

#UofGDumfries



University  
of Glasgow

12 –16th January

**Welcome Back Students!**

**Refreshers**

**2026**



# Refreshers

Welcome back #TeamUofG

We hope you're feeling refreshed and ready to dive into Semester 2. This week is all about reconnecting with campus life, getting back into your studies, and strengthening our fantastic Dumfries community.

Take a look at the Refreshers programme and get involved as much as possible to make the most of your time at the University.

Please note that some sessions require online booking. If you experience any issues, email **[dumfries-studentexperience@glasgow.ac.uk](mailto:dumfries-studentexperience@glasgow.ac.uk)** for support.

Also, remember to check your inbox regularly and open any emails from us, especially the Student Newsletter, which contains all the essential information you need and keeps you updated on events, opportunities, and important announcements on the Dumfries Campus.

We hope you have a fantastic week ahead!

#UofGDumfries



# Mini Fairs

**Our Mini Fairs are a great way of bringing life back into the building after our Christmas break. These will be taking place on Monday the 12<sup>th</sup> and Tuesday the 13<sup>th</sup> of January from midday until 2:00pm in the main foyer of Rutherford McCowan.**

## Monday

Glasgow University Dumfries Union  
(GUDU)

Dumfries Active Campus

Dumfries Town Band

Dumfries Saints Rugby Club

## Tuesday

UofG Dumfries Craft Society

Crichton Trust

LGBT Youth

International Community Building

Intern

## Glasgow University Dumfries Union (GUDU)

GUDU is run by a committee who are elected by the students at the Dumfries campus and organise a range of social events and educational opportunities throughout the academic year.

You can sign up as a member completely free by following the QR code below or email:

**[info@gudu.org.uk](mailto:info@gudu.org.uk)**





# Monday 12<sup>th</sup> January

**12:00noon - 2:00pm**

## **Meet the Stallholders - Mini Fair**

Where: Foyer of Rutherford McCowan

Take some time to explore the stalls in the foyer – it's a great chance to meet local businesses and voluntary organisations that you can get involved with during your time in Dumfries.



**4:30pm - 7:30pm**

## **Movie Night Mash-Up**

[Sign up](#)



Where: R127

Movie Night Mash-Up is your ultimate midweek escape! Kick things off with a movie music-themed quiz and a fun mixer to meet new friends and show off your film knowledge. Then grab a slice of pizza, load up on popcorn, and settle in for a big-screen screening of *The Mask*.

To make it easy for everyone to join, there will be a free minibus back to student halls and then Dumfries Whitesands after the event.

Whether you're here for the trivia, the food, or just the cozy movie vibes, this is the perfect way to relax and connect.

# Tuesday 13<sup>th</sup> January

## 12:00noon - 2:00pm

### Meet the Stallholders - Mini Fair

Where: Foyer of Rutherford McCowan

Take some time to explore the stalls in the foyer – it's a great chance to meet local businesses and voluntary organisations that you can get involved with during your time in Dumfries.

