WELCOME TO NEWCASTLE UNIVERSITY AND YOUR STUDENTS UNION
There’s something for everyone here at Newcastle. We’re here to help you meet new people, have some fun and get settled into life at Newcastle University with the support of your Students’ Union! You can pick and mix from a range of events that are relevant to you. If you have any questions about any of the activities, just get in touch using the contact details below.

Looking forward to seeing you soon!

Contact details

Newcastle University:
WWW.NCL.AC.UK/ENQUIRIES

Students’ Union:
WWW.NUSU.CO.UK/WELCOME
perimental.WELCOME.UNION@NCL.AC.UK
<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu 20 Sep</td>
<td>University Campus Tour</td>
<td>13:00</td>
</tr>
<tr>
<td></td>
<td>Honeybees Visit</td>
<td>14:00</td>
</tr>
<tr>
<td></td>
<td>Roof Garden Tours and Food Growing</td>
<td>14:00</td>
</tr>
<tr>
<td></td>
<td>Badminton for Fun</td>
<td>14:00</td>
</tr>
<tr>
<td></td>
<td>5 – a – side Football Tournament</td>
<td>15:00</td>
</tr>
<tr>
<td></td>
<td>City Essentials Walking Tour</td>
<td>15:00</td>
</tr>
<tr>
<td></td>
<td>University Campus Tour</td>
<td>15:00</td>
</tr>
<tr>
<td></td>
<td>BINGO Night at NUSU</td>
<td>17:00</td>
</tr>
<tr>
<td>Fri 21 Sep</td>
<td>University Campus Tour</td>
<td>11:00</td>
</tr>
<tr>
<td></td>
<td>Newcastle City Sightseeing Bus Tour</td>
<td>11:15</td>
</tr>
<tr>
<td></td>
<td>Welcome Day!</td>
<td>12:00</td>
</tr>
<tr>
<td></td>
<td>University Campus Tour</td>
<td>13:00</td>
</tr>
<tr>
<td></td>
<td>Newcastle City Sightseeing Bus</td>
<td>13:15</td>
</tr>
<tr>
<td>Sun 23 Sep</td>
<td>Whitby Bus Trip</td>
<td>9:45</td>
</tr>
<tr>
<td></td>
<td>Freshers Week</td>
<td>All day</td>
</tr>
<tr>
<td>Mon 24 Sep</td>
<td>Freshers Week</td>
<td>All day</td>
</tr>
<tr>
<td></td>
<td>Freshers Week</td>
<td>All day</td>
</tr>
<tr>
<td></td>
<td>Freshers Week</td>
<td>All day</td>
</tr>
<tr>
<td></td>
<td>Freshers Week</td>
<td>All day</td>
</tr>
<tr>
<td>Wed 26 Sep</td>
<td>‘The Stand’ Comedy Club</td>
<td>18:30</td>
</tr>
<tr>
<td></td>
<td>Freshers Week</td>
<td>All day</td>
</tr>
<tr>
<td></td>
<td>Freshers Week</td>
<td>All day</td>
</tr>
<tr>
<td></td>
<td>Freshers Week</td>
<td>All day</td>
</tr>
<tr>
<td></td>
<td>Freshers Week</td>
<td>All day</td>
</tr>
<tr>
<td></td>
<td>Post Graduate Life in Newcastle</td>
<td>12:00</td>
</tr>
<tr>
<td></td>
<td>Freshers Week</td>
<td>All day</td>
</tr>
</tbody>
</table>

**KEY**

- INTERNATIONAL WELCOME
- EARLY ARRIVALS
- FRESHERS’ WEEK
- POSTGRADUATE ACTIVITIES
The International Welcome Programme provides you with all of the information you need to make your stay and study at Newcastle University as easy, enjoyable and successful as possible. Use this series of events to meet other students, make friends and get to know the campus and city!

**Airport Meet and Greet Service**

If you are flying in to Newcastle between 18 - 20 September you can use our Meet and Greet Service, which will transport you free of charge from the airport to your University accommodation or to the main Newcastle University Campus.

Register for your place at: www.ncl.ac.uk/pre-arrival/international/airport

We are also operating a Welcome Desk, from 17 – 21 September to answer any questions you may have.

