



PROVISION OF ON-CAMPUS AND LOCAL HEALTH & WELLBEING SERVICES AT UNIVERSITY OF TABUK



The University of Tabuk is committed to promoting the health, wellbeing, and quality of life of its students, staff, and the wider university community through a comprehensive system of on-campus services and wellbeing initiatives. The university adopts an integrated approach that combines accessible healthcare services, healthy and affordable food provision, physical activity opportunities, and supportive living environments to ensure a healthy and balanced campus experience.

Through the University Medical Center and associated health initiatives, the university provides comprehensive healthcare services, including physical health care, sexual and reproductive health services, and mental health support, alongside health education and awareness programmes that promote preventive care and informed health practices across the campus community.

In addition to healthcare provision, the university ensures access to healthy and affordable food choices on campus, supported by supervised nutrition services, campus dining facilities, and food-security initiatives that help maintain student wellbeing. The university also actively promotes physical wellbeing through sports facilities, competitions, and recreational activities organized across the campus, encouraging students to adopt active and healthy lifestyles.

Furthermore, the University of Tabuk supports wellbeing through campus housing and residential services that provide safe, supportive, and well-equipped living environments for students and faculty members, contributing to academic stability, social integration, and overall quality of life.

This report therefore presents evidence of the University of Tabuk's provision of:

- Healthy and affordable food choices for all on campus
- Access to comprehensive healthcare services, including physical, sexual and reproductive, and mental health care
- Health education and awareness initiatives
- Sports and physical wellbeing programmes
- Campus housing and residential wellbeing support

Together, these initiatives demonstrate the University of Tabuk's institutional commitment to creating a healthy, supportive, and inclusive campus environment that promotes wellbeing across all aspects of university life.

1. Provision of Healthy and Student Wellbeing and Affordable Living Support Services at the University of Tabuk for All on Campus

University of Tabuk demonstrates provision in this category primarily through nutrition education, healthy-lifestyle awareness, and public-health promotion activities. The university's official health-services messaging emphasizes health awareness as part of campus health support, and the uploaded University of Tabuk Good Health & Wellbeing report includes a dedicated section on Healthy and Affordable Food.

1.1. Institutional Health Awareness Role (University of Tabuk Community Health Engagement and Public Health Promotion Initiatives)

As part of its institutional commitment to Sustainable Good Health and Well-Being, the University of Tabuk actively designs, organizes, and implements a wide range of community health outreach programs and public awareness initiatives. These initiatives are led and coordinated by the University of Tabuk through its health colleges, student clubs, Medical Administration, and academic departments, demonstrating the university's direct contribution to improving community health outcomes.

Through these programs, the University of Tabuk extends its healthcare impact beyond the campus, reaching the wider community through health education campaigns, preventive health initiatives, medical exhibitions, and awareness events. These activities contribute to strengthening public health literacy, encouraging healthy behaviors, and promoting early detection and prevention of diseases.

At the same time, these initiatives provide valuable experiential learning opportunities for University of Tabuk students, allowing them to apply academic knowledge in real-life healthcare settings while serving the community.

University of Tabuk Health Awareness Campaigns

The University of Tabuk regularly organizes and leads numerous health awareness campaigns addressing major public health challenges. These campaigns are implemented by university faculties, student organizations, and healthcare units as part of the university's mission to improve community health.

1. Cancer Awareness Initiatives Led by the University of Tabuk

The University of Tabuk conducts several cancer awareness campaigns aimed at promoting early detection and prevention, including:

▪ Colorectal Cancer Awareness Month Campaign - University of Tabuk

As part of its ongoing commitment to community health engagement and preventive healthcare education, the University of Tabuk, through the General Administration of Medical Services, organized an awareness campaign dedicated to Colorectal Cancer Awareness Month. This initiative aimed to enhance public understanding of colorectal cancer, promote early screening practices, and encourage healthy lifestyle behaviors that reduce the risk of developing the disease.

The campaign provided educational information about colorectal cancer, which affects the lower part of the digestive system, including the colon and rectum. Awareness materials highlighted the importance of preventive measures such as maintaining a healthy weight, adopting a balanced diet rich in fiber, avoiding smoking, and reducing the consumption of processed and red meats. The campaign also emphasized the significance of regular medical screening, particularly for individuals over the age of 45 or those with higher risk factors.

In addition, the awareness initiative informed the community about early warning signs of colorectal cancer, including unexplained weight loss, persistent abdominal discomfort, changes in bowel habits, blood in the stool, and unexplained fatigue. These educational efforts encouraged individuals to seek medical evaluation promptly when symptoms arise.

Such initiatives reflect the University of Tabuk's proactive role in strengthening community health literacy and supporting preventive healthcare practices. Colorectal cancer awareness is particularly important because it remains one of the most common cancers worldwide, and early detection significantly improves treatment outcomes and survival rates. Through campaigns like this, the University of Tabuk continues to contribute to public health education, disease prevention, and community well-being, supporting the broader objectives of Sustainable Good Health and Well-Being.

شهر التوعية بسرطان القولون والمستقيم

1 ماهو سرطان القولون والمستقيم ؟
هو سرطان يصيب الجزء السفلي من الجهاز الهضمي للإنسان وتشمل القولون والمستقيم.

2 كيف تقي نفسك من سرطان القولون ؟
• الحفاظ على وزن صحي و تجنب السمنة .
• الإقلاع عن التدخين .
• اتباع نظام غذائي متوازن غني بالألياف وتقليل استهلاك اللحوم الحمراء والمصنعة .
• إجراء الفحوصات الدورية للقولون والمستقيم بانتظام . خاصة لمن هم فوق سن 45 عاماً .

3 ماهي شروط الفحص والكشف ؟
• العمر من 45 عاماً فما فوق لذوي الخطورة المعتدلة .
• أي عمر للشخص ذوي الخطورة المرتفعة .

4 ماهي الأعراض المبكرة لسرطان القولون؟
نزيف من فتحة الشرج أو وجود دم مع البراز.
اضطرابات في البطن كتشنجات أو غازات أو إسهال أو إمساك أو تغير في طبيعة البراز (أخضر في اللون، لاصق في القوام).
فقر الدم الشديد الغير معروف سببه.
نقص الوزن الغير معروف سببه.
الشعور بعدم إفراغ البطن كاملاً عند التبرز.
تغير في الإخراج (إسهال أو إمساك أو تغير في طبيعة البراز لأخضر في اللون، لاصق في القوام).
الوهن و الضعف وقلة الشهية مع تطور الصحة العامة.

البريدة العامة للخدمات الطبية - وحدة العلاقات العامة والإعلام
General Administration of Medical Services - Public Relations and Media Unit
www.ut.edu.sa

Further information:

<https://www.ut.edu.sa/university-vice-rectorship/general-administration-of-medical-services/media-center/events/shhr-altwt-bsrtan-alqalwn-walmstqym>

- **Breast Cancer Awareness Campaign (October Campaign) organized by the University of Tabuk to educate the community about screening and early diagnosis.**



For further information:

- <https://www.ut.edu.sa/media-center/news/under-patronage-his-excellency-university-president-professor-abdulaziz-bin-salem>
- https://x.com/event_ut/status/1983491544880480442?s=12&t=Fvo-SumtTuGJMaQD0crTKw
- https://x.com/event_ut/status/1978910282748453312?s=12&t=Fvo-SumtTuGJMaQD0crTKw
- https://x.com/event_ut/status/1978537368996168060?s=12&t=Fvo-SumtTuGJMaQD0crTKw
- https://x.com/event_ut/status/1982102187200168112?s=12&t=Fvo-SumtTuGJMaQD0crTKw
- https://x.com/event_ut/status/1980978023672451093?s=12&t=Fvo-SumtTuGJMaQD0crTKw
- https://x.com/event_ut/status/2019297915517222965?s=12&t=Fvo-SumtTuGJMaQD0crTKw
- **Prostate Disease and Prostate Cancer Awareness Campaign conducted by the university to increase awareness about risk factors and treatment options**

The University of Tabuk organized a Prostate Disease and Prostate Cancer Awareness Campaign as part of its commitment to promoting preventive healthcare and community health education. The campaign aimed to raise awareness about prostate health, including risk factors, early symptoms, and the importance of regular medical screening for early detection. Participants were also provided with information on healthy lifestyle practices and available treatment options to support early diagnosis and effective disease management. This initiative reflects the University of Tabuk's role in enhancing men's health awareness and supporting public health promotion, in alignment with Sustainable Good Health and Well-Being.

For further information:

- https://x.com/event_ut/status/1860773184766947614?s=48
- [Event Announcement](#)
- https://x.com/event_ut/status/1725048259867975884
- https://x.com/event_ut/status/1723973939704058173

2. Infectious Disease Awareness Initiatives by the University of Tabuk

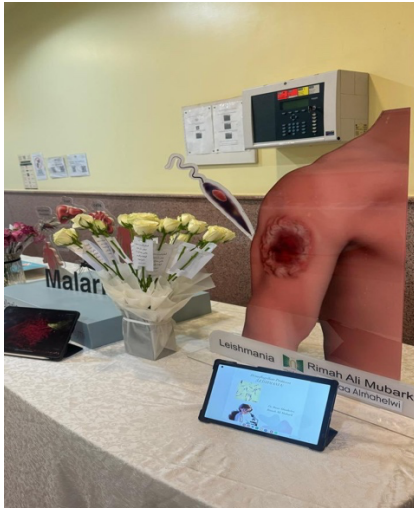
The University of Tabuk actively implements educational campaigns addressing infectious diseases and public health risks. These programs aim to improve community understanding of disease prevention and responsible healthcare practices.

University-led campaigns include:

- Medical Parasitology Awareness Campaign
- Infectious Diseases Prevention Awareness Program

- Antibiotic Resistance Awareness Campaign

These initiatives, organized by the University of Tabuk's health colleges and academic departments, focus on promoting hygiene practices, responsible antibiotic use, and preventive healthcare behaviors.



