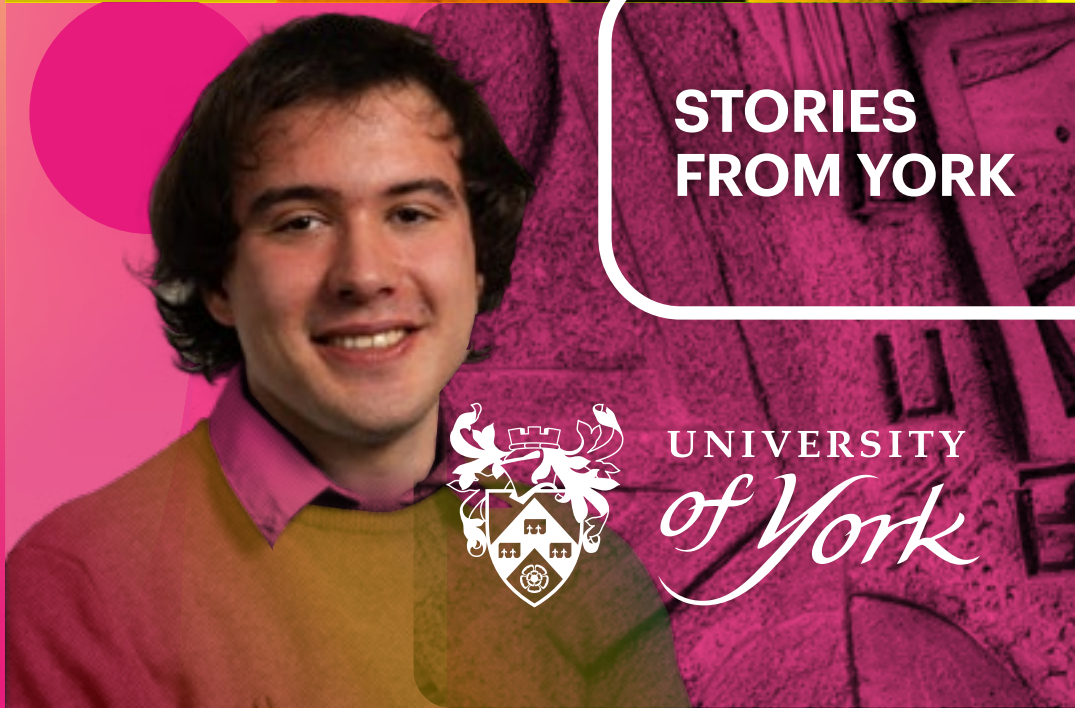


# COLLECTIVE



**STORIES  
FROM YORK**



UNIVERSITY  
*of York*



university



500 acres of  
green parkland  
campus



expert  
faculties



welcoming  
colleges



exceptional  
schools, centres  
and departments



courses to  
choose from

**UK  
TOP 20**

17th  
in the UK

11 top-ten  
subjects

The Times and  
The Sunday Times  
Good University  
Guide 2025

17th  
in the UK

14 top-ten  
subjects

Complete  
University Guide  
2025

**WORLD  
TOP 150**

=146th  
in the world

Times Higher  
Education  
World University  
Rankings 2025

**1 NOBEL  
1 BOOKER**

Prizes for our alumni  
in 2024

**34TH  
IN THE  
WORLD**

for social and  
environmental  
sustainability

QS Sustainability  
Rankings 2025



**12  
YEARS**

of Green Flag  
status for the  
quality of our  
green spaces



**PLATINUM**

accreditation for  
our hedgehog-  
friendly campus

One of just four UK  
universities rated both



**GOLD**

for teaching,  
learning  
and student  
experience, in  
the Teaching  
Excellence  
Framework 2023

and

**TOP 10**

for research  
quality, in the  
Times Higher  
Education's  
ranking of the  
latest Research  
Excellence  
Framework 2021



**3 gold  
6 silver  
13 bronze**

Athena Swan  
awards,  
recognising our  
commitment  
to gender  
equality in higher  
education

# STORIES FROM YORK

## Independent minds. Collective spirit.

Every story has people at its centre. Each character brings their own unique motivations, histories and networks. At York, each individual contributes to a larger narrative, shaping the story of our community in different ways, often unseen.

In these pages, we introduce you to a few of our characters.

They represent only a tiny fraction of the thousands of people and perspectives that make our campus, city, and culture what they are. We hope they offer you a glimpse into life here - and help you to imagine a place for yourself at York.



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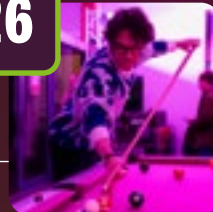
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Discover life at York

# TACKLING SUSTAINABILITY

The world of rugby knows more than a little about impact.

When the Rugby Football League wanted to improve the reach of their sustainability initiatives, they came to York students to help get them over the line.



**Emma**  
BSc Biology



**Emily**  
BSc Physics

Emma and Emily study in different departments, but both were interested in widening their learning. York’s interdisciplinary modules gave them the opportunity to work together on a topic with real-world relevance.

The Rugby Football League (RFL) was just one of the organisations with a project for students to work on as part of the Sustainability Clinic module. The organisation wanted to better promote its sustainability initiatives to fans and stakeholders.

“It’s probably been my favourite module at York so far,” says Emily. “I’d never done anything in sustainability before and wanted to try something very practical.” Their group put together a communication plan, including a social media campaign and internal promotions, designed to unify the company’s image as an industry leader in sustainability.

Projects don’t come without their challenges. “We had some difficulties working together initially,” Emma tells us, “eventually it was sorted out and now it’s consistent.” The group’s organisation skills were a testament to the project’s success. “We’d always arrange the next meeting during our current one.”

You can take elective modules like The Sustainability Clinic as part of most undergraduate courses at York. “It’s been really good meeting and working with people from other degrees,” Emily states, as she reflects on the diverse skills of the team. “Had I done this by myself, I don’t think I would have been as successful.”

Coordinating a large-scale project helped Emma and Emily to develop important time-management and communication skills. The module has given Emily a much better idea of what she’d like to do after uni. Emma, who has always had a sustainability-focused career in mind, was able to focus on developing specific areas of her CV: “I wanted to get more experience working with external clients and as part of an interdisciplinary team.”

