

the guide

STUDENTS' REPRESENTATIVE COUNCIL
UNIVERSITY OF GLASGOW



glasgow university students' representative council
the guide 06/07



learn • live • play • succeed
your guide to life at the university of glasgow

an online version of the guide is available at www.glasgowstudent.net

the guide



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Introduction

What is The Guide?

In theory, The Guide should be the first place you look to find out about anything that may cross your path during your time as a student at the University of Glasgow. Unfortunately, this book can't tell you everything you about the University of Glasgow; it can't tell you everything about the city and it can't tell you how to spend your life over the next four years.

What the Guide will do is provide a starting point for learning, living and surviving in Scotland's most dynamic city, suggesting avenues and ideas that will allow you to get the most from your time at the University of Glasgow. There is information about the abundance of opportunities available on campus, practical living advice, points of call for any academic or welfare problems, and suggestions for places to eat, drink and be merry around the city.

Surviving as a student

University may be the first time you've had this much freedom and independence, so enjoy it while you can. You may never have this much again. You have the opportunity to try new things and meet new people, learn new skills and build towards your career.

Everything from wind surfing to journalism is laid out in front of you and you'll regret it if you don't at least give something a try. If nothing else you'll find it pays off when the job interviews start. Find out more in *Succeed* [p14-51]

It's not always easy starting something new or being in a new place or situation. Everything from dealing with your finances to meeting departmental deadlines can start to get on top of you. It's important to remember that almost everyone else is in the same situation. You

won't necessarily know how to cook the minute you arrive and there are people in 4th year who still don't know how to use the library.

If you follow the advice in this Guide you'll find that most of the problems you come across are pretty normal and that the answers may turn out to be pretty easy if you just ask the right people.

There's so much support available on campus that there's always going to be someone to turn to if things do go wrong, from the Student Information Desk in the McMillan Reading Room for the simple things to the SRC Advice Centre for the more serious times. Find out more in *Live* [p76-135]

Student Bodies at Glasgow

Most Universities that you will have come across will have one Student Association, which covers all aspects of student involvement as well as providing places to socialise, enjoy entertainment and have a night out. At Glasgow however there are four student bodies; the Students' Representative Council, the Queen Margaret Union, the Glasgow University Union and Glasgow University Sports Association.

These four institutions will have varying effects on your life at University depending on the situation you're in and the choices you make. The SRC won't be throwing flyers in your face or challenging you to drink your weight in lager during Freshers' Week but you'll find that the services they offer will be invaluable throughout your time at University. The main role of the SRC is one of representation of your needs to the University; this is achieved through student reps as well as the council itself.

Since you are automatically a member of the SRC, it



Honestly, hanging about in the cloisters really can be this fun.

makes sense that you take advantage of all the things that they have to offer. There is a vast array of services from some of the UK's finest Student Media to the cheapest photocopying on campus. The SRC is here to help you to get your degree in any way possible, whether that's to do with your course or relating to your life and well being in general. In fact they'll still help you if you have opted out of your SRC membership. Find out more in *Succeed* [p18-21]

The Unions are here to provide you with entertainment, a place to sit and relax (while you should be in lectures or in bed) and much more. If you haven't joined one yet, you should really think about it, as you'll find life a wee bit cheaper and you'll get the use of more services. Find out more in *Succeed* [p22-25] and *Play* [p158-159]

GUSA, in conjunction with the Sports and Recreation

Service are dedicated to keeping you as fit as possible during your time at University. Whether this means joining one of GUSA's many sports clubs or just going swimming once a week is up to you. But for a mere £30 the gym membership provides a real wealth of opportunities to get fit at Uni that you will regret if you pass up. Find out more in *Succeed* [p26-29]

Exploring the City

Once you've finished looking around the Hunterian Museum, Hunterian Art Gallery or Zoology museum on campus and you've got bored with eating the same old Union food every day you'll want to explore and see what else is available in the City of Glasgow.

There are some maps at the back of the Guide see *Appendix* [p182-185] to give you an idea of the

geography of the area but you'll want to get yourself an A-Z as soon as possible so that you can find your way around the city properly. This will also come in handy when, inevitably you end up flat hunting [see *Live* p112-119] in the future.

Glasgow was been rebranded a few years ago as 'Scotland With Style' replacing the infamous 'Glasgow's Miles Better' slogan. Despite the slightly contrived nature of these adverts, it is a really diverse city.

Winning European City of Culture and City of Architecture and Design in the last 15 years, Glasgow still hasn't quite lost its reputation as a dangerous and aggressive place and this new slogan is probably just another attempt to keep the tourists flowing.

Of course, Glasgow does have its dangerous parts (every big city does) but it shouldn't put you off finding out more about the city you live in and exploring some of the more exciting parts.

Glasgow City Council probably weren't talking about the Barras when they came up with the Style campaign but it's one of the best places to start your discovery of the city and will give you a better introduction to Glaswegian culture than any open top bus tour ever could. The East End market is spilling over with cheap tobacco, meat and clothes, pirate DVDs, and second hand records and furniture.

The centre of Glasgow has become a shoppers heaven (usually described as the best outside of London) and you can spend plenty of time and money wandering from the chic boutiques of the Merchant City to the high street paradise of Buchanan Street. When you're not spending money you could even pop in to one of the many excellent museums and galleries in the city centre.

Afterwards, there are the whole gamut of restaurants, bars, clubs and venues available for a full blown night out or just a quiet drink. Find out more in *Play* [p138-169].

Transport

Getting about the city couldn't be easier. The Subway runs a slightly odd circuit around the city but will get you to most places of interest. Don't forget that some of them are even on the South Side (Ibrox football stadium or the Carling Academy for instance).

Buses run everywhere and operate 24hr services (Thurs-Sat) between town and the West End. They're pretty safe and reliable and are considerably cheaper than getting taxis everywhere. There's a list of some of the more useful routes in the Appendix [page 184].

If you're going to be using public transport, some companies (such as FirstBus) provide reduced student tickets. They are well worth investigating as you'll save plenty of money in the long run.

Life as a Student

While it can be a very fun and rewarding time, life as a student can be hard work, and in many ways, it's getting harder. Especially now that more and more students are having to work part time jobs to fund their time at University.

To make things worse it doesn't get much better when you graduate. There's going to be debt ahead of you whether that's student loans and graduate endowment (if you're Scottish) or other loans is up to you but debt will be there. Add to this the fact that with 50% of people gaining degrees at some point in their life, the kudos a degree brings with it is getting lower.

But it's not all doom and gloom. As we are constantly being told, a degree is not enough, so try to make as much as possible of your time at University. There are countless opportunities to do things outwith your course at University that will enrich your life, improve your employability and maybe even be pretty fun. Get out there and take as much from The University of Glasgow as you can. After all you're paying for it.



Weather in Glasgow can be really variable, so make sure you're ready for any outcome.

SRC Services

The SRC provides a number of services that will make your life easier and, in some cases, cheaper while you're at University. They can all be found in the John McIntyre Building.

Photocopying

Cheapest photocopying and printing facilities on campus available in colour and black and white.

2nd Hand Bookshop

Bargains galore on academic textbooks that you can sell on again at the end of the year.

Campus to Halls Minibus

The regular evening service gets you back to halls for free. Saves on endless walking.

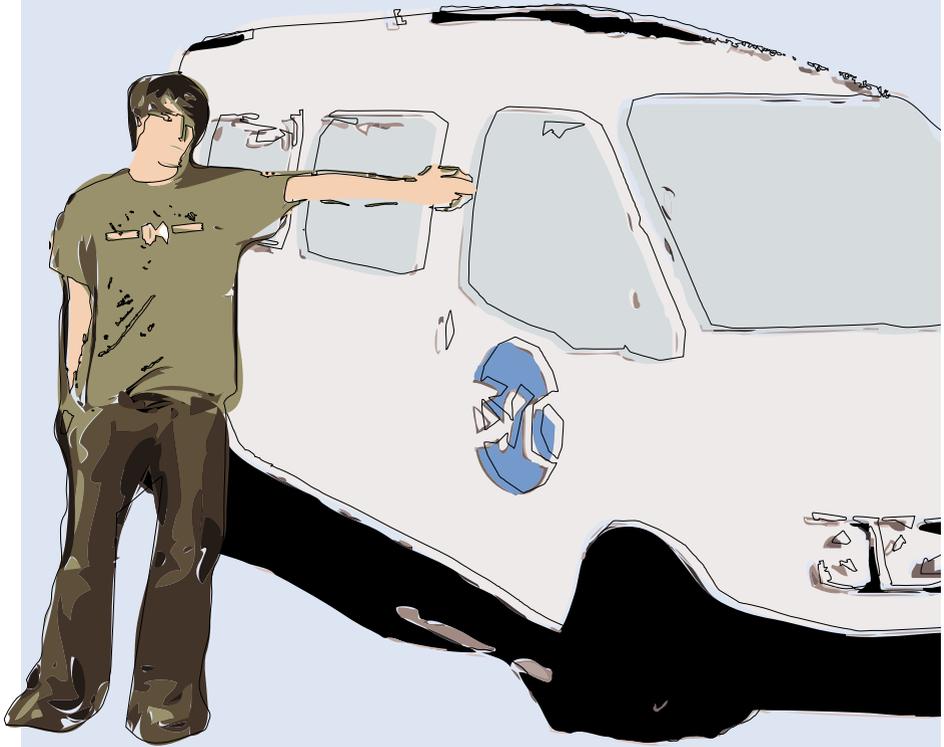
Advice Centre

A source of information and advice on almost anything you'll ever worry about at University. From money, to stress to academic appeals.

