

GET STARTED

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**Read me**  
Before your  
Stint

# Welcome to the Team!

Since Stint launched in 2018, we've empowered over **250,000 students** to work and earn on their own terms.

**And we're only just getting started.**

As a Stinter, you've been **hand-picked** to join one of our Stint Teams. You'll play a **vital role** at our Partner businesses during their **busiest times of day**.

**So, bring your energy.**

**Take initiative.**

**Be your best self.**

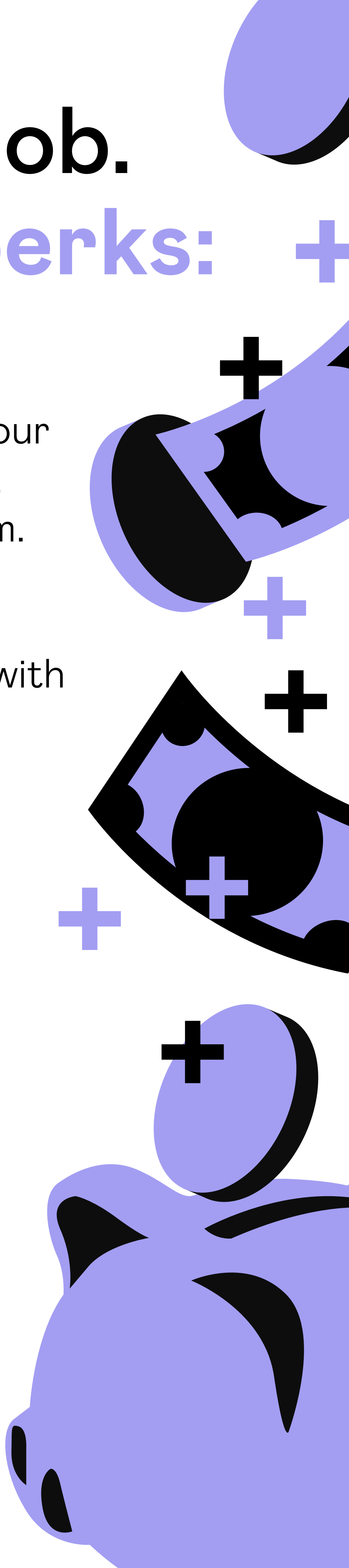
Ditch awkward shifts, unpredictable schedules and that endless grind to payday.

**Say hello to your  
new part-time job...**

# Part-time job.

## Full-time perks: +

- ✓ **Higher hourly rates.**  
Get paid £12.50 per hour when you work over 12 weeks in the same team.
- ✓ **Flexibility.**  
Pick Stints that work with your weekly schedule.
- ✓ **Get paid the next day.**  
Stint. Cash. Repeat.
- ✓ **Top discounts.**  
Get exclusive perks and free meals.
- ✓ **Top brands.**  
Work at the best brands in hospitality.
- ✓ **Exclusive Stints.**  
Access weekly Stints reserved just for you.



# Sound good?

## Don't lose them!

We want to provide Stinters with the best perks out there, and we need your help to keep them. These guidelines ensure you and our businesses have a great experience:

**1 Don't cancel your Stints:**  
Double check that you can definitely attend Stints before you accept them.\*

*\*You can swap with other Stinters if necessary.*

**2 Meet your weekly Stint quota:**  
You have a minimum amount of weekly Stints for a set amount of weeks. You need to accept them every Monday!

**3 Don't be late:**  
This seriously impacts the business, so ensure you arrive 5-10 mins early. You'll get a final warning for repeated lateness, and may be removed from the Team and deactivated.

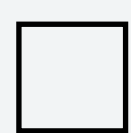
Follow these guidelines so you keep perks like increased rates and next day pay!

# Get ready for your first Stint.

Here's a helpful checklist so you can smash it. Remember that your first Stint is the best chance to make a good impression at the business.

## A FEW DAYS BEFORE:

1



### Prepare uniform and ID

Every business has uniform requirements, so make sure you have it ready ahead of your Stint. Remember to bring a valid ID too!

Go to the Stint app for info.

2



### Complete your training

You might have been asked to complete compliance training such as Health & Safety or Food Standards before your Stint.

Training must be done before you arrive at your Stint!

## THE NIGHT BEFORE:

3

### **Get to know your role**

Most Stints have a quick video you can watch that explains the tasks.

**Go to the Stint app for details.**

4

### **Confirm your Stint**

You'll be prompted to confirm you can attend the Stint in the app.

5

### **Plan your journey**

The location of your Stint is found under 'Upcoming Stints' in the app.

## ON THE DAY:

6

### **Arrive 10 minutes early**

This ensures you have time to find the business and start on time. For every minute you're late, pay will be deducted. Repeated lateness will also mean you'll lose access to next-day pay and higher rates.

7

### **Check-in to the business**

Say hello to a staff member - they'll help you check-in using the QR code.

# Top tips to follow on every Stint:

## Bring good vibes! ✓

Smile, make eye contact and be friendly and polite when engaging with guests.

## Go the extra mile ★

Always be proactive and help customers and team members. It'll leave a lasting positive impression. You might be asked to do tasks that aren't listed on the Stint, so be open minded and enthusiastic!

## Be patient and understanding ♥

It could be a guest's first time visiting - do your best to understand their needs.

## Make sure you're efficient ⚡

You'll be working during peak hours at restaurants, so complete your tasks quickly so you can move onto the next.

## Don't use your phone! ✖

Phones are not permitted on any Stint. Keep them in your bag until you finish.

# Got questions?

## We can help...

For any enquiries or issues, please reach out to our **Support Team**:

### Help Centre

We have a range of articles available in our online [Help Centre](#).

### Stinter Hub

Check out our other resources, Stint updates and discounts in the [Hub](#).

### Live Chat

Chat to us quickly using [Live Chat](#). Simply open the Stint app and go to: **Account > Help > Live Chat**

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P.S. Don't be afraid to ask questions on your Stints - managers in your Team are there to support and train you - you're not expected to know everything.

**Good luck! We know you'll ace it.**

# STINT