - 17:00

Welcome BBQ
The Quad
Tuesday 22nd
12:30pm - 2:30pm