Nightline

This listening and information service runs 7pm - 7am every night of the week (termtime)
0141 353 1050

src campus to halls minibus



SRC buses run to and from Murano Street, Cairncross, Kelvinhaugh Street & Gate, Winton Drive, Park Circus, Lister House, and Wolfson Halls, Monday to Friday throughout term time.

Dropping off on campus at the back of the John McIntyre Building, next to the main gate on University Avenue. A dial-a-bus service for disabled students is available. Call 0141 339 8541 or see www.glasgowstudent.net for details.

fast, reliable, free buses to and from uni

www.glasgowstudent.net | advice@src.gla.ac.uk

STUDENTS' REPRESENTATIVE COUNCIL
THE ADVICE CENTRE

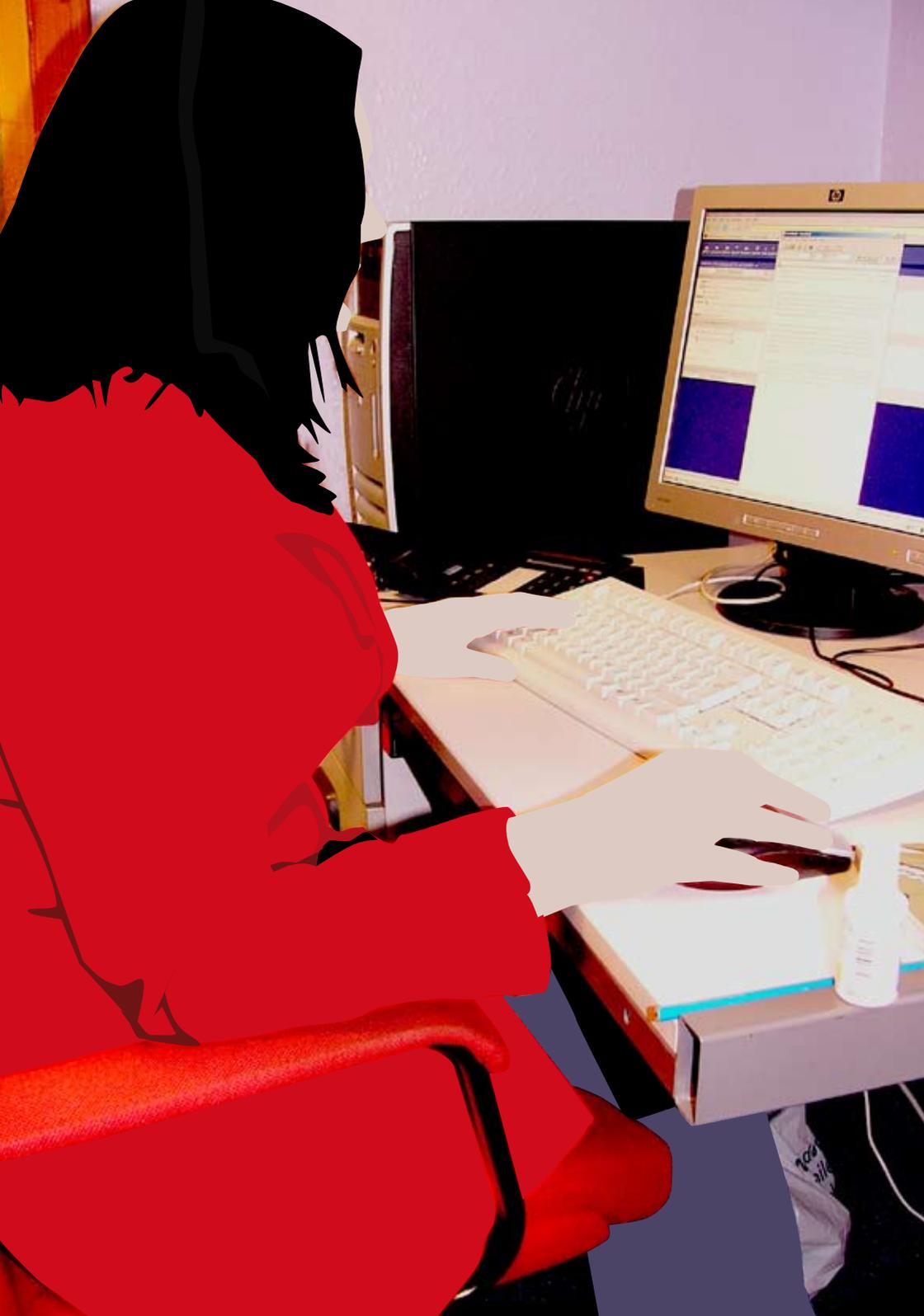


the advice centre

free confidential advice
info & representation



from council tax & housing issues to academic appeals & complaints
mon-fri 10-4pm (3pm fri) | ground floor - john mc intyre building



succeed

they say a degree is not enough, they're right. here's how to get more from your time at uni.

student bodies

the SRC, the GUU and the QMU

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sports

GUSA and the SRS: keep in shape and relieve stress

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student media

award winning tv, radio, magazines and newspapers

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clubs and societies

something for everyone - from pagans to aberdeen fc

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volunteering

make a difference to the community and other people

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The Basics

While you are here primarily to study, it's not surprising that between 20 thousand students there are a wide range of interests on show. This section will give you a brief overview of the options available to you within the University to explore these interests, new or old, with like minded students. Your time at Uni will be much more enjoyable if you take advantage of what's on offer and also might help you get a job later in life.

Student Bodies

There are four main student bodies at The University of Glasgow; The SRC, The GUU, The QMU and GUSA. Between them they should support your welfare, representative, cultural, social and fitness needs throughout your time at University. Getting involved with them will give you a wide range of activities, advice and events designed to help you.

Sports

The Glasgow University Sports Association looks after all things physical on campus. The unbelievable array of sports on offer takes in everything from obscure martial arts and self defence techniques to Scotland's favourite games; football and rugby.

Signing up with the gym will give you access to the extensive gym facilities and international standard coaching and training.

Student Media

The well established SRC media department has been winning awards for decades and it remains the best place on campus to build skills that will be vital for anyone who wants to end up in the industry.

Glasgow University Student Television, Guardian, Glasgow University Magazine and Subcity Radio have all attracted talented contributors over the years and continue to come up with the goods at award ceremonies every year.

New publications from the unions are also growing in popularity and quality, so readers and writers are now spoiled for choice on campus. The QMU even has its very own record label, NorthPark.

Student media offers the chance to get involved in the day to day running of a magazine, newspaper, TV or radio station. This is the kind of hands on experience that a few weeks work experience at the BBC will never get you.

Don't forget that the media isn't just run by creative types either. Technical skills are as valued as writing or presenting.

Clubs and Societies

The first people you will get to know at university will be the people you study with and the people you live with. Chances are you'll find people who share your interests as well as your kitchen, but even your closest friends may draw the line at some of your more obscure pastimes. Luckily there are hundreds of extra-curricular activities on offer at Glasgow University, taking in almost every major past-time, and quite a few minor ones.

There are two main types of group at the University. There are clubs taking in almost every imaginable hobby and interest from network gaming to English literature. There are also societies based around nationality, belief and lifestyle which can often play an important role in your welfare as a student.



Trips out of Glasgow are just one benefit of joining a club. The Dirty Weekenders work on environmental projects throughout Scotland as well as in Glasgow and on campus.

Most are free or very cheap to join so there's no reason not to get out there and try as many as possible. You'll probably see most of your membership fee back in food, drink and activities. If you don't find the group you are looking for then why not set up your own? For advice on this check www.glasgowstudent.net/activities

Volunteering

At university, it's worth thinking about how you can use your time, not only to expand your own group of friends and increase your employability prospects; but to help other people and the world. At the University of Glasgow, there are all sorts of volunteering opportunities from working with refugees in Glasgow to helping school children in Africa that you can get involved in. Becoming a part of one of the projects organised through Student Community Action [see page 52] can really add to your life and the lives of others.

Events

The SRC runs a series of events throughout the year to help you succeed at university including:

Media Week

A chance to meet and listen to some of the biggest names in the industry. Unlike a careers fair these events allow you to meet the people that count, learn more about the industry and make valuable contacts. Even if you don't plan on working in the media these events are vital for understanding the methods behind the most powerful weapon of our generation.

Student Festival

Student Festival will give you some ideas on how to spend your time doing something worthwhile. From volunteering and ethical job fairs to welfare and safety seminars, It's all about self improvement and learning how you can change the world.

The SRC

The SRC is a unique body on campus. Unlike the Unions who are commercial enterprises aimed at entertaining, feeding and watering you, or GUSA who are there to keep you healthy, the SRC is here to make sure you survive your time at the University of Glasgow. The work of the SRC splits into two parts. The council, a group of elected students, acts as the representative body, raising awareness of issues and promoting your needs with the University. The SRC's second aspect is in organising services that will make your life at University as stress free, enjoyable and rewarding as possible.