Stakeholders in the RFL and lecturers at York provided valuable feedback at every stage. “They plan on using what we’ve produced so we know what we’re doing is for a good reason. You feel like you’re making a real impact.”



**“IT’S BEEN REALLY GOOD MEETING AND WORKING WITH PEOPLE FROM OTHER DEGREES.”**

**Elective modules let you explore topics outside your subject as part of your degree. They’re available to most undergraduate students at York. You can boost your CV by learning a language, developing new skills or gaining practical experience:**  
[york.ac.uk/elective-modules](http://york.ac.uk/elective-modules)

**Find out more about sustainability at York:**  
[york.ac.uk/sustainability](http://york.ac.uk/sustainability)

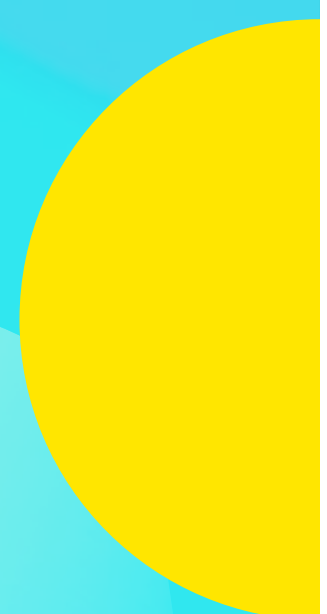




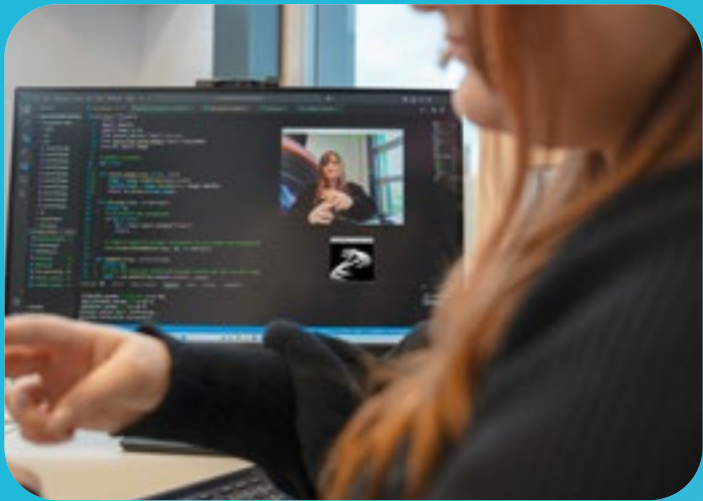


# SILENT STRENGTH

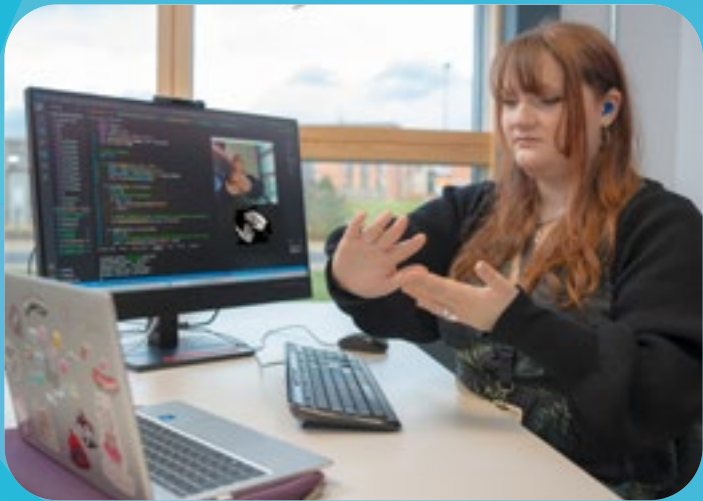
Poppy, PhD Computer Science







Growing up hard of hearing, people expected that I would struggle to enter the world of work. After a conversation with another disabled student, I was inspired to try to bring positive change to the issue.



**My school experience**

“I was born hard of hearing, which progressed from mild to severe as I grew older. As it did, more daily tasks became inaccessible, making me feel isolated and alone. People were generally quite confused about my disability. I received a lot of pity, which is the last thing any disabled person wants.

In school, I found it hard to advocate for myself, and the only way I could overcome barriers was to try to fit in with everyone else. This meant wearing my hearing aids almost constantly and putting incredible effort into lip reading and listening, even when this affected my physical and mental health.

**Overcoming assumptions**

Being Deaf is not something

sad and grey; it is instead another way of seeing the world. It's just as bright and colourful as any other way. Many people assume that, because I use the label 'Deaf', I cannot talk or that it affects my mental aptitude, but it's quite the opposite! I love to talk, and I love to listen. I may just need adaptations to facilitate this.

I also have bright blue hearing aids, chosen so that you can't miss them! I find that approaching disability from a fun and colourful perspective makes people more receptive and at ease when it comes to explaining my needs and advocating for myself.

**Coming to York**

Coming to York was a breath of fresh air. Staff and students, in general, were very understanding and accommodating. Staff actively worked with me to

**“BEING DEAF IS NOT SOMETHING SAD AND GREY; IT IS INSTEAD ANOTHER WAY OF SEEING THE WORLD.”**

**Poppy**  
PhD Computer Science



create a Student Support Plan, helping give me autonomy. I found making friends easy too - other students were interested in being educated and excited about making diverse friends. I was welcomed and people were happy to accommodate any requirements in lectures or seminar groups.

**Finding community**

I am able to take part in societies without needing a dedicated 'disability group'. I can join anything I want, and I have always felt accepted and understood. But York has many communities specifically for disabled students, such as the Sunflower Society for students with disabilities and those who care for them.

There's a great support network of staff and students within each department. Our Students' Union is excellent at

facilitating our independence, with an equalities committee dedicated to helping students.

**Inspiring change**

My PhD focuses on developing responsible and trustworthy AI. I am creating sign language recognition software, using AI and machine learning to help overcome barriers between deaf and non-deaf people.

When I tell others what I do, I am often met with shock and awe, but all I want is for it not to be surprising! Any person, especially any Deaf person, can achieve anything. I truly feel like York is the place I can do it.”



**Discover our inclusive community:**  
[york.ac.uk/student-life](https://york.ac.uk/student-life)





# AROUND THE WORLD IN 80 WAYS

Studying at York is only the beginning. With loads of ways to spend time abroad during your degree, the rest of the world is at your feet. From Asia to South America, three students share their travel tips.