For further information:

- https://x.com/event_ut/status/1990728625713221949?s=12&t=Fvo-SumtTuGJMaQD0crTKw
- https://x.com/event_ut/status/2019310612782723478?s=12&t=Fvo-SumtTuGJMaQD0crTKw
- https://x.com/event_ut/status/1854511882347934045?s=48
- https://x.com/event_ut/status/1852388989182873648?s=48
- https://x.com/dsa_ut/status/1858970377235689655?s=48

3. Winter Respiratory Health Awareness Campaign - University of Tabuk

The University of Tabuk, through the Pharmacy Club under the Deanship of Student Affairs, organized a health awareness campaign addressing respiratory diseases during the winter season. The initiative aimed to raise awareness about the causes, risks, and preventive measures related to respiratory illnesses, which are more common during colder months. The campaign provided educational guidance on preventive practices such as maintaining personal hygiene, reducing exposure to respiratory infections, and strengthening immunity through healthy lifestyle habits. It also emphasized the appropriate and responsible use of medications used to treat respiratory conditions, helping participants understand safe treatment practices. Through organizing such initiatives, the University of Tabuk continues to promote preventive healthcare education and increase public awareness of seasonal health risks, supporting community well-being and aligning with the objectives of Sustainable Good Health and Well-Being.

For further information:

- https://x.com/dsa_ut/status/1750243507342602509?s=48
- [Respiratory Health Awareness Campaign Announcement](#)

4. International Epilepsy Day Awareness Campaign - University of Tabuk

As part of its ongoing community health engagement and public health promotion initiatives, the University of Tabuk, through the General Administration of Medical Services, organized an awareness campaign in recognition of International Epilepsy Day. The campaign aimed to increase public understanding of epilepsy as a neurological disorder, reduce stigma surrounding the condition, and promote knowledge about appropriate first-aid responses during epileptic seizures. The initiative provided educational materials explaining that epilepsy is a chronic neurological disorder affecting brain activity, which may result in recurrent seizures and involuntary movements affecting parts of the body or the entire body. The campaign also highlighted common symptoms associated with epileptic episodes, including loss of consciousness, uncontrolled movements, and temporary confusion.

In addition to raising awareness about the condition itself, the University of Tabuk campaign emphasized proper first-aid procedures when assisting individuals experiencing a seizure. These guidelines included placing the person safely on their side, avoiding placing objects in the person's mouth, and seeking emergency medical assistance when seizures persist for extended periods or recur repeatedly. Through such initiatives, the University of Tabuk demonstrates its institutional commitment to advancing neurological health awareness, improving community knowledge of emergency response practices, and promoting inclusive public health education. The campaign contributes to the university's broader efforts to support Sustainable Good Health and Well-Being by strengthening community health literacy and encouraging evidence-based healthcare practices.



For more information:

- <https://www.ut.edu.sa/university-vice-rectorship/general-administration-of-medical-services/media-center/news/alywm-alalmy-llsr>

5. World Diabetes Day Awareness Event - University of Tabuk

As part of its ongoing commitment to community health engagement and public health promotion, the University of Tabuk organized a health awareness event in recognition of World Diabetes Day. The event was coordinated by the General Administration of Medical Services in collaboration with the College of Medicine at the University of Tabuk, reflecting the university's institutional commitment to addressing major public health challenges.

The initiative aimed to raise awareness about diabetes prevention, early detection, and effective disease management, highlighting the importance of adopting healthy lifestyle practices to reduce the risk of chronic diseases. During the event, healthcare professionals, faculty members, and students from the University of Tabuk participated in delivering educational presentations, interactive demonstrations, and public awareness activities. The event provided participants with information on risk factors associated with diabetes, the role of balanced nutrition and physical activity, and the importance of regular health screenings for early diagnosis and disease management. Educational booths and informational materials were also presented to support community learning and engagement.



For more information:

- <https://www.ut.edu.sa/university-vice-rectorship/general-administration-of-medical-services/media-center/news/world-diabetes-day>
- https://x.com/event_ut/status/1990701124253307277?s=12&t=Fvo-SumtTuGJMaQD0crTKw

6. Glaucoma Awareness Campaign - University of Tabuk

As part of its continued commitment to community health engagement and preventive healthcare education, the University of Tabuk, through its General Administration of Medical Services, organized an awareness campaign focused on glaucoma (commonly known as "the silent thief of sight"). The initiative aimed to increase public awareness of this serious eye condition and emphasize the importance of early detection and regular eye examinations to prevent vision loss. The campaign provided educational information about glaucoma as a progressive eye disease that damages the optic nerve, often associated with elevated intraocular pressure. If left untreated, glaucoma can lead to gradual loss of peripheral vision and may ultimately result in irreversible blindness. Public awareness materials highlighted that glaucoma is considered one of the leading causes of preventable blindness worldwide, and that early diagnosis is essential for preserving vision. Through informational displays and educational resources, the University of Tabuk initiative

الجلوكوما
(العيباه الزرقاء)
حافظ على نظرك
بالكشف المبكر
وقياس ضغط العين

- **الجلوكوما** هي مرض متنازع يصيب العين، ويؤدي إلى تلف تدريجي بالعصب البصري، والذي يكون عادة نتيجة لارتفاع ضغط العين.
- الجلوكوما هي ثاني مسبب للعمى في العالم.
- التشخيص المبكر هو الخطوة الأولى للحفاظ على البصر
- قد لا تكون هناك أعراض لتحذيرك من زيادة ضغط العين، ويبدأ فقدان البصر بالرؤية المحيطية أو الجانبية.
- أفضل طريقة لحماية بصرك من الجلوكوما، هي الخضوع للفحص إذا كنت تعاني من الجلوكوما فيمكن أن يبدأ علاجك فوراً.

U-Tabuk | وزارة الصحة السعودية - وحدة الخدمات الطبية - General Administration of Medical Services - Tabuk, Saudi Arabia

emphasized the importance of routine eye examinations, early screening, and monitoring of eye pressure as effective strategies for protecting visual health. The campaign also explained that glaucoma may progress without noticeable symptoms in its early stages, which reinforces the need for regular preventive check-ups. By organizing such health education initiatives, the University of Tabuk plays an active role in promoting eye health awareness, supporting preventive healthcare practices, and strengthening community health literacy. These efforts contribute to the university's broader mission of improving public health outcomes and align with the objectives of Sustainable Good Health and Well-Being.

Further information:

- https://x.com/dsa_ut/status/2028446233103065386

7. Eye Health Awareness Initiative - University of Tabuk

The University of Tabuk, through the University College in Umluj and its Department of Nursing, organized a health awareness initiative titled "Your Eye Care is a Priority." The event aimed to promote eye health awareness and preventive care among the community. The initiative focused on educating participants about the importance of regular eye examinations, maintaining eye health, and adopting practical measures to prevent eye strain, particularly from prolonged use of electronic devices. Informational activities and educational materials were provided to encourage healthy habits that help protect vision and support early detection of eye-related conditions. Through organizing such initiatives, the University of Tabuk continues to strengthen community health awareness and promote preventive healthcare practices, contributing to improved public health literacy in alignment with Sustainable Good Health and Well-Being.

Further information:

- https://x.com/event_ut/status/2020786325205463531?s=12&t=Fvo-SumtTuGJMaQD0crTKw

8. Health Education Awareness Event - University of Tabuk

As part of its commitment to community health engagement and health education, the University of Tabuk, through the College of Nursing represented by the Department of Community Health and Mental Health Nursing, organized a health education awareness event in collaboration with the Public Health Authority (Weqaya) and the Nursing Excellence Community. The initiative aimed to enhance health awareness and develop health education skills, while highlighting the important role of nursing in promoting public health and preventive healthcare practices. The event featured a series of educational booths and awareness activities designed to provide participants with accessible health information and practical guidance on maintaining healthy lifestyles. The event also included the participation of secondary school students, who visited the university and engaged in the interactive awareness stations. Through these activities, participants were introduced to the role of nursing professionals in community health promotion, disease prevention, and health education.

By organizing such initiatives, the University of Tabuk continues to strengthen its role in advancing community health literacy, encouraging youth engagement in health promotion, and supporting preventive healthcare education. These efforts align with the university's broader mission of improving public health outcomes and contributing to the objectives of Sustainable Good Health and Well-Being.

Further information:

- https://x.com/event_ut/status/1978505190207635660?s=12&t=Fvo-SumtTuGJMaQD0crTKw

9. Patient Safety Awareness Initiative for Children and Newborns - University of Tabuk

The University of Tabuk, through the General Administration of Medical Services in collaboration with the Applied College, organized an awareness initiative titled "Safe Care for Every Child and Every Newborn" in observance of World Patient Safety Day, under the theme "Patient Safety from the Start." The initiative aimed to raise awareness about patient safety risks in pediatric and neonatal healthcare and to highlight the importance of implementing safe healthcare practices across different levels of medical care. Educational activities and awareness materials were provided to promote understanding of patient safety principles and to support improved healthcare outcomes for children and newborns. This initiative reflects the University

of Tabuk's commitment to strengthening healthcare awareness and promoting safe medical practices, contributing to improved health outcomes in line with Sustainable Good Health and Well-Being.

Further information:

- https://x.com/event_ut/status/1969697929087594720?s=12&t=Fvo-SumtTuGJMaQD0crTKw

10. Mental Health Awareness and Support Initiatives - University of Tabuk

The University of Tabuk actively promotes mental health awareness, psychological well-being, and access to mental health support services through educational events, awareness campaigns, and counseling programs organized by its academic colleges, the Deanship of Student Affairs, and the General Administration of Medical Services. These initiatives aim to improve mental health literacy, reduce stigma surrounding psychological disorders, and encourage individuals to seek professional support when needed. The university also provides counseling services and psychological support programs to help students cope with academic stress and personal challenges.

10.1. Mental Health Awareness Lecture: Understanding Depression

The University of Tabuk organized a mental health awareness lecture focusing on depression and psychological well-being. The session provided educational information about depression as a mood disorder that can cause persistent sadness, loss of interest, and reduced concentration. The initiative aimed to enhance awareness of mental health symptoms, early warning signs, and the importance of seeking professional psychological support. This educational activity contributed to strengthening mental health literacy within the university community and encouraged open discussions about emotional well-being.