Services

Whilst the SRC is a representative organisation, it also provides a whole variety of services to students in order to save you money and improve your life. Below is a short summary of the main services. For more info check out the SRC's main website at **www.glasgowstudent.net**. You can also email the SRC at **enquiries@src.gla.ac.uk** or visit the John McIntyre Building next to the Main Gate.

Advice Centre

The Advice Centre employs a full time professional staff team who can provide advice, information and representation on a wide variety of issues, from accommodation issues to academic appeals and complaints, to money issues to employment rights and everything in between. Whether you are a student or thinking about becoming one, The Advice Centre is there to help.

The Advice Centre is run by the SRC and is totally independent from the University; this ensures that the SRC provides a confidential and objective service. You can contact the Advice Centre through the website, by telephone or just drop in. See *Learn* [p58] and **www.glasgowstudent.net** for more details.

Cheapest Photocopying, Printing, Faxing and Binding Facilities in The West End

There are plenty of commercial operations close to campus happy to charge students a fortune for photocopying and printing. The SRC have developed a pricing structure and system designed to specifically benefit students' usage patterns with costs as low as 3 pence per b&w A4 print. They have two brand new photocopiers with a PC attached so that you can print or photocopy straight from your University computing account or your portable media device. For more info see *Learn* [p53]

Volunteering Opportunities

Through Student Community Action the SRC provides a whole host of personal development volunteering opportunities. Whether you're interested in working with homeless people or the elderly, working with children and young people or student volunteers abroad there are opportunities for you. You can download the SCA handbook from their website to find out more about what SCA has to offer.

Clubs and Societies

The SRC provides small grants to Glasgow University student Clubs and Societies. You can find out about the current clubs and societies through their website or, if you are interested in establishing your own club/society; contact the SRC for details.

Free Halls to Campus Minibus Service

The SRC operates this service on weekday evenings during term time to transport students in safety from campus to halls of residence and back. The buses leave campus from the back of the John McIntyre Building. For more info check **www.glasgowstudent.net**

Second-Hand Book Shop

The SRC bookshop provides a cheap source of course texts for students and an outlet for you to achieve



Glasgow students campaigning for an end to the lecturer's strike earlier this year

some financial return on books you don't need. It carries a wide range of textbooks and some general titles as well, and is especially useful for vocational courses like law or medicine. Often they can sell you the book you need at a very reasonable cost. Once you get your reading list you can search the database on www.glasgowstudent.net to see if they've got what you need.

JobShop

JobShop acts like an employment agency for students, although they do have the distinct advantage of being free. It provides information with access to a wide range of full time, part time, casual and seasonal work in and around Glasgow and further afield. As well as advertising for external employers they often advertise vacancies on behalf of the University. If you're looking for some extra money to get you through your student years, or just something to get you through

the Summer, then it's often worth giving JobShop a try. You can search for jobs through the website or visit the SRC Offices to look through the paper-based information system.

Flatshare

The SRC's website provides a source of information for students looking for flatmates or looking for somewhere to live. It's completely free: whether you're looking for a flat or looking for people to fill yours, it doesn't cost a penny.

Nightline

Nightline is the SRC's confidential listening and information service. It runs from 7pm to 7am every night during term time. It can offer information on everything from exam times to personal safety and can refer users on to other services if need be. Nightline can be reached on **0141 353 1050**.



Next to the Main gate, The John McIntyre building is the first point of call if you want to get in contact with the SRC



Council

Students' Representative Council

As the name suggests, the SRC is here to represent you and all your fellow students to the University. It does this through a system of elected Student Representatives, Faculty Convenors and SRC Council itself. Each and every student's views are valuable in shaping the way the University works and the whole student experience. You should seriously consider getting involved, and your first step could be to become a student rep.

Student Representatives

Student Representatives allow students to air their views to the academics that run their department on issues like course content, teaching and resources. They also operate as a part of the SRC, meaning that any recurring problems which students are having can be passed through from Student Reps to Faculty Reps and to the Vice President (Learning & Development) who can take action on behalf of the students.

Any student can become a student rep. Student Reps are elected in class during the first few weeks of each semester. For more information check out our webpage at www.glasgowstudent.net/about/studentreps.

Becoming a Council Member

There are various routes to getting elected onto Council. Over the last year or so the SRC has undergone considerable modernisation to streamline its structure, making it easier to access and increase the number of students participating in its running. There are specific places reserved on Council for first years as well as a variety of particular constituencies including course related and specific minority positions. Have a look at the website, see what you might be interested in and get in touch for more info. There will be an Autumn election on the 31st October, so start thinking about it now.



“

We may not have any bars, but there's plenty of reasons to get involved with the SRC. We provide a number of services that can help improve your time at Uni, from a professional advice centre to the cheapest photocopying on campus.

Also, by becoming a Student Rep or an officer in Council you can have a real say in how the University is run.

”

Shona Morrison
SRC President

Glasgow University
Union
32 University Avenue
Glasgow
G12 8LX
info@guu.co.uk

0141 339 8697

Facilities

Billiards Hall (10.30am-10pm)
Costa Coffee (8am-5pm)
Refectory (8am-6pm weekdays)
Subway (9am-10pm, and open til 2 on Fridays)
Shop(8am-6pm and open til 12.30 Thu-Sat)
libraries, vending & bank machines open to members at all times

Bars

Beer Bar (11am-11pm)
Altitude (11am-11pm and open til 2 Thu-Sat)
Playing Field (11am-11pm and open til 2 Thu-Sat)
Deep 6 (Tue-Wed 8pm-1am, Thu-Sat 9pm-2am)
Balcony Bar (Thu-Sat 10pm-2am)
Hive (Thu-Sat 10pm-2am)

Look out for other one off and regular events, club nights and gigs throughout the year.

Glasgow University Union

What is the Glasgow University Union?

The Glasgow University Union, or GUU, is one of the two social Students' Unions on campus. Founded in 1889, it is one of the most well known students' unions in the world. It is run by students for students so they know what you want and do all that they can to ensure you get it. Although steeped in history the GUU is dedicated to giving you the best in student life while maintaining a sense of tradition. As well as bars, clubs, shops, cafes etc, they run events such as quizzes, debates, open mic nights, film nights and competitions as well as entertainment such as legendary Hive nights (more about that later), band showcases, and huge gigs like Idlewild, Bright Eyes, the Arcade Fire, Goldie Lookie Chain, Ms Dynamite and Kubb. The GUU arranges enough activities to ensure that you are never bored while at the University of Glasgow.

What should I expect on a night out?

They have nine bars for a start. Ranging from the traditional Beer Bar, with the names of the University's fastest drinkers immortalised on the walls to the newly renovated Deep 6 which is designed to provide you with a chilled out place to grab a few drinks and listen to great bands and DJ's five nights a week. At the GUU, you will find something that tickles your fancy with all manners of entertainment including from the famous Monday night quiz with £200 of bar vouchers, Open Mic, Grace's Legendary Karaoke, live sport, band showcases and games. And that's without mentioning the Hive, the GUU's very own 800-capacity nightclub, home to the most exciting nights out in Glasgow. Playing the best in student classics, cheesy chart hits, indie and R&B, three nights a week the Hive is an experience not to be missed.

What other activities are on offer?

At the GUU they have a plethora of activities suitable for those whose idea of a good time is not getting drunk. If debating is your thing then the GUU is the only place for you to be. This is the greatest debating union the world has ever seen, having won the World Debates Championship a record five times while kick starting the political careers of people such as Donald Dewar, Charles

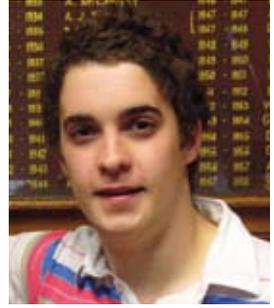


The debates chamber, packed to the rafters for one of the GUU's ever popular debates.

Kennedy, John Smith and Menzies Campbell. Debates are run once a week and then 5 times throughout the year there is a series of Parliamentary Debates where the five political parties take it in turns to be in government. These debates are the jewel in the GUU's crown, attracting huge crowds and lasting sometimes over 14 hours. They are great fun for all involved whether you are speaking or simply watching. For the more relaxed person the GUU has a Costa Coffee where you can kick back and relax in one of our sumptuous chesterfield sofas next to a roaring fire and watch the world go by. They have also newly installed a fully equipped cinema set up in the Debates Chamber, so look out for your favourite films on show throughout the week.

How do I get involved?

The GUU is run by a Board of Management, who are elected each March, made up of 17 students and 7 old people to keep them in check. As well as the Board of management it is possible to get involved in committees who are there to give a members' eye view of the GUU. If you fancy it, pick up a form from the Porter's Box in Freshers' Week and they'll consider you to be a part of the team. The best way to get the most out of the GUU really is to give something back and get involved.



“

The GUU – not just a building but a way of life, with days you'll remember and nights you'll never forget it's the best Union in the world... probably!

”

Alec Dyson
GUU President

Queen Margaret Union
22 University Gardens
0141 339 9784
info@qmu.org.uk

Facilities:

Photocopying
Off Sales (Tue, Fri & Sat
nights)
Food Factory (9am-8pm)
Coffee bar (8am-5pm)
Shop (8am-6.30pm)
Study and Laundry
rooms open to members.

