



**Girlguiding**  
London and  
South East England

# University time?

## Tips for Leavers

### What can you do before you go?

This is an exciting time for you, with lots to do and think about. Hopefully, this will give you a bit of guidance for going away to university!



#### Get leader's advice

Your leader (or commissioner) has a wealth of knowledge and they will be happy to help you! They can help you navigate GO and they can also keep you in touch with the unit for when you return for the holidays.



#### Research

Have a look into the area you are moving to. The region and county websites are a good place to start.



#### Social media

There are lots of groups out there, namely 'Girlguiding - movers' on Facebook. Don't get too caught up if you don't have social media though.



#### Communication

Remember we're all volunteers so be patient when waiting to hear. If you don't hear back straight away, see it as a chance to explore your new surroundings.

### What about when you are at university?

The university experience is different for everyone. Some people want to continue with guiding and others do not (and that is okay). University can be a great time to take a break (and hopefully return later), where the skills that you have learnt will remain. But, if you can make it work, volunteering can be very rewarding.

### Benefits of volunteering

Volunteering is great for lots of reasons and can add familiarity at a time of a lot of change. It is great for employers to see the continuation on your CV and shows that you are willing to donate your time to help others.



#### SSAGO

There are lots of sports and societies that you can join. One group to look for is the Student Scout and Guide Organisation ([www.ssago.org](http://www.ssago.org)). Not all universities have one - maybe you could even start one! But if you do join, it is a great chance to meet like-minded people who share the same values.



**Girlguiding**  
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## Tips for Leaders

### What can you do for those leaving?

This is an exciting time for them, with lots to do and think about. Hopefully, this will give you a bit of guidance for how you can help someone to go away to university!



### Give advice

You have a wealth of knowledge and they will be happy to listen to you for guidance! You can help them navigate GO and speak to your commissioner about the best role for them if they would like to help with the unit when they return for the holidays.



### Promote

They have just earned a lot of skills with helping in your unit, it would be a shame to lose them now. Encourage them to stay within Girlguiding and/or join the Student Scout and Guide Organisation at their university (if available, see [www.ssago.org](http://www.ssago.org)).

### Social media

There are lots of groups on social media, namely 'Girlguiding - movers' on Facebook, that are great for this situation. Putting a post that you have a helper leaving to go to a certain university (or even advertising that you are a unit in a university town) can go a long way.

### Communication

Try emailing the region, county or district that they are moving to ahead of time, which helps local volunteers plan and be ready for communication from leavers.

### What can you do for those joining your area?

The university experience is different for everyone. Some people want to continue guiding and others do not (and that is okay). If you are in a university town then you can expect to have some newcomers, who want a change from the amount of work they are doing.

### Freshers' fairs

If you are a university town, there are lots of things you can do to promote your unit. Freshers' fairs are held at the universities to promote student activities. Why not attend with your unit or speak to you commissioner about attending as a district, division or county?

### No pressure

This can be a very stressful time for them, but volunteering can add familiarity at a time of great change. However, university comes first, so appreciate that they may not be able to attend all meetings as their timetable may conflict and the university term times can be different to school times.

London

County	Area/Postcode	Name of University
Croydon		
	CR0	Fairfield School of Business
	SE25	Spurgeon's College
	CR9	<b>University Centre, Croydon (Croydon College)</b>
Greater London Kent		
	DA17	Bexley College
	BR2	Bromley College of Further and Higher Education
	DA15	Rose Bruford College
Greater London West		
	Borough of Sutton (SM5)	Carshalton College
	KT1	Kingston College
	KT2	<b>Kingston University</b>
	WC2A	<b>London School of Economics and Political Science (University of London)</b>
	W4	Richmond, The American International University in London
	SW15	<b>Roehampton University</b>
	SW18	South Thames College
	SW17	<b>St George's, University of London</b>
London North East		
	EC1N	ARU London
	E1	City of London College
	EC1V	<b>City, University of London</b>
	WC1X	<b>Courtauld Institute of Art (University of London)</b>
	SW3	Hult International Business School
	E1	Istituto Marangoni London
	EC2N	London School of Marketing
	E1W	New College of the Humanities
	E6	Newham College London
	Islington (N1)	Point Blank Music School
	E1	<b>Queen Mary University of London</b>
	E1	St Mary's University College
	EC3R	The London Institute of Banking & Finance
	EC3A	UK College of Business & Computing

Conservatories (listed in red)