## FIRST UP: CHILE

**Karina, BA Spanish and Linguistics**

I recently completed a year abroad in Santiago, Chile. Travelling across the world was a little overwhelming, but Chile is now my new home from home.

Chilean Spanish is full of slang, so I had to forget what I learned at school. It took me a good few weeks to understand what the professors and my fellow classmates were saying! Luckily, they were very patient and happy to help.

My advice is to take advantage of where you are. Sometimes Santiago feels like a bubble, but it's easy to explore the rest of South America. Chileans love a long weekend, so use any chance you get to discover new places!



Find out more about global opportunities:  
[york.ac.uk/study/study-abroad](http://york.ac.uk/study/study-abroad)

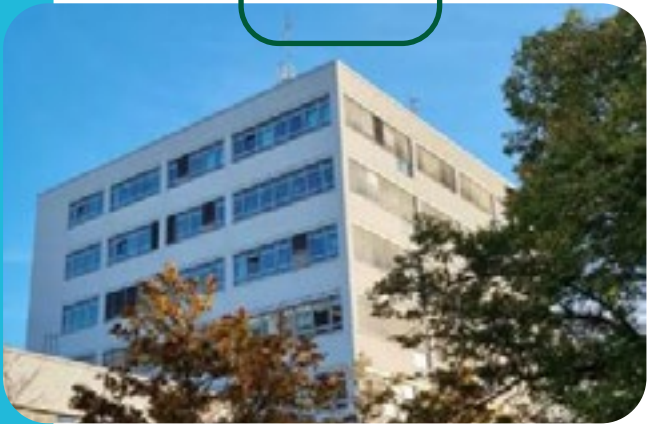
## NEXT STOP: GERMANY

**Will, MPhys Physics**

I'm spending two semesters on a research project at the Institute for Environmental Physics at Heidelberg University in Germany. I decided to do a placement so I can experience what day-to-day life doing research is like. My experience is directly applicable to my final year research project and beyond.

Before my placement, I worked on my language skills through the Languages for All lessons offered at York and listened to German-speaking podcasts.

My advice for anyone interested in studying abroad is that you can do it, no matter your fears and trust me, you'll be better for it. Just believe in yourself.



## FINAL DESTINATION: SOUTH KOREA

**Annika, MSc Biochemistry**

When I came to York, I wanted to try something new, so I joined the taekwondo society. Fast forward two years and I have a red belt and I'm an instructor. I recently had the opportunity to travel to South Korea, the birthplace of taekwondo, for a martial arts seminar. I connected with people from all over the world and learned new self-defence techniques. I'm looking forward to taking these back to York and teaching them!

Exploring Seoul was an amazing experience. When I wasn't training, I was trying delicious new foods. Make the most of your time at York - you never know what is round the corner.







Pranav

# AS EASY AS ONE, TWO, THREE

Find out more about  
Aspire Together and other  
outreach programmes:  
[york.ac.uk/aspire](http://york.ac.uk/aspire)



Coming to York from India was a step into the unknown. But if I had to sum up my experience in three words, I'd choose 'supportive', 'exciting' and 'welcoming'. Here's why.

**Pranav**  
BA Business and Management

### Supportive environment

"York runs various collaborations, supporting students from all backgrounds. I've been working with one of these: Aspire Together. This programme works with South Asian families in the UK to help them make informed choices about higher education. For example, choosing which subject to study can cause conflict within families. Aspire Together helps explain to parents the different academic routes and the opportunities they provide.

One of my roles is to give families tours of York and answer their questions. Students often ask me if they can continue their traditions at university, or if there will be Halal food available. The answer is yes! There are loads of options on campus and in the city.

I've had the chance to feed back to the University, participating in a focus group where we discussed what is lacking for South Asian families accessing education in the UK. It's important to listen to student stories and parental concerns to learn what needs to improve.

### Exciting opportunities

I'm a final-year Business and Management student. My course gives me a broad scope of opportunities to try new things and gain the skills I need for the future.

During a recent module, I developed an exciting business idea: working with retailers to reduce food waste. By collaborating with retailers and soup kitchens, I was able to help use up food that was going spare. This encouraged the retailers to improve their sustainability while helping the local community.

My course has done a great job of making sure that what we learn doesn't get left in the classroom. I've been able to apply new skills to benefit society while building up my CV at the same time.

### Welcoming spaces

I chose to study at York because of its international community. There are students here from over 150 different countries around the world. York is also rated one of the safest cities in the UK, which was important to me and my family.

During the first weeks of university, every student I met felt homesick at some point, but York provided me with an open and friendly space to help me adjust to student life. I'm now trying to do my bit to bring people together in my role as the President of the Tamil and Malayali Society. We recently held a joint Diwali Ball with the Hindu Society. Even the Vice Chancellor came along and joined in with our games!

My advice to future students is to be yourself. Don't change yourself to fit into a place. At York, you will always find people who accept you the way you are."

“YOU WILL ALWAYS FIND PEOPLE WHO ACCEPT YOU THE WAY YOU ARE.”

Discover York's welcoming international community:  
[york.ac.uk/international](http://york.ac.uk/international)





# PAVING THE WAY

Applying to university can be daunting for anyone, but it can be a little harder when you're the first in your family to go on to higher education. We interviewed three students to get their perspective.



**AMARI**

**BA English Language and Linguistics**

**How was applying to university?**

I was always planning to go to university, but I think the lack of familial knowledge made my application harder.

Initially I did feel out of place. It was difficult, but I found ways around it. I took online courses to feel prepared for university. I was also involved in Black Access, a course York offers to 16-18 year-olds. Representation is so important and seeing other Black students feel accepted at the University is fantastic.

**TOP TIP**

Be confident. You will grow as a person at university and achieve things to be proud of.



**GEORGE**

**BA History and Politics**

**Did you feel you were at a disadvantage?**

The application process wasn't smooth for me. I felt that you were just meant to know what to do and when. Spoiler alert: I didn't, but that doesn't matter! I may have turned up a little late to an Open Day, but the process still worked for me.

York really stood out to me because of the help they offered those from disadvantaged backgrounds, even before you apply.

**TOP TIP**

Seek help if you need it. From the moment I set foot on campus I felt supported by everyone and was never judged for asking for support.