Further information:

- <https://www.ut.edu.sa/university-college-in-duba/media-center/news/mental-health>

10.2. Launch of Telephone Psychological Counseling Service

The University of Tabuk, through the General Administration of Medical Services and the Mental Health Promotion Unit, launched a telephone psychological consultation service to provide accessible mental health support. The service offers confidential counseling for individuals experiencing symptoms such as stress, anxiety, persistent sadness, low energy, sleep disturbances, or behavioral changes. The initiative was designed to ensure that students and staff can receive timely psychological guidance and professional support, reinforcing the university's commitment to improving mental health services within the campus community.

Further information:

- [Service Announcement](#)

10.3. Emotional Intelligence and Mental Health Promotion Seminar

The University of Tabuk Faculty of Science organized an educational seminar titled "Emotional Intelligence and Enhancing Mental Health." The event aimed to highlight the relationship between emotional intelligence and psychological well-being, emphasizing skills such as self-awareness, emotional regulation, stress management, and resilience.

The seminar targeted university students and focused on developing practical strategies that help individuals maintain psychological balance and emotional stability in academic and personal environments.



Further information:

- https://x.com/event_ut/status/1896957591932359041?s=48

10.4. World Mental Health Day Awareness Event

The University of Tabuk, through the Deanship of Student Affairs, organized activities to mark World Mental Health Day 2025 under the theme "Access to Mental Health Services in Crises and Disasters." The event aimed to raise awareness about the importance of mental health services and promote community understanding of psychological well-being, particularly during times of crisis. The initiative also highlighted the importance of improving access to mental health care and fostering a supportive environment that encourages individuals to seek help when needed.

Further information:

- https://x.com/u_tabuk/status/1980623724920381539?s=48

11. Ramadan Health Promotion and Awareness Initiatives in 2026 - University of Tabuk

The Medical Administration page confirms that one of the university's objectives is to raise the level of health awareness of students, faculty, and employees, and to support and develop health awareness and involve the community in preventive programs and activities. This strengthens the case that nutrition awareness sits within a broader university health-promotion framework.

الأرق وإضطرابات النوم في رمضان

مسببات حدوث الأرق خلال شهر رمضان:

- تناول المنهات قبل النوم
- تناول أطعمة دسمة في السحور، مما يؤدي إلى عدم الراحة والإصابة بالارتجاع المريء
- بيئة النوم غير المناسبة
- تغيرات مفاجئة بأوقات النوم

عادات تساعدك على النوم بعمق:

- التدريب على تقنيات الاسترخاء، مثل: تمارين التنفس، تمارين الاسترخاء.
- استخدام محفزات النوم مثل: الذهاب للسرير قبل وقت النوم والابتعاد عن الجوال.
- الحفاظ على وقت نوم ثابت.

النوم له أثر كبير على الصحة العامة والسلامة، والالتزام بساعات نوم كافية يساهم في الحفاظ على صحتنا ورفاهيتنا العامة

لرمضان أكثر صحة أتخذ الخطوة...

- صوم شهر رمضان فرصة لكسارة الوزن الزائد، لأنه يحد من أوقات تناول الطعام.
- اشرب الماء ولكن تجنب شرب كميات كبيرة حتى لا تتخلص الكليتين منها بسرعة.
- قلل من مشروبات الكافيين مثل القهوة والشاي لأنه مدر البول ويسبب الجفاف.
- يجب أن تكون اللحوم الحمراء منزوعة الدهن، وقطع الحجاج منزوعة الجلد.
- تناول اللحم باعتدال، فمئات تمرات تعادل حبة فاكهة واحدة.
- تناول المنتجات قليلة الدسم أو الخالية منه من أجل تقليل استهلاك الدهون.
- أكثر من الفواكه والخضروات، لأنها غنية بالفيتامينات ومضادات الأكسدة.
- قلل من الحلوى والمشروبات السكرية، واستمع عنها بالفواكه الطازجة.
- ينصح بجز السمووسة في القرن بدلاً من قليها في الزيت.
- يفضل أداء التمارين الرياضية بعد الإفطار بساعتين.
- تناول الأطعمة بطيئة الهضم في وجبة السحور مثل: الشوفان، خبز القمح الكامل، العدس، الفول والسنط.
- العزلة الخامل يجب أن تتحدث مع طبيبتها أولاً قبل الصيام.

محافظة على وزنك صحياً على الصيام الخفيف وعلى صحة بشرتك على الصيام الخفيف

دوائك في رمضان

خلال شهر رمضان لا تتوقف عن أخذ دوائك ولا تقل أو تزيد من جرعاته من تلقاء نفسك

احرص على استشارة الطبيب عند تناولك للدواء ثلاث أو أربع مرات يومياً، لييجاد بديل مكافئ له يمكن تناوله مرة أو مرتين

للفائدة الإطلاع على الملف المرفق "دوائك في رمضان".

For more details:

- <https://www.ut.edu.sa/university-vice-rectorship/general-administration-of-medical-services>
- https://x.com/event_ut/status/1901621168777367806?s=12&t=Fvo-SumtTuGJMaQD0crTKW

1.2. Student Wellbeing and Affordable Living Support Services at the University of Tabuk

The University of Tabuk supports the wellbeing of its students, faculty members, and staff by providing a wide range of affordability initiatives and wellbeing support services designed to improve quality of life on and around campus. Through its campus-life programs, the university offers special discounts and service partnerships across several sectors, enabling members of the university community to access essential services at reduced costs. These initiatives aim to reduce financial burdens on students while promoting healthy and sustainable lifestyles.

Among these services, the university provides healthcare-related benefits, where students and staff can benefit from special discounts at selected and accredited medical centers through agreements designed to support the health and wellbeing of the university community. In addition, the university facilitates affordable food options by offering discounts and promotional offers at selected restaurants and cafés, helping students manage their daily living expenses while ensuring access to convenient dining options.

The university also supports healthy and active lifestyles by providing discounted access to sports clubs and fitness centers, encouraging physical activity and wellbeing among students and staff. To further support daily needs, the campus-life program includes discounts for car services, allowing students to access transportation and vehicle-related services more affordably. Additional services include discounts on clothing and footwear, personal care services, general services, and hotel accommodations, which help improve accessibility to essential lifestyle services for members of the university community.

Through these diverse affordability initiatives and partnerships, the University of Tabuk demonstrates its commitment to supporting student welfare, wellbeing, and accessibility to essential services, while creating a supportive and inclusive campus environment that promotes health, affordability, and quality of life for the university community.

For more details:

- **Healthcare Services and Discounts:** <https://www.ut.edu.sa/campus-life/health-services/health-care>



- **Car Services:** <https://www.ut.edu.sa/campus-life/offers-and-discounts/car-services>



- **Restaurants and Cafés Discounts:** <https://www.ut.edu.sa/campus-life/offers-and-discounts/restaurants-and-cafes>



كافيه قصائد
بتبوك



مطعم البستان
بتبوك



مطعم وقت الفطور
بتبوك



مطعم
ربيان اكسبرس
بتبوك



مطعم طبق
سمك بتبوك

- **Sports Clubs and Fitness Discounts:** <https://www.ut.edu.sa/campus-life/offers-and-discounts/sports-clubs>



شركة الوزن المثالي
بتبوك



نقطة المكملات
الغذائية بتبوك

- **Personal Care Services:** <https://www.ut.edu.sa/campus-life/offers-and-discounts/care>



صالون فني سيبا
بيوتي وسبا

- **General Services:** <https://www.ut.edu.sa/campus-life/offers-and-discounts/services>



شركة الازياء الاساسية
الفردية للتجارة
R&B



معهد فجر التميز
العالي للتدريب



عالم تالا للترفيه
بتبوك



معهد الأفق الجديد
العالي للتدريب
بتبوك

- **Hotel Discounts:** <https://www.ut.edu.sa/campus-life/offers-and-discounts/hotles>



- **Clothing & Footwear Offers:** <https://www.ut.edu.sa/en/campus-life/offers-and-discounts>
- [Offers and discounts 1](#)
- [Offers and discounts 2](#)

1.3. Food Services Management On-Campus

The University of Tabuk provides comprehensive on-campus food services to ensure students have consistent access to safe, nutritious, and affordable meals. These services include meal preparation, distribution, and quality monitoring, all managed through specialized university units that oversee food safety standards and operational quality across campus facilities. The university also collaborates with professional food service providers to maintain reliable food availability and deliver balanced meal options for students. In addition to regular services, the university organizes seasonal and cultural food initiatives, such as providing complimentary iftar meals during the month of Ramadan, which foster a sense of community and support students who may have limited access to regular meals. To maintain service quality, the university has implemented continuous monitoring and feedback systems that allow students to report concerns and share suggestions regarding food services, enabling timely improvements and responsive service management. Through these integrated measures—operational oversight, partnerships with specialized nutrition providers, seasonal food programs, and student feedback mechanisms—the university demonstrates its commitment to supporting student welfare and reducing the risk of food insecurity within the campus community.



For more details:

- https://x.com/dsa_ut/status/1959240039650484688?s=48
- https://x.com/event_ut/status/1773444688747372758?s=12
- https://x.com/dsa_ut/status/1820162053358727232?s=48
- <https://www.ut.edu.sa/campus-life/student-services-and-support>

1.3.1. Healthy and Affordable Food Choices

The University of Tabuk is committed to supporting the health and wellbeing of its students and staff by ensuring the availability of nutritious, affordable, and sustainable food options across campus. Food services are managed by specialized nutrition providers under the supervision of the Department of Nutrition and Catering, ensuring that meals meet established standards

of quality, safety, and dietary diversity. Campus dining facilities offer a variety of meal options, including vegetarian and plant-based dishes, allowing students with different dietary preferences to access suitable and balanced meals. Sustainability considerations are also integrated into food services through the use of locally sourced ingredients and seasonal produce where possible, supporting both environmental responsibility and healthier food choices.

