# Hundreds brave North Sea for traditional May Day Dip at University of St Andrews



Hundreds of participants gathered at East Sands beach in St Andrews on Thursday for the annual May Day Dip, an event that has become a traditional highlight for students at the University of St Andrews. As the sun began to rise, students donned their swimwear to take the plunge into the frigid waters of the North Sea, an act believed to bring good fortune during exam season.

The May Day Dip is synonymous with the university's culture and aims to blend camaraderie and fun with the seriousness of academic challenges. Many students embraced the event's spirit, braving the chilly temperatures to reinforce their belief in the ritual's auspicious benefits.

The event consistently attracts significant crowds, and this year was no exception, with hundreds turning out to witness the spectacle. Participants often engage in various festivities before and after the dip, creating a lively atmosphere that enhances the sense of community among students.

The university emphasises that the tradition not only serves as a means of recreation but also strengthens social bonds, contributing positively to the student experience. The Courier (Dundee) reports that the May Day Dip has become an anticipated event on the St Andrews calendar, with students returning to participate year after year.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://news.st-andrews.ac.uk/archive/hundreds-of-students-take-part-in-traditional-may-dip-2/> - This article reports that hundreds of University of St Andrews students gathered at East Sands at dawn on May 1, 2023, to participate in the traditional May Dip, a unique St Andrews tradition intended to bring good luck to students in their exams and cleanse any academic sins.
2. <https://www.yourunion.net/activities/may-dip/> - This page provides detailed information about the May Dip, including its history, the associated Gaudie torchlit procession, and the environmental initiatives like the Beach Clean Up and Lost Property services organized by the university.
3. <https://www.fifetoday.co.uk/news/people/may-day-hundreds-of-st-andrews-students-take-dawn-dip-in-forth-to-mark-may-day-4125723> - This article describes the May Day Dip as a unique St Andrews tradition intended to bring good luck to students in their exams and cleanse any academic sins, and mentions the Gaudie torchlit procession held the evening before the dip.
4. <https://www.fifetoday.co.uk/news/people/in-pictures-university-of-st-andrews-students-take-part-in-annual-gaudie-and-may-dip-traditions-4613260> - This article provides photographic coverage of the annual Gaudie and May Dip traditions, highlighting the participation of hundreds of students in these events.
5. <https://www.dailyrecord.co.uk/news/scottish-news/gallery/hundreds-st-andrews-university-students-29861103> - This article features a gallery of images showing hundreds of students braving the cold waters of the North Sea at East Sands for the traditional May Day Dip, a practice intended to cleanse academic sins and bring good luck in exams.
6. <https://standrewsschoolofhistory.wordpress.com/2022/05/01/a-st-andrews-tradition-the-origins-of-the-may-dip/> - This blog post discusses the origins of the May Dip, noting that by the mid-20th century, students had begun dipping in the sea on May 1, and that the tradition moved from Castle Sands to East Sands in 2011 due to safety concerns.
7. <https://www.thecourier.co.uk/fp/news/5233157/may-day-dip-st-andrews-photo-gallery/> - Please view link - unable to able to access data