This will be located near International Arrivals and our friendly team will be there to help you.

**Information Sessions**

A number of information sessions will cover many different aspects of life and study in Newcastle and local businesses will also be there to talk to you, and tell you about the services they offer in Newcastle. You must attend one of the sessions called Welcome! and we recommend doing this as soon as possible, as this gives you important information about completing your Registration at Newcastle. If you are a Tier 4 Visa holder you must also attend one of the Immigration advice for non-EU Students. We encourage you to attend as many of the other sessions as possible. For full list of sessions, see page 7.

**International Welcome Reception**

All international students attend the International Welcome Reception, which is your official welcome to the University, with speeches by the Mayor of Newcastle and the Pro-Vice-Chancellor for Internationalisation of the University.

Friday 21st September 6:00 pm in Herschel Building, Curtis Auditorium

**FREE event - all students must attend**

**International Welcome Party**

Following the International Welcome Reception stick around for the International Welcome Party at your Students’ Union! There will be live music, entertainment and free food, and is always the most popular event of the week!

Friday 21st September 19:00

**FREE - But you must have a ticket! These will be available immediately following the International Welcome Reception!**

**University English Language Assessment**

The University English Language Assessment (UELA) is for all new students for whom English is not their first language. It does not affect your entry onto your academic programme, but assesses whether you would benefit from In-sessional English Language classes. Assessment sessions will take place following your arrival in September. Those taking place during International Welcome are listed below.

**The following UELA sessions take place in Lecture Theatre 3 on the Ground Floor of the Herschel Building:**

- **Wednesday 19 September:** 1.00pm -3.00pm / 3.00pm – 5.00pm
- **Thursday 20 September:** 10.00am – 12.00pm / 1.00pm – 3.00pm / 3.00pm – 5.00pm
- **Friday 21 September:** 10.00am – 12.00pm / 1.00pm – 3.00pm / 3.00pm – 5.00pm

**International Welcome Programme 2018**
Religion at Newcastle

The Chaplaincy team is currently made up of several Christian chaplains, a Buddhist chaplain and a Jewish chaplain, and is committed to religious tolerance, diversity and respect. Further information on the faith provisions in Newcastle and how to get involved.

Sports Centre

All you need to know about Newcastle University’s on campus Sports Centre to help you decide if you would like to join and the benefits members enjoy.

Student Advice Centre

Find out where to turn if you have any problems at Newcastle. Information, advice, assistance and representation on a wide range of issues; including academic, disciplinary, finance, and accommodation.

Newcastle University Students’ Union

Find out how to get involved with NUSU, and all of the services and social and extra-curricular activities they offer.

<table>
<thead>
<tr>
<th>Session</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accommodation Service</td>
<td>A drop-in session to talk to a member of our accommodation service if you have any problems with your accommodation.</td>
</tr>
<tr>
<td>Adjusting to life overseas</td>
<td>Culture shock from moving to a new country and how to avoid it.</td>
</tr>
<tr>
<td>Gaining Work Experience</td>
<td>Come along to this session to understand why employers value work experience, learn more about different types of work experience and where to search for opportunities. You’ll also gain an insight into your rights to work in the UK during your studies as an International student.</td>
</tr>
<tr>
<td>Immigration advice for non-EU students</td>
<td>An essential session for any students not from the EU.</td>
</tr>
<tr>
<td>Introduction to the Careers Service</td>
<td>Come along to this session to find out more about the Careers Service- what it does and how it can support you during your time in Newcastle. You’ll also learn more about key events and initiatives the Careers Service offers, including employer presentations, skills based workshops and recruitment fairs.</td>
</tr>
<tr>
<td>Language Resource Centre</td>
<td>Find out about the facilities available, improve your English, and share your language with other students.</td>
</tr>
<tr>
<td>Library Services</td>
<td>More than just books, find out about the collections held at the Library and how to get the most out of the resources there.</td>
</tr>
<tr>
<td>Personal finance</td>
<td>Our on campus bank, Santander, explain how to open a student bank account.</td>
</tr>
<tr>
<td>Personal safety</td>
<td>How to be safe in Newcastle and look after your possessions.</td>
</tr>
</tbody>
</table>
All events take place in the Herschel Building on campus other than the City and University Welcome Reception.