## 5:00pm - 8:00 pm

### Discover the Dark Skies

Where: Near Glencaple, meet in foyer of Rutherford McCowan

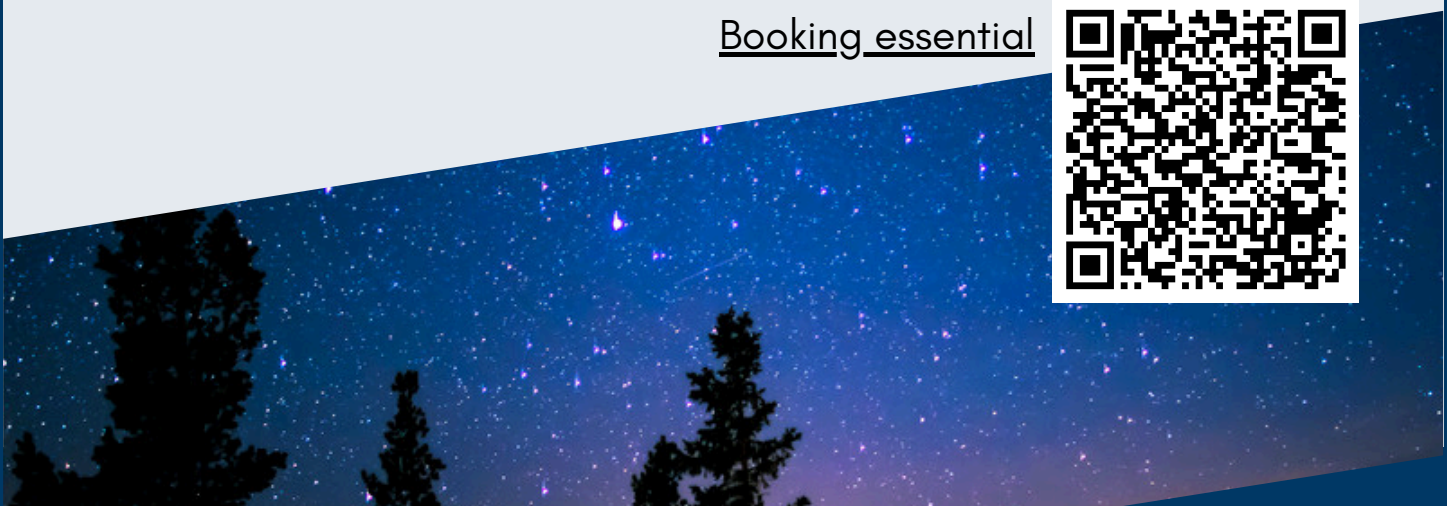
Dumfries and Galloway boasts some of the darkest skies in the UK, and we're heading out in the School Minibus (or bring your own car if you prefer) for an unforgettable stargazing experience with a Dark Skies Ranger.

What's planned?

- Stargazing with Elizabeth, who will help us identify stars, constellations, and the Milky Way.
- Spotting the International Space Station (ISS).
- Lighting a firepit and toasting marshmallows under the night sky.

Please note: This event is weather dependent and will be cancelled if conditions are especially poor.

[Booking essential](#)



# Wednesday 14<sup>th</sup> January



**10:00am - 2:00pm**

## **Clothes Repair Walk-In with the Craft Society**

Where: R236

Do you have clothes or accessories that could use a bit of love but don't know how? Come to our Clothes Repair Walk-in organised by the Dumfries Campus Craft Society! Here you will be able to learn the basics on stitching, patching or wool-mending, and have the members of the Craft Society help you creatively repair the holes on your shirts, jackets, bags, and more! You'll have the opportunity to work on your own piece at your own pace, while exploring different sustainable repair techniques. Beyond practical skills and a fun creative activity, the Clothes Repair Walk-In encourages a mindset of sustainability and mindful consumption. By choosing to mend rather than replace, you contribute to reducing textile waste while gaining a sense of ownership and pride in your revitalised items. Whether you're hoping to learn a new skill, repair a cherished piece, or simply enjoy a welcoming creative atmosphere, we invite you to stop by and stitch with us!

**12:00noon - 1:00pm**

## **Ceilidh Dancing Taster**

Where: M6

[Sign up](#)



We will be joined by the amazing Royal Scottish Country Dance Society for two Wednesdays to get you ready for the Burns Ceilidh later in the month. Come along to learn some of the most popular Ceilidh dances!



# Wednesday 14<sup>th</sup> January

**3:00pm – 3:30pm**

[Book here](#)



## **Library and Gym/Sports Hall Tour**

Where: Meet in Foyer of Rutherford McCowan

Our Student Ambassadors will take you across to our library located in D&G college. You will then be shown around the library and the services it provides, as well as being introduced to some of the available study areas. Connor will then show you around the sports hall and gym and tell you about the wide range of sports and activities that are free for students.

**5:00pm – 7:00pm**



## **GUDU Slime and Wine Night**

Where: R236

Join GUDU for a fun evening of making slime and drinking wine! We will bring all the slime ingredients and the nostalgic music. Just bring your own bottle of wine and a couple of friends. We look forward to seeing you there!

There will be a free mini bus back to Dumfries Halls and the Whitesands after this event if you require.