To further enhance healthy eating on campus, the university collaborates with reputable food providers such as Juice Line, a brand under the Rowad Tabuk Group that specializes in fresh juices and fruit salads made with high-quality ingredients. Since its establishment in 2017, the company has built a strong reputation for promoting nutritious and innovative beverage options at reasonable prices, contributing to healthier choices for the university community. In addition, the university promotes affordability and accessibility by providing periodic discounts on food and beverages through campus restaurants and cafés. The Deanship of Student Affairs also publishes a dedicated offers and discounts bulletin, where some food items are offered at significantly reduced prices—occasionally as low as one riyal—helping students manage their daily expenses while maintaining access to nutritious meals. The university also maintains strict operational and quality control procedures through official guidelines such as the Operational Manual for Food Facilities at Tabuk University and the Guide to Control Procedures for Food Facilities, which ensure that all campus food outlets comply with safety, hygiene, and service standards. Additionally, student feedback mechanisms are used to continuously evaluate and improve food services and expand sustainable and healthy meal options.

Further information:

- [Operational Manual for Food Facilities at Tabuk University](#)
- [Guide to Control Procedures for Food Facilities](#)
- https://x.com/dsa_ut/status/1959240039650484688?s=48
- <https://www.juiceline.sa/>
- <https://www.ut.edu.sa/campus-life/offers-and-discounts>

Food Prices:

Food items on campus are offered at competitive prices, with many products available at special discounted rates, ensuring that students have access to affordable and healthy food choices throughout the university facilities.

- [Link for a food prices list](#)

1.3.2. Ramadan Community Support and Hydration Initiative - University of Tabuk

As part of its commitment to community well-being and student support, the University of Tabuk organized the “Iftar Al-Ulfah” (Togetherness Iftar) initiative during the holy month of Ramadan. The initiative was implemented through student clubs, including the Scouts Club and the International Students Club, creating a welcoming Ramadan environment that promotes solidarity, cultural exchange, and social connection among students. The initiative aimed to strengthen a sense of community, compassion, and mutual support, particularly among international and local students studying at the university. Such activities help create an inclusive campus environment that supports student well-being and encourages positive social engagement.

In addition, the University of Tabuk provides accessible hydration support on campus by offering refrigerators stocked with free drinking water for students and staff members. These facilities are available in several university buildings to ensure easy access to clean drinking water, particularly during warm weather and fasting periods such as Ramadan. This initiative reflects the university’s commitment to supporting health, hydration, and overall well-being within the campus community. Through these efforts, the University of Tabuk continues to promote a healthy and supportive campus environment, aligning with the principles of Sustainable Good Health and Well-Being.



Further information:

- https://x.com/dsa_ut/status/2029641845156757820?s=48

1.4. Assure Student Food Security

The University of Tabuk is dedicated to supporting students' nutritional needs and combating food insecurity through a variety of targeted initiatives managed by the Deanship of Student Affairs. Contracting with Nutrition Providers. The Deanship contracts specialized food service companies to deliver safe and healthy meals to students across campus.

For more details:

- https://x.com/dsa_ut/status/1820162053358727232?s=48

1.4.1. Supervised Nutrition Services

The Department of Nutrition and Catering oversees campus food services, including breakfast and lunch meals, vending machines, and catering for events. It ensures food quality, hygiene, and responsiveness to student feedback.

The Deanship oversees all student nutrition services through its dedicated units, such as the Department of Nutrition and Catering. These services include breakfast and lunch meals, campus cafeterias, vending machines, as well as catering for university events and student activities. The Deanship also receives and responds to student feedback regarding food services.

For more details:

- <https://www.ut.edu.sa/campus-life/student-services-and-support>



عمادة شؤون الطلاب
Deanship of Students' Affairs



فكر... عبّر... أثر

الهيكل التنظيمي

لعمادة شؤون الطلاب

عميد عمادة شؤون الطلاب



The main responsibilities of the Department of Nutrition and Catering under the Deanship of Student Affairs include:

- Supervising all student nutrition services.
- Ensuring the quality, safety, and health standards of meals provided.
- Developing and improving food services in response to student feedback and complaints.
- Overseeing meal preparation, hygiene of staff and tools, cleanliness of dining areas, and meal distribution.
- Monitoring campus cafeterias to ensure cleanliness and the availability of diverse food options.

For more details:

[Executive Rules Governing the Affairs of Non-Saudi Scholarship Students at the University of Tabuk](#)

2. Collaborations and Health Services

As part of its commitment to Sustainable Development Goal 3 (Good Health and Well-Being), the University of Tabuk actively engages in strategic collaborations and provides accessible health services to promote well-being at both the local and national levels. The university has established multiple cooperation agreements with regional and international health institutions aimed at enhancing medical education, research, professional training, and community health services. Through its affiliated health colleges, the university regularly organizes community health campaigns, including disease screening initiatives, vaccination awareness programs, and chronic disease prevention activities.

In addition, the university's Medical Administration provides free, high-quality healthcare services to students and staff. The Clinical Psychology Unit also offers evidence-based mental health support services, ensuring access to psychological care and promoting overall well-being within the university community. These integrated initiatives demonstrate the university's proactive role in expanding healthcare access, strengthening community health capacity, and addressing public health challenges, in alignment with global sustainability objectives.

2.1.1. Current Collaborations with Health Institutions

The University of Tabuk maintains active partnerships with a wide range of local, national, and international health institutions. These collaborations aim to improve healthcare outcomes, advance medical education and research, and support workforce development in the health sector.

Partnership Agreements

1. Tabuk Health Cluster

The University of Tabuk signed a cooperation agreement with the Tabuk Health Cluster to enhance collaboration in scientific, academic, and research fields. **The agreement facilitates:**

- Exchange of expertise
- Specialized medical consultations
- Clinical and field training opportunities for male and female students in healthcare facilities within the cluster

For further information:

- https://x.com/u_tabuk/status/1810268863990256123?s=48

2. Al-Dawaa Medical Services Company Ltd.

A Memorandum of Understanding (MoU) was signed between the university and Al-Dawaa Medical Services Company Ltd. to establish a community partnership with the private sector. **The agreement focuses on:**

- Training and qualification of Pharmacy students
- Supporting pre-graduation training programs
- Conducting joint research on labor market needs
- Supporting workforce development in the healthcare sector

For further information:

- <https://www.ut.edu.sa/about-ut/agreements-and-partnerships/mou-tabuk-al-dawaa-medical-services>

3. King Salman Armed Forces Hospital - Northwestern Region

The university has signed a cooperation agreement with King Salman Armed Forces Hospital to strengthen collaboration in:

- Medical education and training
- Scientific research



- Healthcare technology
- Professional knowledge exchange

The partnership aims to develop healthcare services and provide practical training opportunities for medical students and staff.

For further information:

- <https://www.ut.edu.sa/about-ut/agreements-and-partnerships/mou-tabuk-king-salman-hospital>

4. Saudi Commission for Health Specialties

A framework agreement was signed with the Saudi Commission for Health Specialties (SCFHS) to implement specialized training programs, including:

- Patient Care Technician Program
- Health Security Program
- These initiatives aim to prepare and qualify highly skilled Saudi professionals in critical healthcare sectors.

For further information:

- https://x.com/u_tabuk/status/1410515616902094850?s=48
- <https://www.ut.edu.sa/about-ut/agreements-and-partnerships/framework-agreement-tabuk-saudi-health-specialties>

5. Pharmaceutical Services (Private Sector Partnership)

The College of Pharmacy signed a Memorandum of Understanding with Pharmaceutical Services to enhance the quality of practical training and support localization of jobs within the pharmacy sector.

For further information:

- https://x.com/event_ut/status/1533040185574834177?s=48

6. University of Southampton

The Faculty of Nursing welcomed a delegation from the University of Southampton to explore collaborative opportunities in:

- Nursing education
- Professional training
- Research partnerships

This visit aimed to strengthen academic exchange and international cooperation.



For further information:

- https://x.com/event_ut/status/1917153126668288452?s=48

7. University of British Columbia

A delegation from the University of British Columbia visited the College of Nursing to discuss cooperation in academic and research areas and promote the exchange of expertise in nursing education.



For further information:

- https://x.com/event_ut/status/1889332308785664070/photo/1

8. Saudi Pharmaceutical Society

The College of Pharmacy signed a Memorandum of Understanding with the Saudi Pharmaceutical Society to collaborate in:

- Pharmaceutical research
- Academic programs
- Professional training initiatives

For further information:

- https://x.com/u_tabuk/status/1670860325455790086?s=48

9. University of Jordan

The University of Tabuk renewed its cooperation agreement with the University of Jordan to strengthen collaboration in academic, medical, and health-related programs.



For further information:

- https://x.com/u_tabuk/status/1588215122660573184?s=48

10. Additional Partnership Resources

The University of Tabuk continues to expand and strengthen its strategic partnerships with healthcare institutions to support medical education, research collaboration, professional training, and community health development. These partnerships play a critical role in enhancing the university's contribution to improving healthcare systems and advancing public health outcomes at the regional and national levels. Comprehensive information on the university's cooperation agreements and institutional partnerships is available on the official University of Tabuk website:

Partnership Agreements and Institutional Collaborations:

- <https://www.ut.edu.sa/about-ut/agreements-and-partnerships>

In addition, the university actively promotes research collaboration with national and international partners, supporting joint research projects, knowledge exchange, and innovation in healthcare and medical sciences. Details on research partnerships and collaborative research initiatives can be accessed through:

Research Partnerships:

- <https://www.ut.edu.sa/research/research-partnerships>

These ongoing partnerships reflect the university's commitment to building sustainable academic and healthcare collaborations, strengthening research capacity, and contributing to global efforts aimed at improving health and well-being in alignment with Sustainable Development Goal 3 (SDG 3).

3. Access to Physical Health-Care Services

The University of Tabuk provides comprehensive healthcare services through the University Medical Center, which operates under the General Administration of Medical Services.

The medical center serves as the primary healthcare provider for the university community and offers high-quality medical care and health services. **Services provided include:**

- Primary medical care
- First aid services
- Emergency medical services
- Laboratory testing
- Radiology services
- Pharmacy services
- Physiotherapy services
- Chronic disease management

The university's health services also include health awareness programs and medical consultations aimed at improving the health literacy of students and staff.