London ... continued Part 2

County	Area/Postcode	Name of University
London North West		
	Bloomsbury	<b>Birkbeck, University of London</b>
	NW3	British College of Osteopathic Medicine
	EC1V	City and Islington College
	W2	City of Westminster College
	WC1B	Condé Nast College of Fashion & Design
	W14	Ealing, Hammersmith and West London College
	NW3	ESCP Europe Business School
	SW7	Imperial College London
	NW10	Islamic College for Advanced Studies
	SW10	Kensington and Chelsea College
	W1B	Kensington College of Business
	SW10	KLC School of Design
	N7	<b>London Metropolitan University</b>
	WC1V	Pearson College
	NW1	<b>Regent's University London (incorporating E77 European Business School)</b>
	NW1	Royal Academy of Music
	SW7	Royal College of Music
	NW1	<b>Royal Veterinary College (University of London)</b>
	WC1H	<b>SOAS, University of London</b>
	NW3	<b>The Royal Central School of Speech and Drama, University of London</b>
	WC1E	<b>UCL (University College London)</b>
	EC2A	<b>University of the Arts London</b>
	W1B	<b>University of Westminster, London</b>
	WC1X	Westminster Kingsway College
	EC1N	London School of Business and Management
	Many locations	<b>BPP University</b>
London Over the Border		
	Romford (RM7)	Barking and Dagenham College
	Hornchurch (RM11)	Havering College of Further and Higher Education
	IG1	Mont Rose College
	E8	SAE Institute
	E16	<b>University of East London</b>

Conservatories (listed in red)

London ... continued Part 3

County	Area/Postcode	Name of University
London South East		
	SE14	<b>Goldsmiths University</b>
	SE4	Lewisham Southwark College
	SE10	Ravensbourne
	SE8	Trinity Laban Conservatoire of Music and Dance
	SE10	<b>University of Greenwich</b>
London South West		
	Clapham (SW9)	Central Film School London
	WC2R	<b>King's College London</b>
	SE1	LCCM (London College of Creative Media)
	SE1	London School of Commerce
	SE1	<b>London South Bank University</b>
	SW11	Royal Academy of Dance
	SW11	<b>The University College of Osteopathy (formerly British School of Osteopathy)</b>
Middlesex East		
	Barnet (N14)	Barnet and Southgate College
	Enfield (EN1)	Capel Manor College
	NW4	<b>Middlesex University</b>
	N15	The College of Haringey, Enfield and North East London
	NW6	The Institute of Contemporary Music Performance
	N17	Tottenham Hotspur Foundation
	HA9	UCFB
Middlesex North West		
	UB8	<b>Brunel University</b>
	HA1	Harrow College
	UB8	Uxbridge College
	W5	Met Film School
	TW5	The London College, UCK
	W5	<b>The University of West London</b>
	TW7	West Thames College

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## South East Regions

County	Area/Postcode	Name of University
<b>Kent East</b>		
	Canterbury (CT1)	<b>Canterbury Christ Church University</b>
	Canterbury (CT1)	Canterbury College
	Kent (CT2)	<b>The University of Kent</b>
	Canterbury (ME1)	University for the Creative Arts (UCA)
<b>Kent Weald</b>		
	Maidstone (ME16)	European School of Osteopathy
	Tonbridge (TN11)	Hadlow College
	Tonbridge (TN9)	West Kent and Ashford College
<b>Kent West</b>		
	Chatham (ME4)	Medway School of Pharmacy
	Gillingham (ME7)	MidKent College
	Dartford (DA1)	North Kent College
<b>Surrey East</b>		
	Redhill (RH1)	East Surrey College (incorporating Reigate School of Art, Design and Media)
	Epsom (KT17)	NESCOT, Surrey
<b>Surrey West</b>		
	Guildford	ACM (The Academy of Contemporary Music)
	Weybridge (KT13)	Brooklands College
	Guildford (GU1)	Guildford College
	Egham (TW20)	<b>Royal Holloway, University of London</b>
	Guildford	<b>The University of Law (including De Broc School of Business)</b>
	Guildford (GU2)	<b>University of Surrey</b>
<b>Sussex East</b>		
	Hove	BIMM
	Brighton (BN1)	City College Brighton & Hove
	Worthing (BN12)	Northbrook College Sussex
	Lewes (BN7)	Plumpton College
	Hastings (TN34)	Sussex Coast College Hastings
	Eastbourne (BN21)	Sussex Downs College
	Brighton (BN1)	<b>University of Brighton</b>
	Brighton (BN1)	<b>University of Brighton, School of Education</b>
	Brighton (BN1)	<b>University of Sussex</b>
<b>Sussex West</b>		
	Chichester (PO19)	Chichester College
	Chichester (PO19)	<b>University of Chichester</b>

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