**DANIELLE**

**BA Social Policy**

**What has been your greatest achievement?**

It often feels like it would be a miracle to finish my degree. At times it feels like the odds are stacked against you as a mum of six kids. But I've achieved so much in my time here, including becoming the York Students' Union Community and Wellbeing Officer.

It took a lot to put myself out there, but I knew I was capable. I wanted to provide a voice for other students in my position, whether that be parents, commuting students, mature students, or first in their family. I wanted to make a change for them.

**TOP TIP**

No matter who you are, your voice is important, and you can always be part of the change.



Find support from before you apply, to graduation and beyond:  
[york.ac.uk/support](http://york.ac.uk/support)



# STUDIED AND STAYED

York is kind of hard to give up. Many students continue to contribute to our vibrant community long after they graduate. Meet some of the staff who stayed and made York their home.



York is regularly named one of the UK's best places to live. Find out why: [york.ac.uk/city](http://york.ac.uk/city)



Discover our lifelong graduate support: [york.ac.uk/alumni](http://york.ac.uk/alumni)



## Naomi Thomas

Outreach, Events and Funding Manager  
BA Spanish and Linguistics, 2019

I wanted to stay in York as it's such a brilliant place to live. I met my partner during our first week as undergraduate students. Nine years later we are fully settled in the city with our dog Betsy. Working at the University just felt right, as the community is so friendly and supportive. I currently work in the Department of English and Related Literature, where my experience as a student helps me advise and guide prospective students to make the right decision for them.



## Tom Dugmore

Lecturer, Department of Chemistry  
MChem Chemistry, 2006; PhD Green Chemistry, 2012

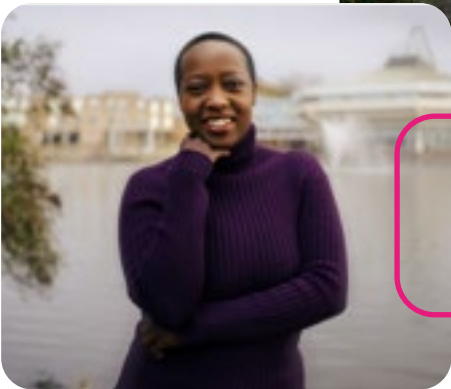
I fell in love with York at an open day. I just thought: Wow! This is such a beautiful city. It looks like a lovely place to come and live. After I finished my PhD I spent some time working in industry, but in the end I was tempted back. There's a very nurturing, understanding working environment here. I'm a bit of a foodie and I love that there's such an international flavour in York. There's so much history here. Visiting friends and family love coming here too!



## Tabitha Kabora

Associate Lecturer, Department of Environment and Geography  
PhD Archaeology, 2019

York provided me with a sense of place and purpose. It's a truly international city that makes everybody feel welcome. The same is true for the University: it's a fantastic opportunity to be part of an academic environment that is inclusive and strives to make a positive difference.





# A VOICE FOR THE VOICELESS

Eedris Abdulkarim passes the torch  
to a new generation of activists.







The York Centre for Applied Human Rights welcomes activists to the University, offering them training and sanctuary. Since 2008, more than 100 human rights defenders from 50 different countries have joined the Centre on protective fellowships.



Nigerian rapper Eedris Abdulkarim is one of the Centre's current Fellows. We caught up about his legacy of awareness-raising and vision for the future of Nigeria.

**My name is Eedris Abdulkarim**

"I don't play with dreams. I follow them. For me, dreams are a form of communication. As a child, I had dreams of a gold microphone swinging towards me and struggled to understand the meaning. One day, as a cadet at a military school, I was introduced to the world of rap. I realised that this was my calling: to use my voice to speak for the voiceless.

**Artistry and activism**

I consider myself a socio-political activist, using my

music to expose corruption and educate people about their rights. People need to read up about their constitution and find out what their government is planning. If it's no good for the people, say no!

My songs resonated with young people, inspiring 30 million youths to vote for me to carry the Olympic flame. I felt as though I was literally passing the torch to the next generation.

Determined to continue to use my music to fight injustice, I released *Jaga Jaga*, meaning 'shambles', as a reflection of the state of Nigeria. The government condemned the

**"COMING TO THIS NEW ENVIRONMENT, I FEEL ENERGISED. IT MAKES ME WANT TO DO MORE."**

**Eedris Abdulkarim**  
Human Rights Defender



song as blasphemy, but it has become almost a second national anthem to my people.

In 2020, I took part in a protest of about 6 million people, demonstrating against police brutality. In response, the government sent in the troops. A lot of my friends died, and I was seriously injured. I'm grateful to be alive to continue my work.

**A platform for change**

I am part of Unchained Vibes Africa, an organisation developing arts and cultural projects for social causes. My coordinator introduced me to the Human Rights Defenders Fellowship at York. I grabbed the opportunity and I'm loving it.

As a Human Rights City, there is no better place to conduct my research, focusing on artists and activists killed

in Nigeria. Coming to this new environment, I feel energised. It makes me want to do more. York definitely succeeds in its mission to be a university for public good.

**From lyrics to legacy**

When I return to Nigeria, I will be recording a new album and organising concerts to help my people navigate society, and educate them on police brutality, government policy and campus injustices. I want to encourage fresh arts movements and teach people to become socially conscious artists.

I want to be remembered as the guy who stood up for Nigerians during hard times. As an honest man who stands up for dignity and refuses to be silent."

Find out more about York's actions as a University of Sanctuary: [york.ac.uk/sanctuary](https://york.ac.uk/sanctuary)





# THIS IS US

Our parkland campus is home to big ideas, ambitious academics and passionate learners. Campus West is our original site, built around the Tudor manor of Heslington Hall.

Explore more of our campus:  
[york.ac.uk/campus](http://york.ac.uk/campus)



# CAMPUS WEST



### 1. Library

Home to over 1 million printed books, more than 1,000 study spaces, digital labs, sensory rooms, family rooms, archives and more.



### 2. Living wall

Over 21,830 plants were selected to create the living wall of our Environment building, which looks stunning and boosts local biodiversity.



### 3. The Quiet Place

Find your inner peace beside Heslington Hall: a space to meditate, reflect, and soak up the quiet.



### 4. Newton's apple tree

A descendant of the tree which inspired Isaac Newton's theory of gravity stands in the courtyard of the School of Physics, Engineering and Technology.



