

## The De Montfort University Student Futures Manifesto

“De Montfort University Leicester (DMU) is proud to be supporting the [UPP Foundation Student Futures Commission](#) in its ambition to improve students’ post-pandemic university experience and prepare young people for successful futures.

**3. Ensuring that support for mental health and wellbeing is available to all students, via a range of services, allowing you to engage with this in the best way for you. *How?***

The [Healthy DMU Hub](#) has been developed as a one-stop-shop for all things to do with health and wellbeing at DMU, with access to activities, tips for staying well and bookable 121 appointments with expert staff.

DMU recently participated in an Office for Students mental health study, Bridges to Wellbeing. By listening to DMU students, who told us they would like to access more informal and peer-to-peer mental health support, we were able to introduce a calendar of drop-in sessions and informal wellbeing sessions. These allow students to engage with specialist staff, share tips and network with their peers.

**4. Delivering co-curricular activities and opportunities that are an integral part of the wider university curriculum, and accessible to all – we believe there should be something for everyone at DMU. *How?***

Between DMU and DSU you will be able to choose from a broad range of activities, opportunities and societies, to support the development of new networks and communities, whilst also building key skills. Faculty-based events and socials will be key to this, so you can develop strong bonds with your course mates and tutors.

As part of your extended induction at DMU, Leicester campus students will be signposted to the thriving arts, heritage and culture scene in the city – right on your doorstep – with special welcome events to help our international students settle into a new environment and community.

Our [DMU Global](#) programme offers life-changing international experiences, whether these are overseas, virtual, or on-campus; as part of your academic curriculum, or outside of this - with financial and practical support to improve accessibility.

As part of [DMUsport](#), you will have access to the [DMUactive](#) timetable which offers an array of free recreational activities every week. Sessions cater to individuals who wish to maintain their fitness, indulge in sports, experiment with new activities, and uphold their well-being. Friendly and supportive student leaders, known as "Activators", lead the sessions, which are suitable for individuals of all fitness and experience levels. There are also weekly internal leagues in several sports plus s e t 1 T 1 5 ( h ) 2 . 3 , 5 . 5 d 2 .