3.1. Vision, Mission, and Objectives of Medical Administration

The official Medical Administration page states:

Vision: To become a model for healthcare in the Kingdom of Saudi Arabia

Mission: Providing preventive and curative services to the university community and providing the necessary medical supplies

Objectives:

- Providing effective, integrated health services
- Raising the level of health awareness of students, faculty, and employees
- Making a positive difference in the health of the community served
- Supporting and developing health awareness and involving the community in preventive programs and activities

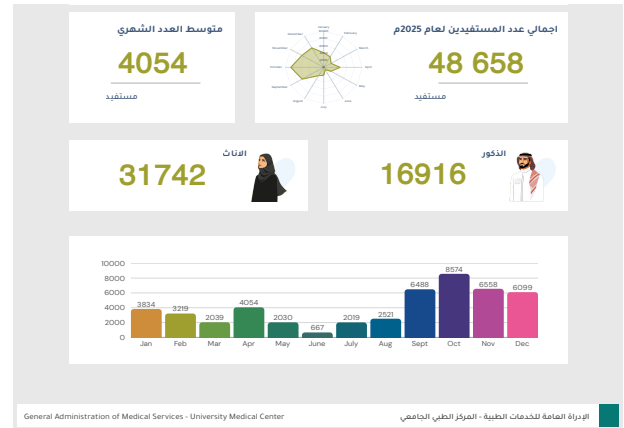
Additional information is available at the following links:

- https://www.ut.edu.sa/en/university-vice-rectorship/general-administration-of-medical-services/about?utm_source=chatgpt.com
- https://www.ut.edu.sa/en/campus-life/health-services-0?utm_source
- <https://www.ut.edu.sa/en/university-vice-rectorship/general-administration-of-medical-services>

- [The University of Tabuk Medical Center Report \(2025\)](#)

3.2. University Medical Center 2025 Statistics

The University Medical Center at the University of Tabuk recorded significant activity in healthcare service delivery during 2025. The total number of beneficiaries exceeded 48,658 individuals, with a monthly average of approximately 4,054 beneficiaries. The services provided included 35,769 medical prescriptions issued, 86,105 medical procedures performed, 1,944 laboratory tests, and 519 emergency cases treated directly at the center. In addition, 1,338 beneficiaries received medical treatment services, and 556 individuals benefited from seasonal influenza vaccination programs. The center also played an active role in community engagement, contributing 18,363 volunteer hours through various initiatives and health-related activities. In terms of demographics, 31,742 female beneficiaries and 16,916 male beneficiaries received services during the year.



These figures demonstrate the important role of the University Medical Center at the University of Tabuk in providing accessible healthcare services and supporting the health and wellbeing of the university community.

Additional information is available at the following links:

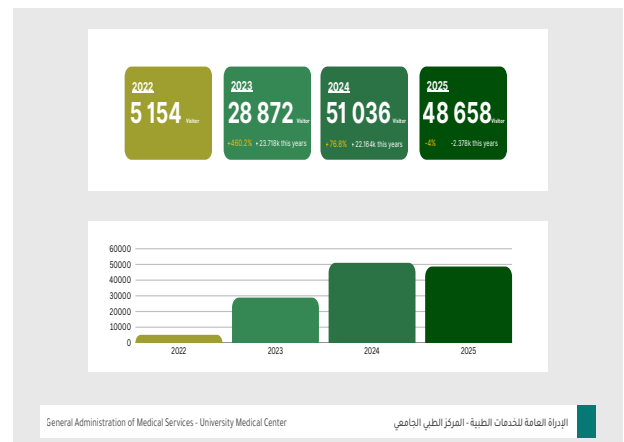
- [The University of Tabuk Medical Center Report \(2025\)](#)

3.3. Healthcare Utilization Trends

Annual statistics show continued expansion of healthcare service usage:

The University Medical Center at the University of Tabuk has witnessed significant growth in the number of beneficiaries of its healthcare services between 2022 and 2025, reflecting continuous improvements in the quality of medical services provided and the increasing demand for these services within the university community.

In 2022, the number of beneficiaries reached 5,154, representing the starting point of a phase of expansion and development in the center's healthcare services. In 2023, the number increased significantly to 28,872 beneficiaries, achieving an exceptional growth rate of 460% compared to the previous year. This remarkable increase reflects the success of the university's efforts to expand healthcare services and improve access to medical care for students, staff, and other beneficiaries.



This positive trend continued in 2024, when the number of beneficiaries reached 51,036, representing a 76.8% increase compared to 2023. This growth demonstrates improved operational stability and enhanced efficiency in delivering healthcare services at the University Medical Center.

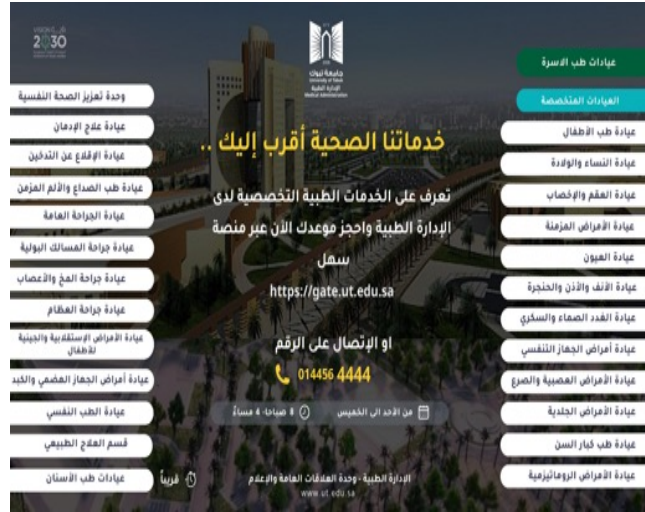
In 2025, the number of beneficiaries reached 48,658, representing a 4% decrease compared to 2024. Despite this slight decline, the number of beneficiaries in 2025 remains significantly higher than in 2022 and 2023, indicating sustained demand for the services of the University Medical Center at the University of Tabuk and highlighting its continued positive impact on the health and wellbeing of the university community.

Additional information is available at the following links:

- [The University of Tabuk Medical Center Report \(2025\)](#)

3.4. Clinical Services

The University of Tabuk provides comprehensive healthcare services to students, faculty members, and staff through the University Medical Center, which operates under the General Administration of Medical Services. The center offers a wide range of clinical services through specialized clinics designed to address diverse healthcare needs across the university community. These include family medicine, pediatrics, dermatology, ophthalmology, internal medicine, neurology, gastroenterology, endocrinology and diabetes care, respiratory medicine, urology, orthopedics, and mental health services, supported by diagnostic and treatment units such as laboratory testing, radiology, pharmacy services, physiotherapy, and emergency response. These integrated services aim to ensure accessible, high-quality healthcare while promoting the overall physical and psychological wellbeing of the university community.



Within this healthcare framework, the University Medical Center provides access to sexual and reproductive healthcare services through specialized clinics such as obstetrics and gynecology and family medicine, where students and staff can receive consultations related to reproductive health, maternal health, pregnancy care, and reproductive health conditions. In addition to clinical services, the university supports health information and education initiatives that provide guidance on reproductive health, preventive care, and responsible health practices, ensuring that members of the university community have access to reliable health information.

The center also places strong emphasis on mental health support, offering psychological consultations and services through dedicated mental health and psychiatry clinics, as well as health promotion initiatives aimed at improving emotional wellbeing and reducing stress among students. By integrating clinical care with preventive health education and mental health services, the University of Tabuk ensures a holistic healthcare system that supports both the physical and psychological wellbeing of its university community.

For more details:

- https://www.ut.edu.sa/university-vice-rectorship/general-administration-of-medical-services/specialized-clinics?utm_source

As part of its commitment to Good Health and Well-being, the University of Tabuk provides access to a range of medical clinics that support sexual and reproductive health care services for students. The Family Medicine Clinic plays a central role by offering general counseling, contraception advice, STI prevention, and referrals to specialized care. The Pediatrics Clinic supports younger students and adolescents by promoting healthy sexual development, administering preventive vaccinations such as HPV, and addressing early puberty concerns. The Obstetrics and Gynecology Clinic provides essential reproductive health services for female students, including menstrual health management, pregnancy care, family planning, and early detection of reproductive disorders. Additionally, the Infertility and Reproductive Medicine Clinic offers specialized consultations for married students or those seeking fertility evaluations, genetic counseling, or reproductive treatment options. Together, these clinics create a supportive and inclusive healthcare environment that empowers students to make informed decisions about their sexual and reproductive health.

Students and staff at the University of Tabuk can conveniently schedule their medical appointments through the university's clinic system. Whether for general health checkups, family medicine, or specialized care, appointments can be booked in advance to ensure timely and efficient service.

Also, the University of Tabuk's medical center actively shares a series of health tips and educational content through the university's official social media platforms. These posts cover a wide range of topics, with particular focus on sexual and reproductive health, aiming to promote awareness, correct misconceptions, and encourage healthy, informed decision-making

among students. By utilizing digital platforms, the center ensures that accurate, culturally appropriate health information is accessible, engaging, and responsive to the needs of the university community.