[Book here](#)



# Thursday 15<sup>th</sup> January

**11:30am - 1:30pm**

## **Pets as Therapy**

Where: Foyer of Rutherford McCowan

Pets as Therapy is back to help us start the new term on a positive note! These friendly, trained animals bring comfort, calm, and a little extra joy to campus life. Spending time with them is a great way to ease stress, boost wellbeing, and connect with others. If you've met them before, you know how much happiness they bring so don't miss the chance to say hello again!



**12:00 noon - 1:30pm**

## **Mario Kart Tournament (Drop In)**

Where: Student Hub

Get ready to race! Join our Student Intern for a Mario Kart Tournament in the Student Hub. Challenge your friends, show off your skills, and enjoy the fun atmosphere. While you're here, check out our brand-new comfy seating in the student hub, perfect for relaxing between races!



[Sign up](#)





# Friday 16<sup>th</sup> January

[Sign up](#)

**11:00am – 1:00pm**

## **Postgraduate Coffee Catch Up at Easterbrook Bistro (Drop In)**

Where: Meet at Foyer of Rutherford/McCowan



It is back! Join fellow postgraduate students from across the School of Social and Environmental Sustainability at the Crichton Bistro, where you'll enjoy a hot drink, traybake, and the chance to connect with peers and teaching staff in a friendly, informal setting.

# Active Campus Schedule

All activities take place in the Dumfries and Galloway College Sports Hall, just a 2 minute walk from Rutherford McCowan. All activities are completely free to take part in. The sports change weekly. To keep up to date with this, follow @dgc.activecampus on Instagram or Facebook.

January 12<sup>th</sup> – January 16<sup>th</sup> 2026

## ACTIVE CAMPUS SCHEDULE

MON	TUE	WED	THU	FRI
7am - 9.30am Gym	7am - 9.30am Gym	7am - 9.30am Gym	7am - 9.30am Gym	7am - 9.30am Gym
12.30 - 1.30pm Football	12.30 - 1.30pm Floor Curling Womens Football Racket Sports	12.30 - 1.30pm Basketball	12.30 - 1.30pm Basketball	12.30 - 1.30pm Multisports
5 - 6pm Football	4.30 - 7.30pm Gym	4.30 - 5.30pm Badminton Table Tennis Pickleball	4.30 - 6.30pm Pickleball	4.30 - 6.30pm Pickleball

**activecampus**  
DUMFRIES & GALLOWAY COLLEGE

**DGC** Dumfries  
and Galloway  
College

The Workout Gym is free for all students at the University of Glasgow to join. [Sign up here:](#)



# The Workout Gym



## THE WORKOUT OPENING HOURS



Monday	7:00-9:00	12:30-13:25	15:00-17:45
Tuesday	7:00-9:00	12:30-13:25	15:00-19:30
Wednesday	7:00-9:00	12:30-13:25	16:00-17:45
Thursday	7:00-9:00	12:30-13:25	15:00-19:30
Friday	7:00-9:00	12:30-13:25	-

## THE WORKOUT Dumfries Campus



### Functional Fitness

Tue & Thurs  
07.30 - 08.15

A dynamic functional fitness class that boosts strength, mobility and endurance. Designed to improve overall functionality to help you move better and feel stronger.

### Core

Mon & Wed  
17.00 - 17.30

A short class with a mixture of body weight and weighted exercises to focus on targeting your abdominal muscles and improving your core strength.

### Strength

Tue  
17.15 - 18.00

A technical class focusing on resistance training working on key techniques to improve strength including the squat, hinge, push and pull movements.

### Circuits

Thur  
17.15 - 18.00

Rotate through fun, challenging stations that target every muscle group for a high intensity full body workout that leaves you feeling accomplished.

Email: [SportDumfries@uws.ac.uk](mailto:SportDumfries@uws.ac.uk) to book



# Campus Map & Cycle Routes





The School of Social and Environmental Sustainability is part of the College of Social Sciences at the University of Glasgow.

**@UofGDumfries**



The University of Glasgow  
School of Social and Environmental Sustainability  
Rutherford McCowan Building  
Bankend Road  
Dumfries  
DG1 4ZL

Tel: +44 (0) 1387 702001

Email: [dumfries-studentexperience@glasgow.ac.uk](mailto:dumfries-studentexperience@glasgow.ac.uk)

[www.glasgow.ac.uk/dumfries](http://www.glasgow.ac.uk/dumfries)