### 5. Astrocampus

Broaden your horizons: explore our solar system (and beyond) in our space observatory.



### 6. 22 Acres

With over seventy sports clubs at York, our well-maintained playing fields see plenty of action.



### Colleges

- A. Alcuin College
- D. Derwent College
- H. Halifax College
- J. James College
- V. Vanbrugh College
- W. Wentworth College



# THIS IS US

A short walk away, Campus East has been growing since 2008. While it may look peaceful, there's always something exciting going on.

Explore more of our campus:  
[york.ac.uk/campus](http://york.ac.uk/campus)



# CAMPUS EAST



### 1. Sports Village

With a swimming pool, football pitches, fitness studios and more, our newly refurbished gym was recently voted best in York.



### 2. Basketball court

Basketball for all on our open-access court between Constantine and Langwith colleges.



### 3. Piazza Building

Constructed with sustainability in mind, the Piazza Building is home to a 350-seat auditorium, study spaces, and a cafe and restaurant.



### 4. The Vista

With views rolling down to the lake, the Vista makes the perfect spot for a picnic.



### 5. Ron Cooke Hub

Book a lakeside pod and study on an island of calm.



### 6. The Catalyst

Kick start your dream business with a Year in Enterprise, working alongside other startups in The Catalyst.



### Colleges

- A. Anne Lister College
- C. Constantine College
- D. David Kato College
- G. Goodricke College
- L. Langwith College



# CAMPUS AFTER DARK

Discover more to do at York:  
[york.ac.uk/student-life](https://york.ac.uk/student-life)



**Virginia**  
 MPhys Physics  
 with Astrophysics

**After four years at York I've had a chance to explore pretty much everything the campus has to offer. We have an incredible mix of academic resources and fun spaces. It's made my uni experience feel balanced, and I've had the chance to do things I never thought I'd get to do as a student. Here are some of my favourite things to do after lectures.**

## Astrocampus

"When I was deciding which university to attend, the Astrocampus at York totally sealed the deal for me. It's a research and learning space specifically for astrophysics students - basically, it's where we get hands-on experience in a way that most universities only talk about. The setup is amazing: it has two main optical telescopes, plus radio and solar telescopes, and even a remote-controlled telescope.

The coolest part? Once you're trained on how to use the equipment, you can go to the Astrocampus whenever you want. We get to have our hands on actual space tech and the freedom to go stargazing or run solar experiments in our own time.



## College Music Scheme

If you're a musician (or just a big fan of music), the College Music Scheme is worth a look. It gives you access to practice spaces, whether you're jamming solo or with your band. I love the Vanbrugh Garage - it's loaded with everything you need: electric piano, guitars, bass, drum kit, microphones and amps.

You can book free studio time to record your music, which is such a great perk! If you're new to music, the scheme even offers lessons, so there's something for everyone.



## The Lounge: ultimate hangout spot

At the centre of James College you'll find The Lounge, one of the best bars on campus to chill. You don't need to be a college member to get in. It's got everything: an American pool table, shuffleboard, retro games consoles, and even interactive darts. The vibe here is awesome, with colourful lights and a lively bar area.

You can book exclusive access, so if you're organising a society event or just want to throw a party, it's a perfect spot."







# WRITING A NEW HISTORY

**A celebrated broadcaster, author and academic, Dr Janina Ramirez completed her MA and PhD at York’s Centre for Medieval Studies. Her recent book *Femina* spotlights women whose hidden stories shatter our ideas of gender in the Middle Ages.**

**Dr Janina Ramirez**  
Honorary Visiting Fellow

“The Middle Ages are often seen as a bloodthirsty time of Vikings, saints and kings: a male-dominated society which oppressed and excluded women. However, hidden from the histories are countless women whose lives challenge this view.

While searching for a manuscript, I came across the records of a religious library. They showed various books being removed from the collection, all the way back to 1640. For each crossed-out book was a note in the margin to explain why. Often it was because they were considered heretical, or unorthodox, or witchcraft. But some were marked ‘FEMINA’: written by a woman.

So women’s histories were written, but over time they have been lost or erased. This reveals much more about the librarians than it does about the authors. The women’s stories that we do have are frequently accidental survivors. Using approaches from different disciplines allows us to discover stories that would otherwise be unrecoverable.

Medieval studies weaves together history, archaeology, literature, art history and more. As a student, it encouraged me to be wide-ranging and open-minded in my research. Studying

at York was a dream come true for a medieval nerd. It was only supposed to be for one year, but I was so hooked by the remarkable medievalists this city boasts that I stayed on to do my PhD.

I came to York from Oxford, where a small flame of passion for medieval literature had been lit. But here the little spark turned into an inferno! One of my favourite memories was performing the Mystery Plays with the Lords of Misrule. The plays are one of York’s oldest traditions, telling bible stories from old wagons, pushed around the city’s cobbled streets. We performed in Middle English, and were filmed for a BBC documentary on the history of language. It was my first time on screen!

Your time in York will shape you as a person. Enjoy every second. Make the most of the exceptional tutors and resources you have at your fingertips. But also take time to explore the historically significant and beautiful city around you. Fill your mind with memories and experiences, as well as knowledge.”



## York Festival of Ideas

Janina spoke about her work at York Festival of Ideas. For two weeks each summer, the city plays host to hundreds of events to educate, entertain and inspire. Most of them are free to attend.

The Festival offers world-class speakers, performances, exhibitions, guided walks, family activities and more, on subjects from AI to Jane Austen.

York Festival of Ideas is part of a year-round series of public lectures and events. They attract people of different ages and backgrounds, helping us to widen the impact of our work.

**Hear more about the stories Janina uncovered:**  
[york.ac.uk/femina](http://york.ac.uk/femina)



**Find out more about what’s coming up, and catch up with previous events:**  
[york.ac.uk/ideas](http://york.ac.uk/ideas)





# YORK WASN'T BUILT IN A DAY



Learn more about  
the architecture of our  
pioneering campus:  
[york.ac.uk/campus-architecture](http://york.ac.uk/campus-architecture)



With over 1,000 years of architectural history, York is where heritage and tomorrow’s possibilities meet. There’s something of interest on every street, each adding a distinct layer to York’s narrative. Here is a rundown of my favourite places.