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00am</td>
<td>Curtis Auditorium, Ground Floor</td>
<td>Welcome!</td>
</tr>
<tr>
<td>10.30am</td>
<td>Lecture Theatre 1, Ground Floor</td>
<td></td>
</tr>
<tr>
<td>11.00am</td>
<td>Lecture Theatre 2, Ground Floor</td>
<td>Immigration advice for non-EU students</td>
</tr>
<tr>
<td>11.30am</td>
<td>Lecture Room 2, Level 4</td>
<td>Student Advice Centre</td>
</tr>
<tr>
<td>12.00pm</td>
<td>Lecture Room 4, Level 4</td>
<td>LUNCH</td>
</tr>
<tr>
<td>1.00pm</td>
<td>Lecture Theatre 1, Ground Floor</td>
<td>Welcome!</td>
</tr>
<tr>
<td>1.30pm</td>
<td>Lecture Theatre 2, Ground Floor</td>
<td>Study Abroad Students</td>
</tr>
<tr>
<td>2.00pm</td>
<td>Lecture Room 2, Level 4</td>
<td>Immigration Advice for non-EU students</td>
</tr>
<tr>
<td>2.30pm</td>
<td>Lecture Room 4, Level 4</td>
<td>Library</td>
</tr>
</tbody>
</table>

**Wednesday 19 September**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00am</td>
<td>Lecture Theatre 1, Ground Floor</td>
<td>Welcome!</td>
</tr>
<tr>
<td>10.30am</td>
<td>Lecture Theatre 2, Ground Floor</td>
<td></td>
</tr>
<tr>
<td>11.00am</td>
<td>Lecture Room 2, Level 4</td>
<td>Student Advice Centre</td>
</tr>
<tr>
<td>11.30am</td>
<td>Lecture Room 4, Level 4</td>
<td>LUNCH</td>
</tr>
<tr>
<td>12.00pm</td>
<td>Lecture Theatre 1, Ground Floor</td>
<td>Welcome!</td>
</tr>
<tr>
<td>1.00pm</td>
<td>Lecture Theatre 2, Ground Floor</td>
<td>Study Abroad Students</td>
</tr>
<tr>
<td>2.00pm</td>
<td>Lecture Room 2, Level 4</td>
<td>Library</td>
</tr>
</tbody>
</table>

**Thursday 20th September**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00am</td>
<td>Lecture Theatre 1, Ground Floor</td>
<td>International Welcome Breakfast</td>
</tr>
<tr>
<td>10.00am</td>
<td>Lecture Theatre 2, Ground Floor</td>
<td>Welcome!</td>
</tr>
<tr>
<td>10.30am</td>
<td>Lecture Room 2, Level 4</td>
<td>Personal Safety</td>
</tr>
<tr>
<td>11.00am</td>
<td>Lecture Room 4, Level 4</td>
<td>NUSU</td>
</tr>
<tr>
<td>11.30am</td>
<td>Lecture Room 2, Level 4</td>
<td>Adjusting to life in the UK</td>
</tr>
<tr>
<td>12.00pm</td>
<td>Lecture Room 4, Level 4</td>
<td>LUNCH</td>
</tr>
<tr>
<td>1.00pm</td>
<td>Lecture Theatre 1, Ground Floor</td>
<td>Welcome!</td>
</tr>
<tr>
<td>1.30pm</td>
<td>Lecture Theatre 2, Ground Floor</td>
<td>Students Advice Centre</td>
</tr>
<tr>
<td>2.00pm</td>
<td>Lecture Room 2, Level 4</td>
<td>Library</td>
</tr>
</tbody>
</table>