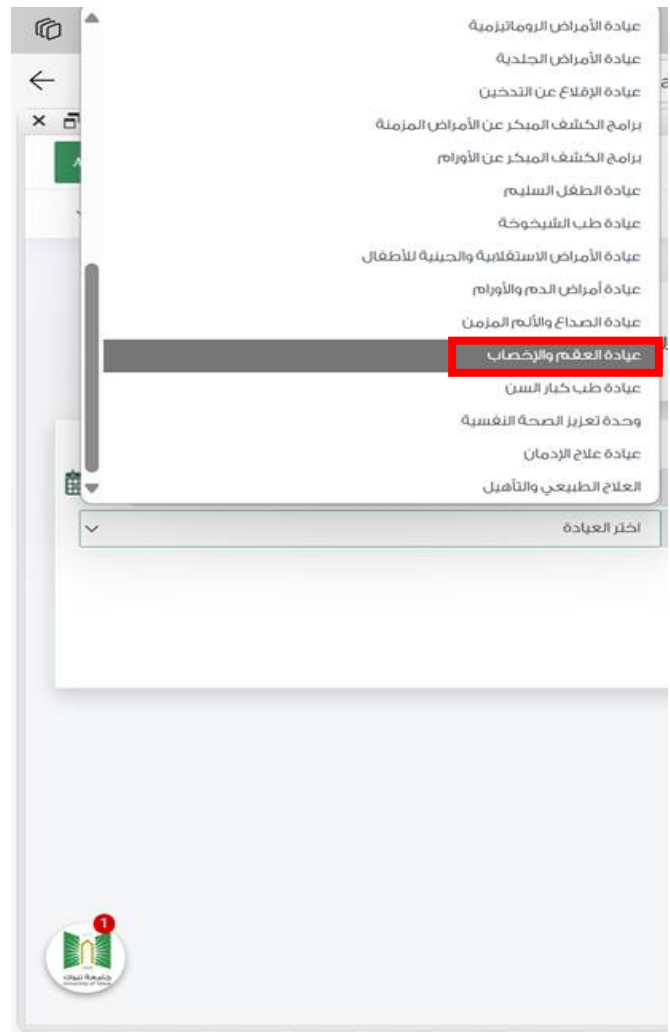
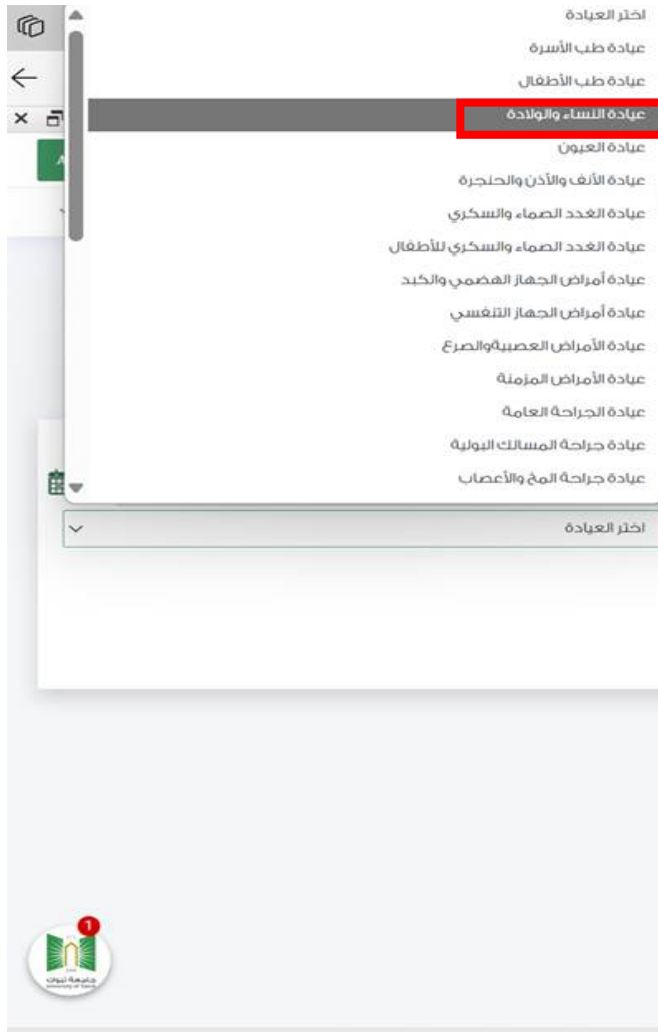
3.4.1. Access to Sexual and Reproductive Health-Care Services

The University Medical Center includes specialized clinics that provide reproductive and women’s health services. **These include:**

- Obstetrics and Gynecology Clinic
- Infertility and Fertility Clinic

These clinics provide services such as:

- Reproductive health consultations
- Maternal healthcare
- Fertility assessment and treatment
- Prenatal care



For more details:

- [Specialized Clinics - University of Tabuk](#)

3.4.2. Access to Mental Health Support for Both Staff and Students

Clinical Psychology Unit

The University of Tabuk established the Clinical Psychology Unit following the launch of postgraduate programs in clinical psychology in cooperation with the University of South Australia. The unit is recognized as the first practical, educational, and service-based clinical psychology unit in Saudi higher education.

Objectives of the Clinical Psychology Unit

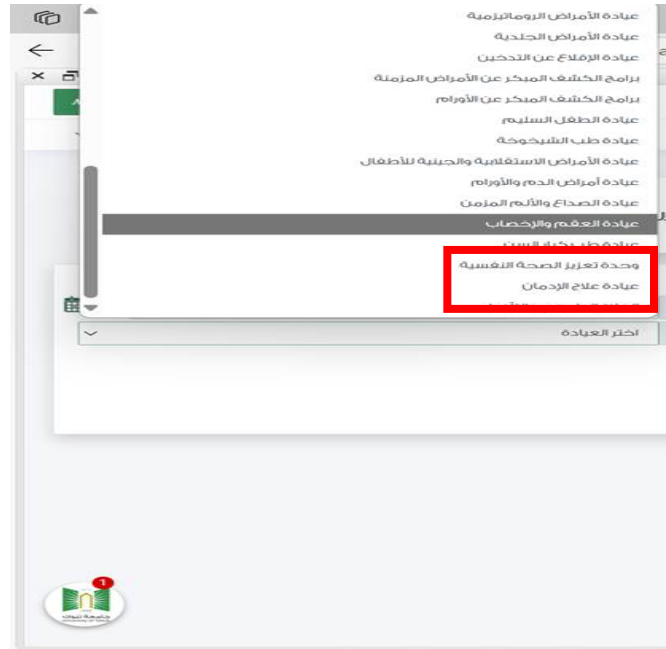
The unit focuses on:

- Psychological evaluation services
- Clinical psychological training
- Research on psychological disorders
- Community mental health programs
- Prevention and psychological wellbeing promotion

These services support students, staff, and members of the wider community.

For more details:

- <https://www.ut.edu.sa/en/clinical-psychology-unit>



3.4.2.1. Linking Research Evidence to Healthcare Services

The University of Tabuk integrates research findings into the development of healthcare services provided through its University Medical Center, demonstrating a research-informed approach to improving student wellbeing and healthcare accessibility. A recent study conducted at the university investigated the prevalence of adult Attention-Deficit/Hyperactivity Disorder (ADHD) symptoms among medical students, highlighting the importance of mental health awareness and early screening within academic environments. The study found that 23.3% of surveyed medical students screened positive for probable ADHD symptoms, indicating a significant need for mental health screening, support services, and academic accommodations for students experiencing neurodevelopmental or psychological challenges.

These findings provide important evidence supporting the university's efforts to strengthen mental health services, counseling support, and health education initiatives offered through the University Medical Center. In addition to general medical services, the center provides access to mental health consultations, psychological support, and health promotion programs, ensuring that students can receive appropriate care and guidance when experiencing psychological or cognitive difficulties. By identifying health risks through academic research and linking them with clinical support services, the University of Tabuk demonstrates its commitment to improving student wellbeing, promoting mental health awareness, and ensuring accessible healthcare services on campus.

This research-to-practice approach strengthens the university's contribution to Sustainable Development Goal 3 (Good Health and Well-Being) and supports institutional efforts to enhance student wellbeing through evidence-based healthcare services and targeted health education programs.

For more details:

- [Scientific paper: Unmasking the Hidden Struggle Behind the White Coat: Screening Adult ADHD Symptoms Among Medical Students at the University of Tabuk, Saudi Arabia \(2025\)](#)

3.4.3. Access to Physical Therapy and Rehabilitation Services for Staff and Students

Physical Therapy and Rehabilitation Clinic

The University of Tabuk provides accessible Physical Therapy and Rehabilitation Clinic services to support the health and well-being of both students and staff. The clinic operates within the university's health services framework and offers professional rehabilitation care aimed at improving physical health, supporting recovery from injuries, and enhancing functional mobility. The clinic provides services that focus on preventive care, therapeutic rehabilitation, and physical health promotion, ensuring that members of the university community can access appropriate treatment and guidance when needed. These services contribute to maintaining an active and healthy campus environment and support individuals experiencing musculoskeletal conditions, sports injuries, or mobility limitations. Objectives of the Physical Therapy and Rehabilitation Clinic.

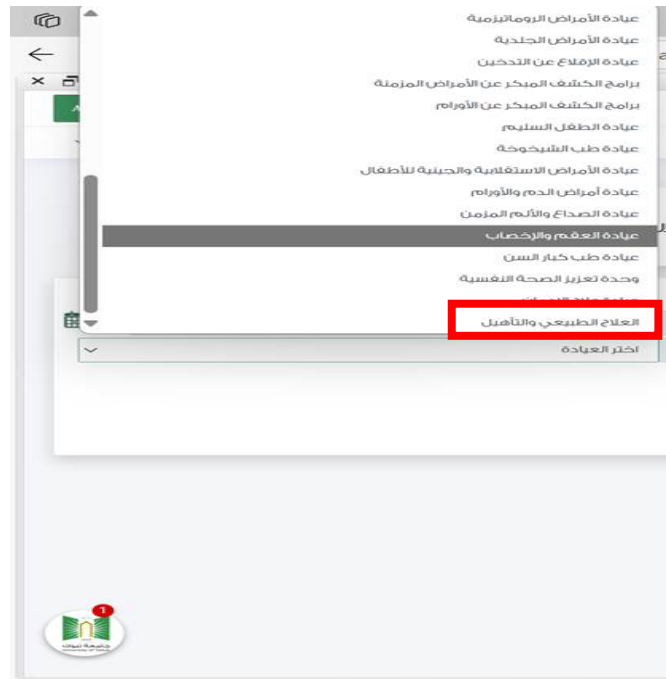
The clinic focuses on several key areas, including:

- Physical therapy assessment and rehabilitation services
- Treatment and recovery programs for musculoskeletal and mobility-related conditions
- Support for injury prevention and physical health improvement
- Rehabilitation guidance and therapeutic exercise programs
- Health education promoting safe physical activity and injury prevention

These services ensure easy access to rehabilitation care for students, staff, and members of the university community, supporting recovery, improving quality of life, and promoting long-term physical well-being.