Games Room (10am- 2am)

Pool Competition (Thurs
8pm)

Jim's Bar (11am-2am)

Big Wednesday Night
Pub Quiz (Wed 8pm)
Moustrap (Fri 8pm)
Unplugged (Sun 10pm)

Qudos

Film Night (Mon 7pm)
Revolution-Rock/
Alternative (Tue 10pm)
Crush- Electro Night (Thu
10pm)
Cheesy Pop (Fri 10pm)

Look out for other one
off club nights and gigs
throughout the year.

Queen Margaret Union

What is the QM?

The Queen Margaret Union is one of two Students Unions on campus. In the past it has been well-known as the more radical of the Unions; leading the way in a campaign for disabled access, pushing for Fair Trade products across campus and being the first of the two Unions to allow both sexes as members (it used to be women only). No matter what your passion, the QM can be a home away from home for every Glasgow student. Day or night there are always people to meet and things to do, and you can be a part of it all.

What should I expect on a night out?

The QM is well known for its wide variety of entertainment and club nights. Considered one of the best live venues in Glasgow, the QM has seen a variety of bands (including the Red Hot Chili Peppers, Soundgarden, Primal Scream and Divine Comedy) and DJs such as Mr. Scruff and Roni Size in the last couple of years. Local favourites; percussion band, Samba Ya Bamba have made several appearances in the QM.

With four bars over two floors and a 2am licence 7 days of the week (3am on a Friday and Saturday) the QM has many different opportunities to ensure you have a great night out.

A range of weekly club nights guarantees that every member finds what they are looking for; Tuesdays are Revolution, a night of the best Rock and Metal brought to you by DJ Martin Bate, and Friday nights are home to the legendary Cheesy Pop with the best pop and dance music brought to you by the phenomenal DJ Toast. Look out for a new Thursday club night, set to launch during Freshers' Week 2006.

If club nights aren't your style then the QM offers a range of more light entertainment. With a Film Night on a Monday, Pub Quiz on a Wednesday, Pool Competition on a Thursday and an Open Mic night on Sundays there are plenty of chances for all our members to get in on the fun. There are both non-alcoholic and alcoholic cocktails on Friday night during Moustrap, the QM's weekly quiz show, game show, freak show amalgamation of fun.



Students can often be seen taking in the QMU's wonderful architecture.

What other activities are available?

The lifestyle of the average student is changing. Not every student wants to go out for a night of clubbing and drinking and the QM is more than prepared to ensure that all students are catered for. Their coffee bar is opening later this year, providing a wide range of drinks and snacks into the early evening and giving members a place to chill out as well as dance the night away. The Union even offers recently refurbished 24-hour study rooms and all-day laundry services for its members.

How do you get involved?

You will hear a lot of people telling you that no matter how well you do academically at university, you will gain invaluable experience and better employability by participating in extracurricular activities. By far, this is the most important piece of advice you can take on board. The QM Union gives its members plenty of occasions to realise their creative sides. From weekly club and society meetings; an array of journalistic prospects with our fortnightly publication, qmunicate; running the quizzes and entertainments; participating in debates and combating student apathy with welfare issues, the opportunities to get involved are endless. Check it out and make your own mind up. You'll always be welcome in the QM.



“

All the cliches are true. You really will have some of the best moments of your Uni life here.

”

Gary Brown
QM President

Sports Clubs

Aikido
 American Football
 Athletics
 Badminton
 Basketball
 Boats
 Boxing
 Canoe
 Cheer leading
 Cricket
 Curling
 Equestrian
 Fencing
 Football
 Gaelic Football
 Golf
 Hares & Hounds
 Hockey
 Judo
 Karate
 Lacrosse
 Mountaineering
 Muay Thai
 Netball
 Parachuting
 Potholing
 Rifle & Sporting Gun
 Rugby
 Sailing
 Shinty
 Shorinji-Kempo
 Ski & Snowboarding
 Snooker
 Squash
 Sub-Aqua
 Surfing
 Swimming & Waterpolo
 Tennis
 Trampoline
 Ultimate Frisbee
 Volleyball

Sports

GUSA & The SRS

Sport and Recreation is delivered through a partnership between the Sport and Recreation Service (SRS) and the Glasgow University Sports Association (GUSA). The SRS is a service department within the University, while GUSA is an independent student organisation. The fundamental aim of this partnership is to get as many students as possible enjoying quality sport and exercise and making it part of their lifestyle while at University.

Participating in Sport and Recreation while at University provides some great benefits and opportunities. You can try lots of new activities or improve existing skills as well as your general health and well-being. There are opportunities to get involved with clubs and represent the University. The SRS gives students a welcoming place where you can relax, socialise and make new friends with other students and staff and offers options to get great advice on exercise and physical activity particularly if you are unsure or think that exercise might not be you. Above all it ensures a great way to take time out, reduce stress and feel great.

Through GUSA and the SRS there are lots of chances to get involved in club management or part of the student sports council – a great way to get involved, gain experience, and make a difference.

Facilities

There are two state of the art facilities at the University of Glasgow available for your use seven days per week from early morning to late at night throughout the term: an indoor centre on campus and another a bit further away but with various outdoor facilities.

Stevenson Building

6 lane, 25m swimming pool
 Sauna and steam room
 Muscle conditioning suite
 Cardiovascular suite
 Exercise conditioning suite
 Activity hall
 2 squash courts
 Exercise studio

Garscube Sports Complex

6 grass football/rugby pitches
 2 all weather synthetic pitches
 Exercise studio
 Exercise conditioning suite
 3 tennis courts
 Cricket oval



The Ski and Snowboard Club compete throughout the UK and even, if conditions allow, in Kelvingrove Park.

Sport and Recreation has also teamed up with other major sports facilities providers throughout the Glasgow area: the Kelvin Hall International Sports Arena, the Glasgow Climbing Centre, Bearsden Ski and Snowboard Centre and Bardowie Loch. We are continually trying to add to this list to offer a wider range of activities for members.

Additional specialist services are also available to SRS members at specially negotiated discount rates – these include a satellite sports injury clinic, chiropractic services and further complementary therapies.



“

Not only does sport allow you to get fit and stay healthy but it is also great for your social life. Joining a sports club is undoubtedly one of the easiest ways to make friends.

”

Graham 'Farmer'
Smith
GUSA President

Clubs

There are 46 sports clubs to choose from (see www.gla.ac.uk/gusa for more details). Many of the clubs compete in local, Scottish and British Leagues and competitions. Those clubs who engage in non-competitive sporting activities often provide trips, both in and outside the UK, a perfect opportunity to meet people and gain new experiences.

Try your hand at traditional Scottish sports such as Shinty or dabble in some extreme American imports. Some of the more specialist clubs offer you the opportunity to try out sports you may never even have heard of, let alone tried. You may never have brandished a sword or climbed up a cliff before but sport at Glasgow provides these opportunities for you. Whether you have experience or are a complete beginner we would encourage you to make the most of the different opportunities available.

Health and Fitness

The health and fitness programme offered is huge and is designed to cater for all levels, with inductions, expert advice and exercise consultations to get you started. A comprehensive group exercise programme - 67 exercise classes a week, 80 cardiovascular machines, 46 muscle conditioning machines and free weights area.

Recreational Sport

There are great opportunities to participate in recreational sport, whether to learn/try a new activity, participate in an organised session or simply to hire a facility.

There are a wide range of instructional courses each term including – chi-ball yoga, dance, pilates, badminton, climbing wall, skiing, snowboarding,

squash and swimming. It's a great way to learn or try a new sport or activity .

There are a number of drop-in sessions and festivals of sport, during each term, free to all members and requiring no enrolment. There are also a large number of leagues and competitions running throughout the year including hockey 7s, rugby 7s and football 6s. Look out for opportunities throughout the year to represent your faculty, halls of residence, or any other group you like.

The facilities are also available for casual recreational use or hire (indoor and outdoor) for a wide range of sports.

Elite Sport

A number of services are available for talented athletes, ranging from specialist sport mentor support, to advice on performance lifestyle issues, nutrition and access to sport medicine. In addition, two schemes are in place to further support talented athletes, the Sports Bursary Scheme and the Golf Scholarship Programme, which is supported by the R & A Foundation. Funding and additional benefits are available for successful applicants. Look out for Rebecca Cooke storming the swimming pool after success at the Melbourne Commonwealth Games.

How much will it cost?

With a membership of just £30 this really is your chance to access an outstanding sport and recreation programme for pennies. There really is something there for everyone and we encourage everyone to give it a go. If maybe paying £30 annually is not the best deal for you then you can pay £3.50 a time for access to the facilities and programme.



Sport doesn't have to involve running round a track in lycra shorts.

Giving it a try

If joining a sports club doesn't appeal, and you're not sure whether it's worth your while joining the Sports and Recreation Service, you can try out any of the facilities at the Stevenson Building without becoming a member. You'll need your student card with you and it will cost you £3.50 each time you go.

If you fancy trying out a class they offer beginners sessions in all sorts - from Boxfit to Body Balance. Or you can just go and use the pool or the gym. Of course, you don't have to be part of a sports club or go to the gym to stay in shape. Everything from cycling to break dancing will help you stay in shape. You won't have the expert support of SRS though, so remember not to push yourself too hard.