**Dr Ehab Kamel**  
Programme Director,  
BA Architecture

### Rail connections

“Railways are about connection and progress. That’s why I love York Railway Station. It’s a striking example of Victorian engineering. Its sweeping arches and ironwork reflect the ambition of 19th-century industrial York. The station makes a surprise appearance in *Harry Potter and the Philosopher’s Stone*, dressed as King’s Cross as Harry and Hagrid cross the bridge to Platform 9%.

### High society

The De Grey Rooms embody romantic Victoriana. Built in 1841-42, the neoclassical architecture highlights the social life of York’s elite. The rooms served as an entertainment venue during World War II and were central to York’s VE Day celebrations in 1945. The Rooms are still used for events: the chandelier-filled ballroom has even hosted gothic masquerade balls.

### Hidden gems

Behind the bustling Shambles you’ll find a chapel known as the ‘Pearl of York’. The Shrine of St Margaret Clitherow is a small but poignant space, dedicated to one of York’s Catholic martyrs. It evokes the quiet heroism of those who kept their faith during the religious persecution of the 1500s.

### Tower of strength

Nowhere defines York’s meeting of past, present and future more than Clifford’s Tower. It stands on hundreds of years of rich and sometimes difficult history. Originally built by William the Conqueror in 1068, it was twice burned to the ground before being rebuilt in the 13th century. Its recent renovation won architectural awards, with cleverly hidden timber walkways and a roof deck with panoramic views of the city. It’s the largest remaining building of York Castle, and now serves as a reminder of the importance of peace and coexistence.”





# LIGHTS, CAMERA, CATWALK



If someone had told me a year ago that I'd be walking the runway at York Fashion Week, I'd have laughed it off. But here we are, and the experience has been one of the most unexpected and rewarding adventures I've had during my time at York.

**Htet**  
MEng Robotic Engineering

## From STEM to style

"My journey began thanks to a friend who studies fashion. I'd always been interested in style, but being an engineering student, my usual day-to-day life is more lab reports than photoshoots. Out of the blue, they suggested that I give modelling a try. So I submitted an online modelling application to York Fashion Week. Within a couple of weeks I was booked in for a photoshoot.

## Runway debut

My first time modelling was for a wedding photoshoot where I was placed into a wonderful velvet suit. That's where I got hooked. I was involved in something every single day of York Fashion Week that season, and I thoroughly enjoyed how different each event was.

I cannot emphasise enough how valuable the networking aspect of the event is. I made a connection with one of the videographers; we ended up travelling across half the country filming motorcycles in the summer break. The whole experience gave me the confidence to take part in other fashion events and I'm now looking to sign up with an agency.



## Autumn collection

York Fashion Week organises two events each year: one in spring and one in autumn. First up for my second Fashion Week was a photoshoot. I was asked to model a beautiful suit for Master Debonair, a menswear store in York. I was also a live mannequin, behind the glass of a shop window. It's incredibly fun watching passers-by deliberating if you're a real person or not. We got many waves, smiles, and laughs. Sometimes it just feels good to make somebody's day a little more interesting.

I also participated in a few runways, modelling for Designer Exchange UK, Master Debonair, Mallin & Son, Palenque Jewellery and the Student and Graduate runway. Walking in designer clothes, exquisite suits and elegant jewellery really makes you feel like a different person.

I always enjoy showcasing student designers and their collections. It's a brilliant demonstration of the creativity and potential that York has.

## Get involved

If you're thinking about getting involved with York Fashion Week – do it! It isn't just about fashion; it's about creativity, community, and making your heart race a little by doing something new. It's these kinds of stories that you'll be taking with you long after graduation."

Explore York's cultural highlights:  
[york.ac.uk/city](http://york.ac.uk/city)







# LAWS OF MOTION

## Deborah's formula for balancing life and study

### Step by step

"In Nigeria, we dance a lot, so it's something that's always been a part of my life. Growing up, I watched movies like 'Step Up' and wanted to be able to dance like the lead characters. I went from creating routines with friends at school to joining a dance crew. Being around people who live and breathe dance brings energy into my life.

### Gaining momentum

When I came to the UK, I started watching afro dancers online. It felt special to connect to music that sounds like home and this inspired me to bring my culture to campus.

I got in touch with York's Dance Society to see if they were open to introducing afro dance. They were very friendly and invited me to audition as a class leader. It was one of the bravest things I've done and I was so happy to be selected.

After a long day of studying, teaching my dance class is the best feeling ever. I'm at my happiest when I'm just moving and enjoying the music. My classes are open to everyone, so I make sure the routines are accessible and fun.

### Joining forces

York is a place where you can share ideas and celebrate your identity. Societies are a big part of this, bringing lots of different people together to create unique fusions of culture and creativity.

No matter how intense studying can be, you'd be surprised how societies can help you de-stress. My creative expressions, hobbies and passions are the spaces that I go to when I need to refuel, working hand-in-hand with my studies.

### From the dance floor to the lab

When I'm not dancing, I'm studying for a PhD in Plasma Physics and Fusion Energy. I want to be part of the solution to the global energy crisis and my PhD has equipped me with the skills and experience to achieve this.

There are lots of opportunities for me in the UK, so I'm excited for what will come next. When you work in STEM, you have the chance to create solutions for humanity. All you need to do is go for it."

**"AFTER A LONG DAY OF STUDYING, TEACHING MY DANCE CLASS IS THE BEST FEELING EVER."**

**Deborah**  
PhD Plasma Physics and Fusion Energy





# PILLARS OF SOCIETY

York has over 200 student societies bringing people together over shared activities and interests. There’s a club for everything: whether you want to star in a sell-out show, start a new hobby, or join together in worship. Societies are open to everyone: James and Margaux told us how they get involved.



**James**  
BA Politics and International Relations

## World Cinema Society

“The World Cinema Society aims to bring different cultures and countries together through film. Each week they put on a free screening of foreign language films (with English subtitles). They even take part in external events and provide cheap tickets for the city’s Aesthetica Film Festival. If you’re interested in foreign language films you should definitely join. It’s the perfect way to explore the world, from the comfort of campus.

## Floorball

In my second year my friend Kat made me give Floorball a go. It’s sort of like hockey, with five players and a goalkeeper in each team. It’s a really fun mixed ability, mixed gender sport, so anybody can come along and play. Fancy a new sport? Why not try it out?