**Friday 21st September**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00am</td>
<td>Lecture Theatre 1, Ground Floor</td>
<td>Welcome!</td>
</tr>
<tr>
<td>10.30am</td>
<td>Lecture Theatre 2, Ground Floor</td>
<td>Opening a Bank account</td>
</tr>
<tr>
<td>11.00am</td>
<td>Lecture Room 2, Level 4</td>
<td>Student Wellbeing</td>
</tr>
<tr>
<td>11.30am</td>
<td>Lecture Room 4, Level 4</td>
<td>NUSU</td>
</tr>
<tr>
<td>12.00pm</td>
<td>Lecture Room 2, Level 4</td>
<td>NUSU Open Day</td>
</tr>
<tr>
<td>12.00pm - 4.00pm</td>
<td>Lecture Room 4, Level 4</td>
<td>Compulsory International Welcome Reception at the Curtis Auditorium</td>
</tr>
</tbody>
</table>

Compulsory International Welcome Reception at the Curtis Auditorium

tickets available for the party after this event

6.00pm
International Welcome Reception Party at NUSU
Welcome to Newcastle University and your students’ union!

Early Arrival events are open to all students! Local, postgrad, international, anyone! This is for you all!

We’re here to help you meet new people, have some awesome fun and get settled into life at Newcastle! We have hundreds of activities taking place from September all throughout the year but here’s a taster.

Tickets, more details including so many more events - www.nusu.co.uk/earlyarrivals too!

Please bring your student card or student number to events.

See you soon!

Meet and Mingle
Come to NUSU to meet some new friends in a relaxed atmosphere. There will be super-sized games to help break the ice and members of staff on hand to answer any questions.

Tuesday 19th September 18:00
NUSU Building, Luther’s Bar
FREE No need to book tickets – just come along!

City Essentials Walking Tour
Come and learn where the main shops, services and essentials are in your new home city! Especially useful for international students: info on banks, phones, doctors, etc.

Wednesday 19th September 10:30 & 15:00
Thursday 20th September 10:30 & 15:00
Meet outside NUSU front entrance
FREE – sign up online

Go Volunteer Campfire Cooking
Rupert’s Wood is beautiful and remote woodland in Northumberland, with red squirrels, buzzards and songbirds all present. This is a chance to enjoy the woodland, learn fire-starting and fire-building skills, and use your fire to cook and share the food of your choice!

Wednesday 19th September 09:30
Meet outside NUSU front entrance
FREE – sign up online

Stu Brew Brewery Tours
Join us for a brewery tour and learn about the current sustainability projects linked to the Stu Brew Enterprise (part of Go Volunteer), including treatment of waste yeast and recycling of waste grain. Get involved in Stu Brew and get your hands on some of our famous ales from Europe’s first student-led brewery on campus!

Wednesday 19th September 10:30
Friday 21st September 13:30
Meet outside NUSU front entrance
FREE – sign up online

Movie Night at Northern Stage
Come see the Geordie Football movie GOAL based right here in Newcastle. Featuring beautiful shots of Newcastle’s scenery and our very own St James Park home to NUFC.

Wednesday 19th September 17:00
NUSU Building, Luther’s Bar
FREE No need to book tickets – just come along!

University Campus Tour
Don’t worry if you didn’t get a chance to be shown around campus on an open day, experience it now!

Thursday 20th September 11:00, 13:00 & 15:00
Friday 21st September 11:00, 13:00 & 15:00
Meet outside NUSU front entrance
FREE – sign up online

Tour of St James’ Park NUFC Stadium Tour
Go behind the scenes to see the changing rooms, visit the dugout, go pitch side and see the amazing view from the very top of the stadium!

Wednesday 19th September 15:30
Thursday 20th September 11:30
Meet outside NUSU front entrance
£4 - sign up online

Badminton for Fun
Come and play badminton! We have all the equipment just come along in sportswear and trainers and we’ll organise you into games, all abilities are welcome.

Thursday 20th September 14:00pm
Meet at University sports centre sports hall (1st Floor)
FREE - Sign up online

Bingo Night at NUSU
Come join in one of the favourite British pastimes Bingo. A game of chance and numbers, will you be the one to win and shout out BINGO!!!

Thursday 20th September 17:00
NUSU Building, Luther’s Bar
FREE No need to book tickets – just come along!

Newcastle Sightseeing Bus Tour
Take a 90 minute journey enjoying the view from a double decker open-top bus! You will visit the many bridges of the river Tyne at the quayside, learn about Newcastle through history and admire the architecture and stories that have made Newcastle the wonderful city that you now call home!