It's also important to eat well if you are going to be exercising frequently [see *Live* p72]. If you are unsure about your ability to start a course of exercise then you should consult a doctor beforehand.

Why exercise?

Regular exercise can:

- increase levels of "good" cholesterol
- lower blood pressure
- help the body by burning fat
- promote healthy blood sugar levels
- promote bone density
- help the immune system
- improve mood and reduce depression

Many people are put off physical activity because they believe that only vigorous exercise or playing sport counts as healthy activity. But, in fact, substantial health benefits can be achieved from regular activity without the need for special equipment, sporting ability or getting very hot and sweaty, even walking counts.

For more information contact GUSA or the SRS. Both the GUSA office and Stevenson Building, home of the SRS, are on Oakfield Avenue. For any more information on Glasgow University sport in general, then please visit the GUSA website www.gla.ac.uk/gusa or the SRS website at www.gla.ac.uk/services/sport



“

Student media is where the real media scout for talent. Make your mark at Subcity, GUST, GUM or Guardian and you can get in at the BBC, Sky or The Herald without forking out three grand for a postgrad.

”

Dave Lamb
SRC Vice-President
(Media & Communications)

Student Media

Making It

Ever look at someone you admire and jealously wonder how they got their job? Whether they're a film director, a BBC war reporter or a record label boss, there's a good chance they got their break because of what they achieved at University. Indeed, many of the biggest names in the media were involved with student publications to some extent during their studies.

As anyone who has been involved will tell you, student media is an excellent way to gain the experience and hone the skills you need to get ahead in "The Industry". The hands-on experience you can gain is more valuable than anything you can read in a book. It also gives you the opportunity to meet the people who may one day be sitting across the table from you in a job interview.

It's not all about getting a foot on the ladder though. Many of the people involved in student media are not looking for a job as a journalist, a TV presenter, or even a broadcast engineer or cameraman. They're there to meet new people, have a good time, and to have the chance to see their name in print or broadcast a radio show across Glasgow.

Whatever you want to do in life, in or out of the media, you can get there by discovering your strengths, your passions and your ambitions. And what's more, you can do all this simply by having a good time. Believe it or not, presenting a hip-hop show on Subcity Radio or doing musical theatre with children in Africa will give you the ideas, the personal skills and the creative experience which employers crave.

Student Media at Glasgow

Luckily, the University of Glasgow has some of the best student media in the country. The SRC is home to a newspaper, a magazine, a TV station and a radio station, all of which won national awards in the last year. All of the SRC's media are editorially independent, leaving them free to criticise the SRC and the University should the need arise. In addition, the past few years have seen the emergence of qmunicate and GUUi, the union's in-house publications, as some serious competition

The University's student newspaper, Guardian, was founded in 1956. Never known to shy away from a controversial story, the paper has a strong



Dougal and Tom wouldn't have had the opportunity to start their new media company if it hadn't been for their involvement with Subcity Radio. Dougal now manages www.radiomagnetic.com. Tom has started a new media trade body to tackle the thorny issue of online music copyright.

reputation for investigative journalism. Its fellow print publication, the Glasgow University Magazine or GUM, is the longest running student publication in the whole of Scotland. First published in 1889, it provides a stylish, student-focused view on everything from fashion to politics.

Between them, these two publications scooped five of the nine awards at the 2006 Scottish Student Press Awards. While most budding journalists and designers often look towards the print publications first, both GUST and Subcity have active news teams reporting events both on and off campus.

GUST, Glasgow University Student Television, is the oldest student television station in the UK. Founded in 1964, they have won Best Broadcaster at the national student TV awards in 8 of the last 11 years. If you've got a face for radio then Subcity, the University's student station, is the place for you. Broadcasting online throughout term and on FM across Glasgow for a month a year, the station is always on the lookout for new presenters and DJs.

If you fancy getting involved with any of the media then keep an eye on www.glasgowstudent.net for details of their regular meetings.



“

Getting involved in Subcity is a great starting point for anyone wanting to get into this side of the business. It's afforded me a whole range of experience I would never have been able to get otherwise.

”

Emily Mules
Subcity Presenter

Subcity Radio

About

For the past twelve years Subcity Radio has been pushing the boundaries of student radio in all respects. Unlike most student stations, Subcity has always been aimed squarely at music lovers across the city. It provides a service unavailable anywhere else in Glasgow with nearly 90% specialist programming. This was rewarded last year when the station's Grind Your Mind show won Best Specialist Music Programming at the BBC Radio 1 Student Radio Awards.

Probably the only station in the country to be playing UK Garage, US Garage, Grime, Death Metal, Dancehall and Indie all in one night, there is something on the station to suit almost any musical preference. The station broadcasts online all year round and annually for a month on FM. To get a taste of the station's sound you can listen back to old shows on the website.

Subcity.org

As a web based station, Subcity relies on its website to keep people interested and informed. The site has grown exponentially over the last couple of years and has now become a genuine community. The forums are the place to go to find out what's hot on the Glasgow music scene - from illegal raves to the latest artrock releases.

FM Broadcast

Subcity goes onto FM for one month at the start of every year, providing a great choice of music for anyone in Glasgow. During this period the station's services are expanded with an even greater variety of shows at almost every hour including live broadcasts, news bulletins every hour, the Breakfast show and an exchange with Edinburgh's student radio station **Freshair.org.uk**

Events

Subcity has a strong reputation as one of the major club promoters in Glasgow. Their tenth birthday celebrations saw 1800 people turn up, their events attract major attention from press and have launched the careers of some of the cities



Boom Monk Ben is fast on the way to following in the footsteps of the likes of Slam and Optimo and use Subcity as a springboard to bigger and better things.

biggest DJs including; Optimo, Freakmenoovers, Mixed Bizness and Mish Mash. Last year's events included:

Subcity's HiFi

During Freshers' Week 2005, Subcity were given free rein in the QM Union's Jim's Bar for three nights running as well as a night at GUU's Deep Six. They brought together some of the station's best DJs, on a mission to expose freshers to as many new genres as musically possible. The result was a packed bar dancing to everything from Jamaican rhythms to funky glitchy electronica. Expect similar events throughout the year.

West End Festival

Glasgow's annual celebration of all things hip and trendy in the city's most affluent neighbourhood. Subcity aimed to change the usual middle aged, middle class target knowing that there was a market for something more adventurous than the usual inoffensive 'world music'. Following their success, the festival organisers have asked them back next year to run a bigger, better stage to continue what they started.

Subcity Sessions presents...

The Subcity Sessions is the station's flagship new local music show. Previous guests first heard on the station include Franz Ferdinand, Dogs Die In Hot Cars and Sluts of Trust. Last year the station expanded the show, bringing together four of the best up and coming local bands for a one off gig in legendary Glasgow club The Arches, which was filmed by the BBC and broadcast live on Subcity.

Interested

Every year Subcity needs new presenters and producers to keep its shows sounding fresh and even those with no interest in being involved in front of the mic can become a part of the Subcity team. A dedicated team of geeks keeps the studio running, designers and PR staff make sure a good crowd always come down to events and the music team reviews music and gigs for record labels.

See www.subcity.org for available positions.



GUST

About

GUST is the only student TV station in Scotland, and one of the best in the UK. That's not just their own opinion: they've won the award for Best Broadcaster at the National Student TV Association Awards for 8 out of the last 10 years.

Every week GUST produces a brand new broadcast which can be viewed online, on your iPod, via podcasts, and at various locations around campus. There's a variety of news, entertainment, music, and arts programming that its team have put together. With a high-class working studio, fully equipped editing suites, a plethora of filming equipment and access to almost anything else through the University's Media Services department, the output of this station is high-quality and professional.

Programmes

Every week, GUST News follows what's going on around campus, Glasgow and the rest of the country. In the past year, news that has been covered includes the G8 Summit, the AUT lecturers strike and the Scottish smoking ban.

GUST Sport keeps a keen eye on what the University's sport teams are up to - although the team have been known to occasionally invent its own sports for the sake of a programme. Extreme hide and seek, anyone?

'G Spot', GUST's light entertainments show, looks at what's going on in Glasgow; whilst 'True Views' is the station's look at the world of cinema, with reviews, previews, and interviews; whereas 'Seven Suns Seven Sounds' features music, club nights and gigs.

Every month the station also produces two comedy and drama programmes, 'Gag Reflex' and 'Biscuits', which allow students freedom with both the camera and their imagination.

These weekly programmes are filmed on a Thursday evening in the University's fully-equipped studio on Southpark Avenue. They're made as-live, with recorded inserts prepared beforehand using GUST's own cameras and edit suites.

GUST also film one-off programmes such as the Freshers' Address and daily Freshers' Week coverage, as well as their own events like last year's Battle of

“

When I got involved with GUST I didn't have any previous experience with working in TV. However within a term I was Sports Editor and within 3 years I was running it! The skills I have learnt in my time with student media have helped me get my foot in the door of the BBC

”

Chris Hall
Anthropology &
Philosophy



Getting involved in GUST gives you invaluable experience using professional quality equipment, and lets you learn skills that could well get you a job.

the Bands, and the annual Daft Thursday four-hour live broadcast from Jim's Bar.

