



# Offer Holder Event

## Programme

---

Saturday 22<sup>nd</sup> March 2025

*Optional morning activities*

- 09:00 – 9.15am**  
[optional]      **Arrival and registration**  
Following registration, a shuttle bus will be available to take you to the main campus.  
**Health Innovation One Foyer**
- 9:15 – 11:30am**  
[optional]      **Welcome Hub, accommodation and campus tours**  
Light refreshments will be available. Here, you can tour our campus, view our accommodation, talk to our teams in careers, student support and the students' union, plus much more. Last tours depart approx. 10:30am  
**Learning Zone**

If you would rather only attend your subject activities, you are welcome to arrive at 11:30 am instead.

- 11:30am**      **Registration**
- 11:45am**      **Studying Sports and Exercise Science at Lancaster talk**  
Find out more about the structure of your course and life as a Sports and Exercise Science student at Lancaster University.  
**Health Innovation One – Lecture Theatre**
- 12:45pm**      **Lunch**  
You will be provided with a complimentary buffet lunch. Over lunchtime you can chat with our current students and academic staff who will answer any questions you may have.  
**Health Innovation One – HIVE café**
- 1:30pm**      **Taster sessions**  
Experience our state-of-the-art teaching laboratories and find out more about our research-led teaching through taster sessions covering the core disciplines of Sports and Exercise Science: biomechanics, physiology and psychology.  
**Health Innovation One and Sports Centre**
- Student wellbeing talk and Q&A [parents/supporters]**  
Find out more about our student support services, who work in close partnership with staff in the department to provide students with the right support at the right time.  
**Health Innovation One – Lecture Theatre**
- 3:15 pm**      **Refreshments**  
A final opportunity to ask any questions and refresh yourself before heading home.  
**Health Innovation One – HIVE café**
- 3.30pm**  
[optional]      **Accommodation tours**  
**Alexandra Square**



# Offer Holder Event

## How to find us

---

Lancaster University is set in 560 acres of beautiful parkland and lies approximately three miles south of the City of Lancaster. The campus is easily accessible via road, rail and is within 70 miles of Manchester's International Airport.

### By Car

If using Sat Nav, we recommend the postcode **LA1 4AT**. Leave the M6 motorway at junction 33 and take the A6 north towards Lancaster. You can also use the What 3 Words website or app <https://what3words.com/>. Using “**skillet.droplet.wider**” will take you to our Welcome Desk in Health Innovation One.

After Galgate village, three junctions with traffic lights on the A6 serve the University. Turn right at the third set of traffic lights onto Sir John Fisher Drive and park at the **Health Innovation Campus car park**. **Do not turn onto Bigforth Drive (second set of traffic lights), which serve the main campus**. Parking is free. An interactive campus map can be found using the QR code at the bottom of this sheet.

### By Rail

There are direct rail links between Lancaster and many of the UK's major cities and airports. The nearest bus stop to the University is on Common Garden Street or from the bus station (see below). If you prefer taxis, these are available from outside the station at the northbound platform.

### By Bus

Lancaster Bus Station is situated on Damside Street in the city centre and most bus services also stop at Common Garden Street. Service 1/1A provides a direct connection to the University around every 10 minutes. Services 100, 4, 4X, 40, 41 and 42 also serve the University. You should alight at the Health Innovation Campus bus stop, on the A6, and head up Sir John Fisher Drive to the Health Innovation One building.

Bus timetables are available to view on [www.stagecoachbus.com](http://www.stagecoachbus.com).

### By Air

From Manchester International Airport take the M56 motorway at junction 5 and join the M6 motorway at junction 20 (north). Follow the directions 'By Car'. An hourly direct rail link runs between the airport and Lancaster.

### Campus map

An interactive map to help you navigate our campus.

### Interactive city tour

An interactive tour of key locations of interest in the city.



Map



Tour