

Guide to Independent Living—University owned Accommodation

At Newcastle University, we aim for every student to enjoy their time living with us, and to live a healthy lifestyle.

Places in our accommodation are offered based on an understanding that you will be able to adapt to living away from home and be able to complete all daily living activities independently.

To help you to make the most of this experience we have compiled a list of household tasks which form part of daily independent living. Further information regarding the cleaning service we provide in your residence is detailed on our website, in Policies under the [“additional information”](#) section.

Area	What's expected of you
Bedroom and en suite (where applicable)	<p>Bedroom</p> <ul style="list-style-type: none"> • keep your room safe, clean and tidy • Change your bed linen regularly • Vacuum the floor, clean and dust work surfaces • Remove and dispose of general rubbish into the external refuse area <p>En suite</p> <ul style="list-style-type: none"> • Clean the shower area, sink and toilet regularly • Mop the floor
Shared kitchen / dining area	<ul style="list-style-type: none"> • Prepare and cook your meals • Wash crockery, cutlery, utensils and kitchen equipment • Contribute to shared cleaning duties with your flatmates (if applicable)
General	<ul style="list-style-type: none"> • Use the shared laundry facilities on site • Shop for personal items and groceries • Collect goods or items from designated drop-off points on site, such as parcels, supermarket deliveries, etc.

Essential household tasks for independent living

If you experience difficulties with daily independent living skills you can contact our ResLife Team at ResLife@newcastle.ac.uk or Student Health and Wellbeing for further advice about support through their [website](#) or by [email](#).