How to get involved

Any student can be involved in the station, whether you're interested in programme-making, presenting, or the more technical side of things. At the weekly production meetings, programme editors say what they've got planned for that week's shows, and ask for help in making segments. If nothing takes your fancy, or if you have an idea for something else, then you can just book out a camera and make something yourself.

You don't need to have had any experience of working with TV equipment. The more experienced GUSTies will happily give you the advantage of their wisdom and teach you anything you could want to know. Nor do you have to be studying Film & TV. Contributors come from a very mixed variety of courses, so it can be a great way to make friends from right across campus. And you can meet them all in the pub after filming at the studio.

Production meetings take place on Mondays during term time, at 1pm in the Williams Room in the John McIntyre Building. Filming takes place on Thursday evenings.

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Glasgow University Magazine

pete dohererty's diary & optimo exclusive



Glasgow University Magazine is the termly student magazine for all your interests. Whether you want to hound minor celebrities as a 3am girl, tell the nation what to wear as a Vogue fashionista, grill the government as an Andrew Gilligan, stamp your opinion all over the Times as the next Julie Burchill or launch a crusade to make the NME readable again, GUM and the city of Glasgow is the only place to start.

Not limited to writers, GUM are also eager to employ budding designers, artists and cartoonists as well as those interested in media sales. GUM is the oldest student publication in Scotland and last year's fashion writer, Jenny Munro's Herald Student Award for "Features Writer of the Year" continues a long history of awards success. Contact gum@src.gla.ac.uk if you want to get involved.

Guardian

About Us

Glasgow University Guardian is one of the leading student newspapers in the country. It is regarded as being at the forefront of student media and is widely read all over campus. A huge percentage of the students at The University of Glasgow read each issue making it one of the most prominent voices on campus.

The paper is very proud of its past and has built up a reputation for breaking nationally covered stories and conducting controversial local investigations cementing their position at the forefront of the student media in Glasgow and Scotland.

The publication aims to provide an independent news and features service which reflects a long tradition of innovation and scepticism in a format that is both thought provoking and unique.

You can pick up Guardian for free in most University buildings or if you're in student halls you can expect a copy delivered to your flat. If you want to reach a large audience, have your say and make a name for yourself then Guardian is the only way forward.

Success and Past Masters

Guardian has won more awards in the last two years than any other student newspaper in Britain. Winner of the two of the top prizes at this year's Herald Student Press Awards (Best News Writer and Best Features Writer) the paper is also recognised nationally, having journalists short listed for The Guardian Student Media Awards.

The newspaper has been a launch pad for many high profile media and political figures. Former editors include the late Donald Dewar; political broadcaster

and former Editor of The Scotsman, Andrew Neil; author and winner of the Whitbread First Novel Award, William Boyd and Sir Neil MacCormick, an international jurist and former MEP.

Recent graduates include James Morgan, who is a reporter for The Herald; Ruaridh Arrow, a producer on Sky News; James Blake, a producer on Channel 4 news; Rachel Richardson, now working for the News of the World and Gary Anderson, who is a reporter on The Mirror.

Free Stuff

If the success and power doesn't grab your attention then perhaps the press privileges will. How does the idea of never again paying to go to the cinema sound? Not having to buy CDs? Guest List passes to clubs? Going backstage with bands? All in a day's bag for a Guardian journalist.

Want In?

Guardian are always looking for new writers, designers and editors to join the team. Whether you want to seriously pursue a career in the field or just get your name in print, Guardian is the best way of doing it. The paper has a weekly contributors meetings where new articles are commissioned, ideas are discussed, and training and advice is given as well as give out a raft of free stuff.

As with all student groups there are plenty of opportunities to meet socially, so if you ever fancy a drink feel free to join them after the weekly meetings. If you can't make it, get in touch by emailing the editors, Robert Mackie and Ryan Vance, via guardian@src.gla.ac.uk

On your Marx: The books that really changed the world - Das Kapital, Satanic Verses, Confucius *Insight*, pg.2

Student Newspaper of the Year

Glasgow University

guardian

15th May 2006

www.glasgowguardian.co.uk

Ten feet of fear

Our man in Fife puts on a snorkel and goes swimming with sharks

Main Centre



Jesus Christ Superstar

Son, father, holy ghost and giant baby. Jesus on screen

Insight Centre



Students could sue over late results | University is "fiddling while Rome burns"



SUMMER OF DISCONTENT

FINAL YEAR STUDENTS AT Glasgow University will not graduate this summer unless losses solve the pay dispute immediately, according to the Association of University Teachers.

That would leave thousands of students without a degree classification and prevent those from starting their careers or applying for postgraduate courses.

And those who do not graduate on time could sue the university if they

can prove they have suffered a loss of earnings.

Iain Nisbet, a partner at the Glasgow Law Centre, said courts could award damages should the university fail to deal with the crisis successfully.

He added: "If the university was deemed to have acted unconscionably in response to the strike, legal action would be possible."

Second year students will also be badly affected and, without their results, are unable to choose their honours courses, leaving three two with a summer of uncertainty.

Teaching unions have expressed repeated outrage over universities' continued failure to resolve the pay dispute.

An offer to increase salaries by 3.24% over three years was rejected as inadequate, quashing speculation

that the dispute would be brought to a close in time for exams marking to take place.

While the industrial action continues, union members will not mark coursework or exams, and will not set any exams. They are also refusing to come for colleagues during lectures of classes, and in some cases will not attend departmental meetings.

Council talks last week were expected to bring industrial action to

a close, but the pay offer - equivalent to just four percent per year - was dismissed as too low.

Bill Stewart, a lecturer in Civil Engineering and one of Glasgow University's AUT representatives, said he was bitterly disappointed.

He said: "Like everyone else, I was hopeful that the meeting would resolve the dispute, but the offer that came in just didn't cut the mustard."

(Full story page 4)

Guardian is editorially independent of the SRC and the University so it can run hard hitting news stories and comment on the more controversial stories affecting students, on campus and beyond. It was this dedication to quality news gathering and writing that won the individuals both the Herald Student News Writer of the Year and Best Features Writer Awards last year.

GUUi

The GUUi, formerly GUU Independent, is the Glasgow University Union's in-house fortnightly magazine-newspaper.

The youngest publication on campus, starting up just before Christmas in 2004, the GUUi takes a satirical look at what's happening on campus and in the wider world, as well as keeping members informed of events and opportunities within the GUU.

The paper is now in need of writers, of any level and area, to build on the successes of the last two years and to make sure it keeps going. As a fortnightly publication, there is always a demand for quality writing and photography so it's a great starting point for anyone hoping to get involved in the media. With a print run of 5000 a large proportion of Glasgow University students will get a chance to read your work.



THURSDAY, 11 | 05 | 06

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Final Diary of an Angry Fat Man
p. 15

WHENEVER YOU FINISH YOUR EXAMS WE ARE HERE TO CELEBRATE!

Heather Spurling

It is almost Summer and although that means it is finally time to sit outside the Beer Bar, soak up the sun and no exams - it also means the Hive shuts it's doors until September.

"Oh! No! It cannot be!" I hear you cry. But, never fear - we have a whole bonanza of Hive events left for over indulgence and to keep you going all summer long!

10 Hour Hive is being held on Friday 26th May, with schooldisco.com. The event will include Mr and Miss University 2006, run by our friends from London and there are some great prizes and freebies to the audience. The winners will also be invited to the UK Mr and Miss University Final!

Schooldisco.com host legendary nights at the Hammersmith Palais, but now it is time for Glasgow and the Hive has been selected as their venue to party. Expect the memories to flood back

with the best tunes from your 'skool dayz' being played.

With so much on offer, 10 hours may not be enough to celebrate school finally being out for summer. The Headmaster requires your attendance from 8pm - 6am, full school uniform is expected!

If you need to do your homework and put in some practice for 10 Hour Hive we suggest the Shipwrecked Summer Beach Party on Saturday 20th May. Sam Bush and Richard Biedul from Shipwrecked are hosting a beach party, with a special blind date, along with the best cheesy tunes to get everyone jumping. Dust off your bikinis and squeeze into those bermuda shorts as there will be a prize for the best male and female outfits.

Saturday 27th May plays host to Manumission's Ibiza Rocks warm up tour with special guest DJ's Zane Lowe and Eddie Temple Morris. Rock DJ's and Manumission? Lowe believes 'it feels like

there is a lessening division between rock and clubs. Whether its Mylo or Bloc Party, Fischerspooner or Kasabian, there is desire for rock kids to dance and dance kids to rock.' There will also be two bands playing on the night - both are loved by NME, Radio 1 and XFM - keep a look out on guu.co.uk for final details!

The concluding Hive night of the academic year will be Friday 2nd June, and it will also be the final Hive from the legendary DJ Troutfish before he graduates! 70p vodkas will help ease the pain of saying goodbye, and also aid your quest to be the last one on the Hive podium for this year! How time flies when you're having fun!

In addition to these great events the Hive is open every Thursday and Friday until 2nd June. Battle of the Bands is also on this month, aswell as the firm favourites of the Beer Bar Quiz, Open Mic and Karaoke!