Friday 21st September 11:15 & 13:15
Meet outside NUSU front entrance
£3 - sign up online

5 – a – side Football Tournament
Fancy a game of football? We have all the equipment just come along in sportswear and trainers and we’ll organise you into games, all abilities are welcome.

Thursday 20th September 15:00pm
Meet at University sports centre sports hall (1st Floor)
FREE- Sign up online

Tickets, more details including so many more events - www.nusu.co.uk/earlyarrivals too!

See you soon!
Newcastle University Freshers’ Week is one of the biggest and most diverse in the country, with a huge range of activities to suit EVERYONE. Be a part of it!

As well as big night-time events, there are non-drinking/alternative events every evening, a huge range of daytime activities and so much more included in the ticket price (a wristband that gives you entry to everything). This page aims to dispel some of the common myths held about Freshers’, and give you some recommendations about what you can get involved with, from like-minded students!

Keep an eye on the website, www.nusufreshers.co.uk for all the latest information; the countdown is live now!

FAQs

I have lectures every day; can I still go on daytime activities?
Yes, all the morning activities are repeated after at least once after 2pm and we have agreed with the university that there will be no compulsory lectures after 2pm.

Isn’t Freshers Week only for 18 year olds?
This year we have a larger focus on night time events that don’t end in with a club night in town like comedy nights, a burlesque show and an ‘Old Hollywood formal dinner. Last year we ran over 300 day-time activities and we aim to run more this year, most of which are suitable for ALL ages and personalities.

I don’t drink, isn’t the wristband a waste of money?
95% of our activities are alcohol-free! The majority of events are daytime activities or non-drinking evening events; these run from Sunday 23rd - Friday 28th September.

I have two young children, how I get involved?
There are literally hundreds of daytime activities to choose from which are repeated throughout the week, so you can choose a session that suits your commitments. In addition, the alternative evening events tend to finish at a reasonable time, so you can be back for the babysitter!

International Welcome Reception
All international students attend the International Welcome Reception, which is your official welcome to the University, with speeches by the Mayor of Newcastle and the Pro-Vice-Chancellor for Internationalisation of the University.

Friday 21st September 6:00 pm in Herschel Building, Curtis Auditorium
FREE event – all students must attend

International Welcome Party
Following the International Welcome Reception stick around for the International Welcome Party at your Students’ Union! There will be live music, entertainment and free food, and is always the most popular event of the week!

Friday 21st September 19:00
FREE - But you must have a ticket! These will be available immediately following the International Welcome Reception!

Reception for Parents of International Students
Parents of incoming students are invited to a special reception with Vice-Chancellor and President, Professor Chris Day on Wed 20th September. Please join Professor Day from 6pm-8pm in the Armstrong Reception Room,

Armstrong Building, Newcastle University (campus map ref: 22) for the opportunity to meet with Newcastle University staff and fellow parents. Book at: www.ncl.ac.uk/pre-arrival/international

Welcome Day!
Welcome to the Toon! A showcase of what’s on offer at your Students’ Union – do not miss! Free food for the first 500 students! Activities, sports, clubs and societies, free massage, mini-zoo with cute (and creepy!) animals, photographers, music and MORE!

Friday 21st September 12:00
NUSU Building
FREE No need to book tickets – just come along!

Whitby Bus Trip
Come on a day trip to see some of the beautiful coastline of the North East of England and visit the stunning seaside town of Whitby in North Yorkshire. Famous for its Dracula associations, you can see the sights, play on the beach, go to the arcades and enjoy a British tradition - Fish and Chips! Coach journey length: 72 miles.

Saturday 22nd September 09:45am
Meet outside NUSU front entrance
£10 - sign up online
POSTGRADUATE ACTIVITIES
From your Students’ Union

If you are on a Post-Grad course here at Newcastle Uni, we want to meet you, and so do the thousands of other PG students across the uni – we are one big community! Book one of our events specially organised for PGs and meet some like-minded folks from all over.

There will be a full programme of events over the first few weeks of term – MORE TO COME! Visit our website to see the full range in September and book tickets. Here are a few events, more in store!