**Fun fact:** Floorball is just one of many unusual sports played at York, which also include octopush, quadball and ultimate frisbee.

## Singapore Society

In preparation for a summer abroad, I joined the Singapore Society which celebrates Singaporean culture. They provide a community for Singaporean students through organised socials such as dinners, movie nights and game nights, as well as cultural events. The Society is open to anyone, so why not join in and make some new friends?”



**Margaux**  
BA History

## Sewing Society

“I’m President of the Sewing Society! We come together each week to socialise and work on sewing projects. This week we embroidered some tote bags and did some patching, which was really fun. We had some very cute results. Sewing Society welcomes all capabilities and works on lots of different aspects of needlecraft. So definitely come along and try out a new (or old) skill.

## Boxing Club

I’d never done boxing before, but the University has a fairly big boxing club so I thought I’d join my friends and give it a try. They’re very open to newcomers - I found everyone was super helpful and lovely. It wasn’t nearly as intimidating as I thought to try something new. I even got some compliments on my punches. I’ll definitely be back to hone my skills in the future.

## BEAT Society

BEAT Society aims to raise money and awareness for eating disorders. I went along to an event as part of their 1-2-5 fundraiser challenge, helping the charity support the 1.25 million people suffering with eating disorders in the UK. The event aimed to make 125 friendship bracelets, so I did my bit to contribute. I’m not always the best at friendship bracelets: I feel like my knots are always a bit all over the place. But it was really fun, and of course, for a good cause.”

**Inspired to get involved?**  
Find all of the societies, sports clubs, and volunteering opportunities available at [york.ac.uk/societies](http://york.ac.uk/societies)





# BRAIN FOOD

York is brimming with quirky cafes, enticing street-food stalls, and a diverse range of restaurants that mix international influences with local flavours. Our students love to whip up a storm in the kitchen too. Whether it's a cosy night in with friends or a quick bite between classes, discover what fuels our learning.

## Violet's salmon pasta

"This dish feels like such a treat whenever I make it. Plus, it's perfect after a busy day at uni as it's so quick to make! To boost the veg content, I usually add broccoli or whatever else I need to use up, such as spinach or even kimchi. My friends have even asked for the recipe."

Violet



## Quesadillas

Drift-In

"Drift-In is a lovely cafe on the busy street of High Ousegate. It's got a great selection of drinks, and a fairly large and affordable food menu. But my favourite reason for going there is their quesadillas. They are so good! Just the right amount of cheese, veggies and beans all sealed into a quartered tortilla wrap. You have to try them if you get the chance!"

Joseph



## Harry Trotter sandwich

The Shambles Kitchen

"With smoked pulled pork, mayo, slaw, and BBQ sauce in focaccia, this is by far my favourite meal in York! Served at Shambles Kitchen, it's easy to take away with you at the end of your ventures around town. It's so filling and is made right in front of your eyes!"

Hermione



## Gamberoni all'aglio con pomodoro

Little Italy

"This meal will always be one of my favourites. When I was younger, my family used to visit York frequently, and almost every time we would visit Little Italy. Whenever I need a pick me up or a memory of home, I come here. It's one of the most comforting meals there is. If you haven't already, you should definitely give this place a try!"

Noah



## Green papaya salad

Phranakhon

"This hole-in-the-wall Thai restaurant is designed for company, with a large variety of tapas dishes to share. I love going with my friends and getting a mix of things to try! My favourite is the green papaya salad, which has a sweet flavour and crunchy texture. The red lamb curry is spicy, but not too overpowering."

Margaux

Try your hand at our students' recipes:  
[york.ac.uk/student-recipes](http://york.ac.uk/student-recipes)







# PLAY IT YOUR WAY

From elite competition to exercise for fitness or fun, sport should be open to all. At York you can participate in social sport, semi-competitive college leagues, and university teams playing on the national stage. There really is something for everyone, whether you're into parkour or pool, if you're a newcomer or a seasoned athlete.



**Aurelie**  
BA English

### How it started

"Just between you and me, I hate volleyball. That's what eight year old me would have said. Yet somehow, at 16, I realised it made me feel powerful and proud of myself in a way different from any other hobby I'd ever had. It felt cool. And the more I played, the more desperate I was to improve. Playing at university, then, was like hunger satiated. I started off by joining James College Volleyball and a few weeks later was elated to be selected for the University team.

### How it's going

At the end of the 2023 academic year, I was elected as one of the UK's Higher Education Volleyball Officers. It's my job to teach beginners every week. More than that, it is my privilege to usher new people into the sport that I am so passionate about. I get to see them every week, with the same eagerness to improve that I had myself. Mostly, I get to assure people that the forearm pain goes away after a few tries, and that the ball will eventually go where it's expected to go.

### Top tip

Join your college sports team whether or not you intend to join a University team. The social aspect of a college team is invaluable, and you will get to play the sport you love, entirely pressure-free."



**Bob**  
BSc Film and Television Production

### How it started

"When I was six I began hiking with my parents. My family took me to Japan where we climbed Mount Fuji. It was by all accounts a hellish experience (taking 16 hours) but gradually I fell in love with it. Since then it has become a family tradition for us to climb a mountain every holiday season. I became the youngest person in Hong Kong to climb Mount Everest and one of the youngest in Asia to complete the Seven Summits Challenge.

### How it's going

Since coming to York, I've become a member of the Ben Lairig Mountaineering Society. They arrange trips every fortnight to places like Wales, the Lake District and Scotland. Obviously, with mountaineering, it's not like other sports where you can just play anytime in a stadium or a field. It takes quite a bit of commitment. But I think Ben Lairig offers a relatively easy way for newcomers looking to try it for the first time. The thing I love most is the sense of adventure. Getting to explore new places and meet new people.

### Top tip

Don't be afraid to try. It might be daunting at first but I guarantee it'll be worth it."

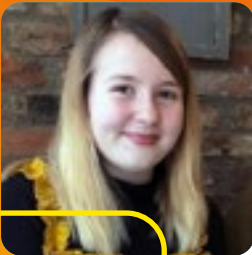
Find your perfect match with  
over 70 student sports clubs:  
[york.ac.uk/sport](https://york.ac.uk/sport)





# FUNDING YOUR FUTURE

Uni. Apprenticeship. Job. Whichever route you take, the first step of independent living can come with confusing costs – and feel overwhelming at times. It's a worry most people have known. Here are our students' tips to tackle things together.