10 HOUR HIVE

8PM - 6AM

FRIDAY 26TH MAY

MR & MISS UNIVERSITY - BEER BAR QUIZ
AND DON'T FORGET YOUR UNIFORM!




The GUUi's take on campus events can be in turn hard hitting, insightful or satirical but it has proven in its short life that, no matter what, it will always be an entertaining and interesting read.

qmunicate

The image shows the cover of the 'qmunicate' magazine. At the top, the word 'qmunicate' is written in a white, lowercase, sans-serif font on a red background. Below it, in smaller white text, is '13th April 2006 Issue 34 www.qmu.org.uk'. The main cover image is a photograph of a person in a light blue hoodie and a dark cap, seen from behind, holding a lit flare that is emitting a bright orange and yellow flame. The background is a blurred street scene with buildings. Overlaid on the bottom half of the image is the title 'French Students Riot' in a large, bold, white, sans-serif font. At the very bottom of the cover, there is a red banner with white text listing contents: 'ection Results P2 | Art Festival P4 | Home Taping Killing Music? P11 | Tales from New York P17'. Below the banner, there is a short paragraph of text.

French Students Riot

ection Results P2 | Art Festival P4 | Home Taping Killing Music? P11 | Tales from New York P17

Covering everything from international and campus news to this years' saviours of British rock music and the latest film craze, qmunicate has established itself, in two and a half short years, as a voice to be reckoned with on campus.

qmunicate is the QMU's free fortnightly magazine covering a range of topics to keep you entertained in lectures, the pub, or at home. It's laid back enough to give you columnists who will either make you smile or wince with their take on the world, but dedicated enough to get you the latest on and off campus news. There's coverage of everything from dodgy landlords, to the University's pride and joy – Millie the Dinosaur – being destroyed.

All this, plus interviews with the likes of the Arctic Monkeys and Death From Above, along with music, computer game, and film reviews. On the more fun side of things there's also crosswords and cartoons to give you a rest.

Sound like you want to get involved with this? Be it as a photographer, writer, designer, just come along to a meeting in the QM (every Wednesday at 5.30) to get involved.

Clubs and Societies

There are clubs at the University of Glasgow for pretty much every single hobby and interest that you could think of – check www.glasgowstudent.net/activities for a full list of clubs and societies, contact details and web addresses for each. There is also information on how to start your own club whether it be the Tin Foil Hat Brigade, the Yul Brynner Fan Club or The Font Appreciation Society. Clubs and Societies can affiliate to the SRC and/or The Unions which will be able to give them practical help and support with the running of their activities. Here is a selection of clubs and societies that are currently available at Glasgow.

The Kelvin Ensemble

The Kelvin Ensemble is the student-run orchestra of Glasgow University. Since its formation in 1991, the Ensemble has gone from strength to strength and is now recognised as one of the leading non-professional chamber orchestras in Scotland.

This year they are looking forward to celebrating their 15th anniversary in December, and a joint concert with Edinburgh University Chamber Orchestra in March. The orchestra is open to students from any faculty.

Big Band

The Big Band is a jazz big band who play all styles of music, from classic big band sounds to funk, Latin, blues and soul. They play several concerts a year in association with the Music Club, and have recently reinstated the Jazz Night at the QMU, the first of which was very successful. They rehearse on Wednesday evenings in the University Concert Hall, from 6-8pm.

Student Dance Company

The Glasgow Student Dance Company is a performing arts group set up just 3 years ago. Since its conception, it's grown to over 200 members with a performing company of 20 dancers.

The company have performed twice at the Edinburgh Festival, at the CCA, and at the University's own Gilmorehill Theatre, and received a medal at the 2005 National Universities Dance Showcase Competition. The company enjoys close links with the Scottish Ballet and other University Dance and Theatre Societies. All abilities are encouraged to come along, from beginners to experts.

Scottish Country Dance Club

If you like balls and ceilidhs, fun-filled classes, lively music, ball gowns and kilts, and the chance to make friends at Universities all over Scotland, the Scottish Country Dance Club is for you.

It doesn't matter if you've never been to a ceilidh and don't have a clue what a pas-de-basque is, with their qualified teacher and an enthusiastic core of dancers, you'll soon learn! The Scottish Country Dance Club provides a great starting point for anyone who's never got to grips with a Gay Gordon as well as people who hanker after a good sixteensome.

Cecilian Society

They are the University's foremost musical theatre society, open to all students. They have put on many successful shows such as Bugsy Malone and Fiddler on the Roof, with more to come this year.

Watch out for the weekend show just after Freshers' Week where you get the chance to join on the Friday practise over the weekend and perform it on the Sunday as well as this year's big production, Oklahoma! in the new year.

Student Theatre at Glasgow

STaG are a society dedicated to producing stage plays, which are acted, directed, and managed by students. Each year, they build on their excellent reputation for entertaining and thought provoking theatre, putting



The GU Big Band, performing at the QM earlier this year.

on a large selection of projects including events in Freshers' Week, three large-scale plays in Gilmorehill G12 Theatre and six plays in the G12 Studio Theatre.

Dialectic Society

Promoting debate on campus is the Dialectic Society's challenge. Regular events include training for debating and public speaking, lunchtime 'doughnut debates' (Wednesdays at 12, GUU), and large-scale events. As part of the world's oldest student debating society you get to hear both sides of controversial and topical issues along with a diverse social programme of formal dinners, parties, and trips to sporting and cultural events.

Conservative & Unionist Students Association

The Conservative Students' Association stands for individual freedom, liberal economics and a sense of national unity. They organise various trips throughout the year as well as opportunities to meet key figures of the party at lectures, debates and other less formal events.

Labour Club

They are one of most active political club on campus and one of the oldest and most prestigious Labour Clubs in the country. Past members include John Smith and Donald Dewar. They work closely with other Labour

Clubs to help deliver the values of fairness and equality that the Labour Party believes in. This year's events will include speaker meetings, debates and various social events.

Liberal Democrats

As one of the most active political society on campus, GULD is an attraction not to be missed. As well as discussing a variety of issues at their weekly meetings, they hold events throughout the year. From inviting politicians to speak to them, to going to national conferences, or getting involved with the Scottish Young Liberal Democrats, members can take as active a role in club politics as they wish.

Scottish Nationalist Association

GUSNA is an organisation of students who believe in an independent Scotland, as they consider it to be the best means of delivering change for people within Scotland. As the forerunner of the SNP, GUSNA has inspired many students in the 80 years since it was set up. GUSNA remains a very active society on campus, holding regular meetings, social events, campaigns, and attracting a wide range of speakers.

Student Christian Movement

Student Christian Movement is a society of open-minded Christians seeking to explore issues of faith and justice within a friendly environment. Meetings

feature challenging speakers including the likes of Kathy Galloway, leader of the Iona Community, and an opportunity to reflect, act and pray with others. It is committed to an inclusive, radically thought out exploration of the Christian Faith.

ALIVE

A Life Is Valuable for Everyone is Glasgow University's pro-life group. They exist to promote, respect, and value life from conception until natural death. They have regular meetings, hold talks and social events, and work to share their beliefs with others.

Christian Union

The Glasgow University CU have been active for many years and are still going strong. Members of the Christian Union are more assorted than liquorice flavoured sweets, but they have one thing in common: belief in Jesus Christ through the word of God, the Bible. Loads of events, Bible studies in halls and flats, getting together on Thursdays for discussion, prayer and praise, and social events.

The CU is linked together with 2 common reasons. Firstly, their mission: They believe that a faith which has credibility and integrity will want out of love for others, to inform and reach out to those around them in many ways. Their priority is to make the good news about Jesus Christ known on campus and beyond. Following that, they seek spiritual growth, getting together with others to learn more about God, supporting each other and generally having a good time.

Hindu Society

GUHS was launched in 2002 in response to the lack of any Hindu representation in the University. It was the first Hindu Society to be organised at the University of Glasgow and it is still the only Hindu Student's Society in the whole of Scotland. Over the past four years they have gone from strength-to-strength, organising a myriad events related to Hinduism and to Indian culture. They also run a number of general social get-together events including dinners, ceilidhs and film screenings.

Muslim Student Association

GUMSA represents Muslim students at the university and seeks to nurture relations between Muslims on and around campus. The society is dedicated to the cause of Islam in the University of Glasgow and in the local community. They aim to disseminate Islamic knowledge among Muslims for the purpose of strengthening their commitment to Islam as a complete way of life.

Pagan Society

Interested in meeting new faces, chilling in Tchai Ovna, camping trips, parties and lots more with fellow Pagan students? The Glasgow University Pagan society does just this as well as meeting once a month for a guest speakers' talk/workshop and holding open rituals in popular locales during the day and encourage networking with the many moots of Glasgow. They aim to support the understanding of paganism and to provide a pagan community for student pagans or just those who are interested.

Amnesty

As part of the larger Amnesty Worldwide movement they do their part in protecting human rights: raising awareness of abuses like torture and unfair imprisonment, taking action where they can by writing letters to governments about specific cases. They have guest speakers regularly attend to talk about human rights issues. Recently they've campaigned about violence against women and arms control in the Maldives, Nepal, Russia, US and Israel/Palestine.