For more details:

- https://www.ut.edu.sa/university-vice-rectorship/general-administration-of-medical-services/specialized-clinics?utm_source



4. Sports and Physical Wellbeing Activities

The University of Tabuk actively promotes sports participation and physical wellbeing among students and university members by organizing sports events, providing access to sports facilities, and supporting a culture of active and healthy lifestyles across campus. **Key initiatives include:**

4.1.1. Hosting national university sports championships

The university hosted the Saudi Universities Sports Federation Taekwondo Championship with the participation of 20 universities from across Saudi Arabia, providing students with opportunities to compete at a national level and encouraging sports engagement among university students.



For more details:

- <https://www.spa.gov.sa/N2422526>
- https://x.com/dsa_ut/status/1978528283449782278?s=12&t=Fvo-SumtTuGJMaQD0crTKw
- https://x.com/dsa_ut/status/1979284417198608709?s=12&t=Fvo-SumtTuGJMaQD0crTKw
- https://x.com/dsa_ut/status/1977825888243978579?s=12&t=Fvo-SumtTuGJMaQD0crTKw

4.1.2. Organizing internal sports tournaments for students and staff

The university organizes internal competitions and sports tournaments throughout the academic year, including football and futsal championships that enhance student engagement and encourage participation in physical activities.

For more details:

- <https://www.ut.edu.sa/general-administration-of-corporate-communication/media-center/news/university-president-crowns-king-faisal-air-base-team-champions-universities-ramadan-futsal>



4.1.3. Volleyball Championship (Male Students).

The Sports Club concluded the students' volleyball championship after a series of exciting matches characterized by enthusiasm and strong sportsmanship among participants. The tournament provided students with an opportunity to engage in healthy competition, promote teamwork, and support their physical wellbeing through active participation in sports activities. Team Bones Crushers secured first place, while Team Emergency achieved second place. The event reflected the importance of organizing sports initiatives that encourage student engagement and contribute to a vibrant and active campus environment. The club also extends its appreciation to all participating teams for their outstanding performance and positive competitive spirit. Special thanks are extended to the success partners Healthy Road, Localery, and Dar Al-Yazid for their support in providing discount coupons to participants.



Event coverage is available at:

- https://x.com/dsa_ut/status/2031486445261578289?s=48&t=Fvo-SumtTuGJMaQD0crTKw

4.1.4. Women's Football League (Female Students)

The Women's Football League was launched once again, creating an exciting opportunity for female students to participate in a dynamic sporting experience filled with enthusiasm, teamwork, and healthy competition. The league aims to encourage students to engage in physical activities, develop their athletic skills, and foster a spirit of sportsmanship within the university community. This initiative reflects the commitment to promoting sports participation among female students and supporting their physical wellbeing through organized and engaging athletic events.



Event coverage is available at:

- https://x.com/dsa_ut/status/1986333646974755184?s=12&t=Fvo-SumtTuGJMaQD0crTKw

4.1.5. Exchange Football Championship at the University of Tabuk

The Exchange Football Championship at the University of Tabuk featured an exciting atmosphere of competition and enthusiasm among participating teams. The tournament brought together students on one field, showcasing high levels of skill, teamwork, and sportsmanship. The event provided students with an opportunity to engage in a competitive sporting environment that promotes physical activity, strengthens collaboration among participants, and enhances the overall campus sports culture.



Event coverage is available at:

- https://x.com/dsa_ut/status/2022716030083068336?s=12&t=Fvo-SumtTuGJMaQD0crTKw
- https://x.com/dsa_ut/status/2023366094623285733?s=12&t=Fvo-SumtTuGJMaQD0crTKw

4.1.6. International Students Futsal Championship (2026)

Under the patronage of the Deanship of Student Affairs, the International Students Housing Administration organized the 2026 International Students Futsal Championship. The tournament brought together international students in a vibrant sporting atmosphere that combined friendly competition with a spirit of brotherhood and cultural connection. The event provided an opportunity for international students to engage in physical activity, strengthen social bonds, and foster a sense of community within the university environment through sports.



Event coverage is available at:

- https://x.com/dsa_ut/status/2006654973208326342?s=12&t=Fvo-SumtTuGJMaQD0crTKw

4.1.7. Engineering College Sports Activities

The College of Engineering organized a series of engaging sports activities that provided students with the opportunity to test their skills and demonstrate their competitive spirit. The activities included billiards, electronic games, and football, offering a variety of recreational and competitive experiences for participants. These activities aimed to enhance student engagement, encourage teamwork, and promote physical and recreational wellbeing within a lively and interactive campus environment.



Event coverage is available at:

https://x.com/dsa_ut/status/2022715584132038785?s=12&t=Fvo-SumtTuGJMaQD0crTKw

4.1.8. CrossFit Championship

The CrossFit Championship was organized to challenge students' strength, endurance, and overall physical fitness through a series of diverse and intensive workouts. The event encouraged participants to push their limits, develop their physical capabilities, and engage in a unique athletic experience. The championship created a motivating environment that promoted perseverance, healthy competition, and physical wellbeing among students. Prizes were awarded to the top-performing participants in recognition of their outstanding performance.



Event coverage is available at:

- https://x.com/dsa_ut/status/2020616093367464331?s=12&t=Fvo-SumtTuGJMaQD0crTKw

Registration link:

- https://docs.google.com/forms/u/2/d/e/1FAIpQLSc_3OCxKB7soeQcOfXUi22P82zyi09WYC-qt98rQ2pne8LJGg/viewform?usp=send_form

4.1.9. Table Tennis Exchange Championship

The University of Tabuk hosted a Table Tennis Exchange Championship, bringing together students from the University of Tabuk and the University of Al-Baha in a competitive sporting encounter. The event provided an engaging atmosphere that reflected determination, sportsmanship, and the spirit of healthy competition between the participating universities. The championship aimed to strengthen inter-university relations, encourage student participation in sports activities, and promote teamwork and physical wellbeing within a dynamic and collaborative environment.



Event coverage is available at:

- https://x.com/dsa_ut/status/2024620309064593414?s=12&t=Fvo-SumtTuGJMaQD0crTKw

4.1.10. Electronic Games (FIFA) Championship - International Students

The Electronic Games (FIFA) Championship for international scholarship students at the student housing concluded in an atmosphere filled with enthusiasm and sportsmanship. The tournament witnessed active participation from students and created an engaging environment of excitement and friendly competition. The event provided international students with an opportunity to interact, showcase their gaming skills, and strengthen social connections within the student housing community while promoting recreational wellbeing.



Event coverage is available at:

- https://x.com/dsa_ut/status/2021982235751330165?s=12&t=Fvo-SumtTuGJMaQD0crTKw

4.1.11. Stadium Challenge - Ramadan Sports Activity

The Stadium Challenge was organized during the holy month of Ramadan, creating a lively sporting atmosphere that combined enthusiasm, teamwork, and friendly competition. The activity brought students together in engaging challenges designed to promote collaboration, physical activity, and a spirit of sportsmanship.

Held in a vibrant Ramadan setting, the event offered participants enjoyable evenings that blended recreation, teamwork, and student interaction, contributing to a dynamic and active campus environment.



Event coverage is available at:

- https://x.com/dsa_ut/status/2023792258047226218?s=12&t=Fvo-SumtTuGJMaQD0crTKw

4.1.12. NEOM Beach Games Championship (Third Edition)

Students were invited to attend the third edition of the NEOM Beach Games Championship, organized in collaboration with the Sports Sector in NEOM. The event offers participants the opportunity to experience a world-class sporting event featuring a variety of exciting beach sports competitions and activities scheduled to take place in November. The initiative aimed to encourage student engagement in major national sporting events and provide them with exposure to large-scale sports experiences that promote enthusiasm for physical activity and sports culture.

Event coverage is available at:

- https://x.com/dsa_ut/status/1840831642828419284?s=12&t=Fvo-SumtTuGJMaQD0crTKw

Registration link:

- <https://t.ly/oEDmE>

4.1.13. Ramadan Padel Champions Tournament

The College of Nursing Club organized the Ramadan Padel Champions Tournament in a lively atmosphere filled with enthusiasm and sporting challenge. The tournament brought participants together in a competitive yet healthy environment that encouraged physical activity and positive engagement during the holy month of Ramadan. The event was sponsored by

Padel Farm and Coffee Nutri, whose support contributed to the success of the tournament. Through this initiative, the club reaffirmed its role in creating opportunities for sports participation, promoting healthy competition, and encouraging a balanced and active lifestyle among students.

Event coverage is available at:

- https://x.com/dsa_ut/status/1903458595322069120?s=12&t=Fvo-SumtTuGJMaQD0crTKw



4.1.14. Sports and Community Engagement Activity

A sports and social activity was organized to encourage students to adopt an active lifestyle and strengthen community connections. The event provided participants with an opportunity to engage in physical activity within a positive and energetic environment that promotes wellbeing and social interaction. Through this initiative, students were encouraged to enhance their physical health while building meaningful connections with their peers, contributing to a supportive and active campus community.



Event coverage is available at:

- https://x.com/dsa_ut/status/1973051024169394620?s=12&t=Fvo-SumtTuGJMaQD0crTKw

4.1.15. Summer Sports Initiative by the Deanship of Student Affairs: Promoting Active Lifestyles for All Age Groups

As part of its commitment to student well-being and community engagement, the Deanship of Student Affairs at the University of Tabuk launched a Summer Sports Initiative that offers a wide range of athletic activities held within the university's modern sports facilities. The program is free of charge and open to all students across educational levels, starting from the age of 7 years and above. The initiative features carefully designed sports activities tailored to different age groups, encouraging healthy habits, physical activity, and social interaction throughout the summer season.