## KNOWING YOUR WORTH

Caitlyn, BA History

"My awareness of my disabilities and disadvantages only appeared when I was offered support. York's community spirit meant it was easy to accept who I am and, in turn, take the help on offer."



## MASTERING YOUR MEALS

Izzy, BSc Nursing (Adult)

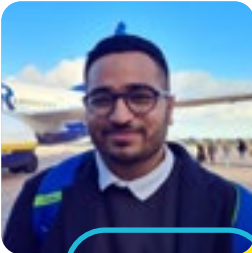
"You don't realise how much you can save by cooking from basic ingredients. Learning simple meals before you come to uni can be an easy way to cut your spending."



## LEARNING TO TALK

Emma, BSc Psychology in Education

"Despite how awkward it was, I sat down with my parents to work out what money I would have available at uni. This is completely fine, and most students need to."



## FINDING A JOB

Navin, MBiol Genetics

"Keep an eye out! The Uni will email you info on part-time jobs. Your department also sends you newsletters about opportunities. Be sure to read your college and Students' Union newsletters, too."



## AVOIDING EXTRA COSTS

Zulekha, MSc Mathematical Sciences

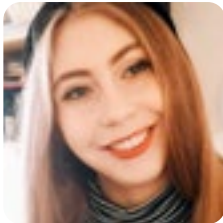
"Don't buy a truckload of textbooks – usually, they're available in the Library. Always ask for a student discount. Apply to get your council tax waived, too – it's one of the benefits of being a student!"



## SOCIALISING IN STYLE

Mollie, BA History

"York has a lot of affordable activities. Many student societies have a super-low joining fee. You can meet tons of people with similar interests, and it's a great way to fill out your week, often without spending a penny."



## GETTING AROUND TOWN

Katy, MA English Literary Studies

"Everything in York is relatively easy to get to. I have a bike, so I don't have to ride the bus or get a taxi. Because everything is close, I find it the most effective way to travel."



## MAKING A BUDGET

Emily, MA Applied Human Rights

"I got a diary and tracked how much would be going in and out of my bank account. It really helped me feel in control of my finances, and was much more doable than I imagined."



In 2022, when the cost of living crisis bit, we acted fast to support our students. In partnership with our Students' Union we continue to offer advice and material help.

Find out more about what's available: [york.ac.uk/cost-of-living](http://york.ac.uk/cost-of-living)





# DISCOVER LIFE AT YORK

We’ve covered just some of the amazing stories that our staff and students have to tell. Why not take a step towards your next chapter?

### Areas of study

- Accounting and finance

Archaeology

Architecture

Biochemistry

Biology

Biomedical sciences

Business and management (with marketing)

Chemistry

Computer science

Criminology

Data science

Economics and related studies

Education

Engineering

English and related literature

Environment and geography

Global development

History

History of art

Languages and linguistics (French, German, Italian, Spanish)
- Law

Liberal arts

Mathematics

Medicine (with Hull York Medical School)

Music

Nursing and midwifery

Philosophy

Philosophy, politics and economics

Physics

Politics and international relations

Psychology

Social and public policy, and criminal justice

Social work

Social and political sciences

Sociology

Theatre, film, television, and interactive media

Search the degrees we offer and find a course that’s right for you:

• [york.ac.uk/study](https://york.ac.uk/study)



### York life

- Discover hundreds of things to do and a beautiful city to explore:
- [york.ac.uk/student-life](https://york.ac.uk/student-life)
  - [york.ac.uk/city](https://york.ac.uk/city)
  - [york.ac.uk/ideas](https://york.ac.uk/ideas)

### Accommodation

- Explore our accommodation and colleges, and find your home from home:
- [york.ac.uk/accommodation](https://york.ac.uk/accommodation)
  - [york.ac.uk/college-life](https://york.ac.uk/college-life)

### Community

- Discover our diverse community of over 20,000 students from more than 150 countries:
- [york.ac.uk/international](https://york.ac.uk/international)
  - [york.ac.uk/together-york](https://york.ac.uk/together-york)
  - [york.ac.uk/respect-at-york](https://york.ac.uk/respect-at-york)

### Free short courses

- Get a taste of our teaching on a short free online course:
- [york.ac.uk/moocs](https://york.ac.uk/moocs)

### Meet current students

- Find out what it’s really like to live and study in York from the people who know best:
- [blogs.york.ac.uk](https://blogs.york.ac.uk)
  - [york.ac.uk/chat](https://york.ac.uk/chat)

### Connect with us

- Get the latest news and updates, and a glimpse into life at York:
- [@uniofyork](https://www.instagram.com/uniofyork)
  - [UoYstudentvlogs](https://www.youtube.com/channel/UCUoYstudentvlogs)
  - [universityofyork](https://www.facebook.com/universityofyork)

### Travel times

- From York to other major cities by rail

🚆

London 2 hrs

🚆

Leeds 40 mins

🚆

Edinburgh 2 hrs 30 mins

🚆

Manchester 1 hr 45 mins

🚆

Birmingham 2 hrs 30 mins

From the city centre to the University (Campus West)

🚗

By taxi 10–20 mins

🚌

By bus 15–30 mins

🚲

By bike 12–15 mins

🚶

On foot 25–30 mins
- 
- ### Getting here
- #### Air
- There are international airports at Manchester and Leeds Bradford. York is under two hours by rail from London, so Heathrow, Gatwick and Stansted airports are also within easy reach.
- #### Rail
- York is on the main line between London King’s Cross and Edinburgh, so trains are fast and frequent. There are direct services from York to other major cities including Birmingham, Bristol, Liverpool, Leeds and Manchester. The journey from the station to Campus West takes around 15 to 30 minutes by taxi, bus or bike.
- #### Road
- Leave the A64 at the junction with the Hull/Bridlington roads (A1079/A166). Follow the A1079 towards York. The route to the University is clearly signposted. All public car parks on campus have reserved bays for Blue Badge holders.
- You can reach York by coach from many destinations around the country. National Express buses stop at York railway station.
- ORDINANCES AND REGULATIONS**  
This publication is issued for the general guidance of prospective students and does not form part of any contract. Our ordinances and regulations, which are binding for all students, can be found on our website. Information correct at time of going to print: **January 2025**.

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