‘The Stand’ Comedy Club
Come meet fellow new postgraduate students and have a laugh at Newcastle’s premier comedy club. It features up to ten new acts and gives you the chance to see the stars of tomorrow today!

Wednesday 26th September 18:30
Meet outside Newcastle University Students’ Union front entrance
£2 - tickets online from September

Holy Island and Castles Day Trip
Join your fellow postgrad students on a full day trip to visit the beautiful and historical Lindisfarne Holy Island and Bamburgh Castle on the beach. Price includes coach travel.

Saturday 29th September 08:45
Meet outside Newcastle University Students’ Union front entrance
£10 day trip - tickets online from September

Wicked Theatre Show
Wicked shows us the story of an unlikely friendship between two sorcery students, the very popular Glinda and the misunderstood Elphaba. As their friendship reaches a crossroads could this have unsuspected consequences for their futures? Leading them to fulfil their destinies as Glinda the Good Witch and The Wicked Witch of the West?

Tuesday 25th September 17:30
Meet outside Newcastle University Students Union building
£20 – tickets online from September

Post Graduate Life in Newcastle
Join us for a healthy discussion on topical issues concerning postgraduate life. Led by a panel of current PG students, here is your opportunity to discuss and network over lunch with other PGs.

Thursday 27th September 12:00
Meet at The History Room, 1st floor Newcastle University Students’ Union Building
FREE No need to book tickets – just come along!

TESTIMONIAL RECOMMENDATIONS

We asked different students about their freshers’ experience:

Mature student:
“I didn’t really want to attend all the big nights out planned for freshers as I have a lot of other responsibilities including a part-time job. However, I purchased a freshers’ wristband as I’d heard it was really good value for money and I wanted to get to know the city. I ended up doing something nearly every night and so much during the day!”

International student:
“As an international student from China, I was a bit apprehensive about freshers’ week as I thought it was all about drinking and partying. I did enjoy some of the night times but my favourite activities included seeing the city. I found this was a great way to make friends who had similar interests”

Local student:
“I’ve lived in Newcastle all my life and also stayed at home during my freshers’ year. At first I thought I might get a bit left out, but there were meeting points outside Luther’s specifically for home students so I got to know others before the nights out. I also went to some of the activities during Early Arrivals Week at the Union, where I got to know other local students.”

How do I buy a wristband?
Wristbands are available online at www.nusufreshers.co.uk from August 16th and in limited supply so make sure you buy early to avoid disappointment!
Give it a Go
We are here to help you meet new people, blow off steam and have a bit of fun while you’re at University.

With hundreds of activities and events each term, there’s something for everyone – from calming craft sessions to high-octane white water rafting, plus our now legendary Disneyland Paris trips.

Whether you’re battling your friends on a paintballing daytrip, saddling up and riding a horse for the very first time or learning a new language with a group of peers, you’ll never be stuck for options.

www.nusu.co.uk/giag

Go Volunteer
Go Volunteer at NUSU aims to make sure you get the most out of your time at Newcastle by offering volunteering opportunities that help you develop the skills employers look for, supplement your degree course, help the local community and make new friends.

www.nusu.co.uk/govolunteer

This publication is intended as advance publicity for information and guidance purposes only. Details included are correct at the time of going to press in August 2017. The most up-to-date and detailed source of information at any time are the websites www.ncl.ac.uk/pre-arrival and www.nusu.co.uk. Full details of the University’s terms and conditions, including reference to all relevant policies, procedures, regulations and information provision, are available at www.ncl.ac.uk/pre-arrival/regulations.

Designed by Perro. Printed by Statex Colour Print. © Newcastle University, 2017. The University of Newcastle upon Tyne trading as Newcastle University.
Have you loved all the fun activities this week or wished you had done more? With Give it a Go you have access to amazing and heavily discounted activities all year round! If you're looking for something fun to do then make sure you check out the Give it a Go website!

**HOW TO BOOK**

We highly recommend you book early to avoid disappointment as activities do sell out quickly. You can book online at

**CONTACT US**

**EMAIL** apc.union@ncl.ac.uk

**FACEBOOK** @NUSUGIAG

**INSTAGRAM** @NUSUGIVEITAGO