جدول برامج الأنشطة الرياضية

(طالبات) المقامة من
١٤٤٥/١٢/٢٦ هـ - ١٤٤٦/١/٩ هـ

اليوم	التاريخ	المعالية	الوقت	الفئة المستهدفة
الجمعة	١٤٤٥/١٢/٢٦	تجميع كرة القدم - كرة السلة	٩:٣٠ - ٣:٠٠	جميع المراحل
السبت	١٤٤٥/١٢/٢٧	تجميع كرة القدم		
الأحد	١٤٤٥/١٢/٢٨	تجميع كرة السلة		
الاثنين	١٤٤٥/١٢/٢٩	مباريات كرة القدم		
الثلاثاء	١٤٤٥/١٢/٣٠	مباريات كرة السلة		
الأربعاء	١٤٤٥/١/١	التنس - الطاولة - البلياردو - البوكر		
الخميس	١٤٤٥/١/٢	التنس - الطاولة - البلياردو - البوكر		
الجمعة	١٤٤٥/١/٣	الألعاب الإلكترونية - الشطرنج		
الأحد	١٤٤٥/١/٤	الألعاب الإلكترونية - الشطرنج		
الاثنين	١٤٤٥/١/٥	مسابقات جماعية		

الجدول الزمني للألعاب الجماعية

اليوم	التاريخ	المعالية	الوقت	الفئة المستهدفة
الجمعة	١٤٤٥/١٢/٢٦	كرة القدم صالات	٩:٣٠ - ١١:٣٠	جميع المراحل
السبت	١٤٤٥/١٢/٢٧	كرة القدم صالات	١١:٣٠ - ١٣:٣٠	
الأحد	١٤٤٥/١٢/٢٨	كرة القدم صالات	١٣:٣٠ - ١٥:٣٠	
الاثنين	١٤٤٥/١٢/٢٩	كرة القدم صالات	١٥:٣٠ - ١٧:٣٠	
الثلاثاء	١٤٤٥/١٢/٣٠	كرة القدم صالات	١٧:٣٠ - ١٩:٣٠	
الأربعاء	١٤٤٥/١/١	كرة القدم صالات	١٩:٣٠ - ٢١:٣٠	
الخميس	١٤٤٥/١/٢	كرة القدم صالات	٢١:٣٠ - ٢٣:٣٠	
الجمعة	١٤٤٥/١/٣	كرة القدم صالات	٢٣:٣٠ - ٢٥:٣٠	
الأحد	١٤٤٥/١/٤	كرة القدم صالات	٢٥:٣٠ - ٢٧:٣٠	
الاثنين	١٤٤٥/١/٥	كرة القدم صالات	٢٧:٣٠ - ٢٩:٣٠	

عمادة شؤون الطلاب
Deanship of Students' Affairs

جدول برامج الأنشطة الرياضية

(طلاب) المقامة من
١٤٤٥/١٢/٣٠ هـ - ١٤٤٦/١/٣٠ هـ

اليوم	التاريخ	المعالية	الوقت	الفئة المستهدفة
الجمعة	١٤٤٥/١٢/٣٠	تجميع كرة القدم - كرة السلة	٩:٣٠ - ٣:٠٠	جميع المراحل
السبت	١٤٤٥/١/١	تجميع كرة القدم		
الأحد	١٤٤٥/١/٢	تجميع كرة السلة		
الاثنين	١٤٤٥/١/٣	مباريات كرة القدم		
الثلاثاء	١٤٤٥/١/٤	مباريات كرة السلة		
الأربعاء	١٤٤٥/١/٥	التنس - الطاولة - البلياردو - البوكر		
الخميس	١٤٤٥/١/٦	التنس - الطاولة - البلياردو - البوكر		
الجمعة	١٤٤٥/١/٧	الألعاب الإلكترونية - الشطرنج		
الأحد	١٤٤٥/١/٨	الألعاب الإلكترونية - الشطرنج		
الاثنين	١٤٤٥/١/٩	مسابقات جماعية		

عمادة شؤون الطلاب
Deanship of Students' Affairs

For more details:

- Female Sports Activities Schedule: https://x.com/dsa_ut/status/1808755642275905979?s=48
- Male Sports Activities Schedule: https://x.com/dsa_ut/status/1809655901252391005?s=48

4.2. Encouraging student participation through the Deanship of Student Affairs

The university supports student sports programs and activities through the Deanship of Student Affairs, which organizes recreational and competitive sports events aimed at enhancing students' physical and mental wellbeing.

- Providing sports facilities to support physical wellbeing
- The university campus includes sports facilities and fields that enable students to practice various sports activities and participate in organized tournaments and recreational programs.
- Promoting teamwork, leadership, and healthy lifestyles

Through regular sports activities and competitive events, the university encourages teamwork, leadership skills, and healthy lifestyle habits among students and university members.

For further information, please refer to the following link:

- <https://www.ut.edu.sa/campus-life/student-clubs>
- https://x.com/dsa_ut/status/2018369313749553640?s=12&t=Fvo-SumtTuGJMaQD0crTKw

تقدر توازن بين الدراسة والإنجاز الرياضي؟
تقدر تثبت إنك قوي ذهنًا وجسدًا؟

نعلم عن إطلاق النشاط الرياضي إنضموا إلينا
في لقاء "انطلاق" لاستكشاف منظومة
رياضية هممت لأجلكم

2026 / 2 / 5 عمادة شؤون الطلاب 10:30 صباحًا - 3:00 مساءً

4.3. Recruitment of Sports Trainers to Support Student Sports Programs

The Deanship of Student Affairs at the University of Tabuk announced an initiative to recruit qualified male and female sports trainers to support and develop student sports programs and activities. This initiative aims to enhance the quality of sports training, improve student engagement in physical activities, and ensure the availability of professional guidance for participants across various sports initiatives. By providing qualified coaching support, the Deanship seeks to strengthen the university's sports environment, promote healthy lifestyles among students, and further advance the development of campus sports programs.



A recruitment poster for sports trainers. The background is a photograph of a sports stadium with green grass and blue seating. The text is in Arabic. At the top, in a green banner, it says 'طلب تعاقد مع مدرب رياضي ومدربة رياضية'. Below that, in a yellow banner, it says 'شروط التعاقد'. In a green box, it lists requirements: 'أن يكون المدرب حاصل على : - شهادة تخصصية في تدريب اللياقة البدنية. - شهادة تخصصية في التدريب لا تقل عن فئة (c). - شهادة خبرة وتدريب مسبق.' Below that, in a yellow banner, it says 'يلتزم المدرب بأمر أهمها'. In a green box, it lists commitments: '- التدريب لمدة الفصل الدراسي الأول. - التدريب المسائي في الصالة الرياضية بجامعة تبوك لمدة أربع ساعات بمعدل أربعة أيام في الأسبوع. - الالتزام بعمل الاختبارات الفنية واللياقية لتكوين منتخب جامعة تبوك في كافة الألعاب الرياضية. - تدريب منتخب جامعة تبوك يوميًا في فترة المشاركة في البطولة.' At the bottom, there is a QR code and a yellow banner with the text '* رابط التسجيل'.

Event announcement is available at:

- https://x.com/dsa_ut/status/1559435177880965121?s=12&t=Fvo-SumtTuGJMaOD0crTKw

Registration link:

- <https://forms.gle/WLqHidg2Yy8qEhtS6>

5. Campus Housing and Residential Wellbeing Support at the University of Tabuk

5.1. Student Housing

The University of Tabuk provides dedicated student housing services designed to create a safe and supportive residential environment that helps students achieve academic stability and personal wellbeing. The university's official campus housing page explains that student housing is designed to provide a safe and comfortable environment that supports students' stability and focus on academic achievement.

Student housing services are primarily intended for scholarship students and students arriving from outside the Tabuk region, ensuring that they have access to appropriate accommodation and essential living facilities during their studies. The housing administration works to provide a stable residential environment that supports academic success and social integration within the university community.



5.1.1. Objectives of Student Housing

According to the official University of Tabuk housing description, student housing aims to:

- Provide a safe residential environment for students coming from outside the region
- Support academic stability and living conditions for scholarship students
- Ensure the availability of basic facilities and supporting services
- Enhance student integration into university life and participation in activities

These residential services enable students to focus on their academic journey while benefiting from a supportive social and academic environment within the campus community.

5.1.2. Housing Types and Facilities

The official housing page indicates that the university offers different accommodation options and residential services designed to meet student needs, including:

- Individual student rooms that provide privacy and quiet study environments
- Shared accommodation units that support social interaction and community life
- Separate housing for female students to ensure safety and comfort
- High-speed internet and modern digital services to support academic work and communication
- Common study halls and shared spaces for collaborative learning
- 24-hour security services to ensure student safety inside the housing facilities

These services demonstrate the university's commitment to providing a residential environment that supports both academic success and student wellbeing.

Campus Housing Page

- <https://www.ut.edu.sa/en/campus-life/campus-housing>

Student Housing Administration

- <https://www.ut.edu.sa/deanship-of-student-affairs/alskn-altlaby>

Student Services and Support

- <https://www.ut.edu.sa/campus-life/student-services-and-support>

5.1.3. Housing Support for International Students

The university provides housing support specifically for international scholarship students, ensuring that they have access to suitable accommodation and supportive services. The official admissions information confirms that scholarship students are provided with fully equipped housing supervised by the Student Housing Management Unit of the Deanship of Student Affairs.

Providing accommodation for international students helps them adjust to campus life, participate in university activities, and focus on their academic studies while living in a secure environment.

External Scholarships and Student Housing

- <https://www.ut.edu.sa/en/study-university/admission-and-scholarships/external-scholarships>

5.2. Faculty Housing at the University of Tabuk

In addition to student accommodation, the university also provides housing services for faculty members and university staff through the Housing Administration. The official university housing administration states that it is responsible for implementing the university's housing policies and providing accommodation for different categories of university staff, including faculty members. **The housing administration manages:**

- University-owned residential units located within the university campus
- Rented housing units in Tabuk city and its surrounding governorates

These housing services are provided according to university regulations approved by the university council and aim to meet the residential needs of faculty members and other university staff.

Providing residential accommodation for faculty members contributes to:

- Improving faculty wellbeing and work-life balance
- Strengthening academic community integration
- Supporting the recruitment and retention of qualified academic staff
- Enhancing teaching and research productivity

Housing Administration - University of Tabuk

- <https://www.ut.edu.sa/en/university-vice-rectorship/administrativ-of-housing>