People and Planet

People and Planet is a national student campaigning network working to help end world poverty, defend human rights and protect the environment. The Glasgow group is very active, promoting P&P's central campaigns as part of a national effort to effect political change. They also work on their own projects such as their involvement the Glasgow University's FairTrade accreditation, trying to help make the world a better place. Have fun and meet cool people while trying to make a real difference. To find out more come along to a meeting.



With many of the clubs you can get the chance to travel the world and affect real change.

Student Volunteers Abroad

S.V.A offers university students in Glasgow the opportunity to get involved in community and environmental work in developing countries during their summer holidays. They work with host organisations on sustainable projects to help provide assistance in dealing with local issues, whilst promoting awareness amongst students of the social, environmental and health issues that affect the developing world, and encouraging cultural exchange.

In 2007 there are many planned projects including: HIV/AIDS education and awareness in South Africa; construction and environmental work in Nepal; teaching children from the slums in South India; HIV/AIDS health promotion and NGO facilitation in Mozambique; health care, social and development work in Koranic schools (daaras) in Senegal; development of the promotion of HIV/AIDS health as well as teaching in Malawi; health care and community development in Slums in Delhi, India and teaching conversational English in Romanian summer schools.

Tentelini

Tentelini is a volunteer based charity that gives students the opportunity to assist with the provision of educational opportunities for vulnerable children throughout Sub-Saharan Africa, encouraging them to fulfil their potential. Student volunteers get the chance to work alongside teachers and carers in communities throughout Sub-Saharan Africa, building relationships, and sharing skills and ideas in order to enhance the educational experiences of the children. To learn more come along to their recruitment evening during November.

SKIP

Students for Kids International Projects is a registered charity, run by healthcare students which sends out volunteers to work in developing countries. This year students from the University of Glasgow are aiming to set up a project in Malawi in southern Africa. Malawi has been severely affected by poverty and the HIV/AIDS epidemic.

There is estimated to be over 500,000 children orphaned due to HIV/AIDS in the world today. The members of SKIP hope to provide health education, simple health checks, set up a feeding programme, and to give love, care and attention to these underprivileged children in one of the poorest parts of the world.

Student Action For Refugees

Want to meet interesting people? Every year millions of normal people escape crazy regimes and brutal warzones, and a few hundred end up in Glasgow's crumbling tower blocks in the UK.

STAR is about meeting these people and helping them adjust and contribute to our great old city. If that's too hands-on, there's also squashing the last of those strange 'donkey-eating scrounger' myths, plus making a magazine about the sides of life us posh students overlook.

Dirty Weekenders

Dirty Weekenders isn't a swingers group but in fact the University's environmental conservation society. This year, they've spent their weekends on various projects including maintaining grass land in Hamilton, putting in a new pond at the University Wildlife Garden behind the QM, and building a polytunnel for growing organic vegetables near Loch Tay. Dirty Weekenders is all about getting your hands dirty, seeing more of Scotland and learning some practical conservation skills at the same time.

LGBT

Starting University is a scary experience – moving out into your own place, away from your family, meeting new people and taking complete charge of your own education. It can also be a time that we discover new things about ourselves and for some students that may mean identifying as gay, lesbian, bisexual or transgender.

Glasgow University's LGBT Student's Association is here to help provide support and advice for LGBT students, whether it be about sexual health, coming out, gay



PauseGaming meet up regularly for large scale LAN events

rights or just what Glasgow has to offer the LGBT community. They also organise a wide variety of social events – from movie nights and scenic tours to debates and workshops – guaranteed to help LGBT students widen their circle of friends. If that sounds like something you want to get involved in, it's well worth seeing what they have to offer.

Computing Society

Glasgow Compsoc provides a fun and interesting way to socialise with both students and academics from computing science and computing-related disciplines. Every year the society organises and hosts social events such as pub quizzes, bowling competitions, trips away and load of other ways to get to know your computing brethren a little better, so there are good times to be had for everyone.

PauseGaming

Also known as the Network Gaming Society, this is the group for both the hardcore and occasional gamer. Essentially, it is all about having fun! Meetings



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Getting involved in clubs and societies is a great way to meet new friends who share the same interests as you. You can join as many as you want, or even set up your own one if there isn't anything that takes your fancy.

”

Mhairi Wilson
SRC Vice President
(Learning and Development)

are primarily PC gaming events with a small casual console gaming element.

Games from new to old are played including Counter-Strike, Dawn of War, Starcraft and Battlefield 2. They have a strong community and have frequent gaming and social events both offline and online. Interested? Join their lively forum, and get gaming!

GUGS

Glasgow University Gaming Society are a lively bunch that meets up to play roleplay games, wargames, card games and board games. They also meet for regular organised social nights and get together with the wider student gaming community with our convention ConFlagration and at the Student National Championships. They meet in the QMU Food Factory on Tuesdays from 5pm and in QMU Committee Room 1 on Saturdays from 11am.

IO

Io (GU Science Fiction and Fantasy Society) is a liberal-minded, eclectic society which explores and discusses science-fiction and fantasy through film, TV, sweets, literature and spacehoppers. They are keen to provide a focus for budding writers and artists, as well as people that just want to watch and talk about films. They meet every Wednesday in the QMU's Committee Room 2 from 7pm onwards. New members are always welcome at any time of year.

Ossianic Society

Comunn Oiseanach Oilthigh Ghlaschu was founded in 1831 and is the second oldest society on campus. From a Gaelic Debating Society it has developed into a society that promotes Gaelic and Celtic culture in general. The main aims of the Society are to promote Gaelic, encourage the discussion of subjects of interest among Society members, draw the society members together in social activity and to promote the learning of Scottish Gaelic.

The Society provides a special and unique opportunity to immerse yourself in the Scottish Gaelic culture and is a Society that encourages both Gaelic speaking and

non-Gaelic speaking individuals to come together to form this highly individual social group within the University.

Nordic Nation

Glasgow University Nordic Nation, came alive in the fall of 2004. The Nordic countries include Denmark, Finland, Iceland, Norway, and Sweden. GUNN's main goal has been to create an opportunity, to introduce the Nordic traditions to a new crowd or simply allow more accustomed members to have a lot of fun.

Furthermore, GUNN acts as a means to meet people from the same background, as well as a chance to acquaint new interesting people, perhaps from other backgrounds? GUNN welcomes people from all nationalities and backgrounds (so don't worry, you do not have to be from Nordic origin to join). Nordic or not, there is no doubt that GUNN will present you with some amazing times. They hold meetings once a month and organise events continuously.

JSOC

Glasgow University Japanese Society is a vibrant, dynamic society aiming to introduce and promote the enjoyment of Japanese culture and provide greater opportunities for meeting Japanese people. Annual events and activities include sushi parties, language workshops and film screenings.

JSOC has been running since 1997 and they welcome everyone with an interest in Japan from both within and outside the University. If you would like to become a member, please come along to their Freshers' Fair stall. You can also join at any subsequent event they hold throughout the year.

Hong Kong Society

Despite what the name suggests, the Hong Kong society don't mind where you come from, they welcome everyone. It's a chance to discover how unique a country Hong Kong is, in depth, especially her glorious past and the present. Their goal is to help students to get settled into university life well, and the opportunity



Apparently Amnesty did let University Chaplain Stuart MacQuarrie out to lead a service.

Other Glasgow Societies that you can join include...

Academic Dress Appreciation Society, Adam Smith Economic Society, African Caribbean Society, Alchemist's Society, Arab Students Society, Art Society, Astronomical Society, Beta 2007, Chinese Society, Colombia Solidarity Campaign, Dance Mania, EGEA, Duke of Edinburgh Society, Earth Science Society, Engineers Without Borders, Exploration Society, GUFST, The French Society, GAMMA 2008, Genetics Society, The Glasgow Design Collective, History & Archaeology Society, The Leonardo Da Vinci Society, Linux User's Group, MACSOC, Malaysia Society, Mature Students' Association, Management Society, Medsin, Millennium Development Goals Initiative, Mooting Society, Motorsports Club, Music Club, Neighbours Society, Partick Thistle FC Supporters Club, Photographic Society, Physical Society, Pirate Society, Poker Club, Psychology Society, Glasgow University Singapore Society, Stop The War Society, Surgical Society, Taiwan Student Society, United Nations Youth & Student Association, GUVMA, UNICEF, United Missions To Support Welfare, Veterinary Zoological Society, Zoological Society, Virology Society

for students to socialise with other people through various events organised throughout the year.

English Literature Society

Glasgow University English Literature Society is an informal organisation based around lectures given by members of various departments of Glasgow Uni. No previous reading required, no knowledge of literature whatsoever, just piles of enthusiasm. Meetings are usually held in the QM twice monthly in the evening with a time for debate and discussion at the end.

Jane Austen Society

Although often mistaken for the 'Firth Forever Foundation' their actual goal is to promote the life, work, and times of a great author in a laid-back way through gentle debate and the odd picnic. Many of them also write themselves from time to time and the Society is keen to help people with their work.

Alexandrian Society

Into Alexander or crazy about Achilles? Whatever your interest in the classical period, they're sure to have an event to suit your needs. They have talks, plays, quizzes, parties, film nights and discussions throughout the year. Their aim is to promote the classics within the University of Glasgow.

Founded in 1887, the Alexandrian Society is one of the oldest student societies at Glasgow University, this year reaching its 120th anniversary.

Glasgow University PiG

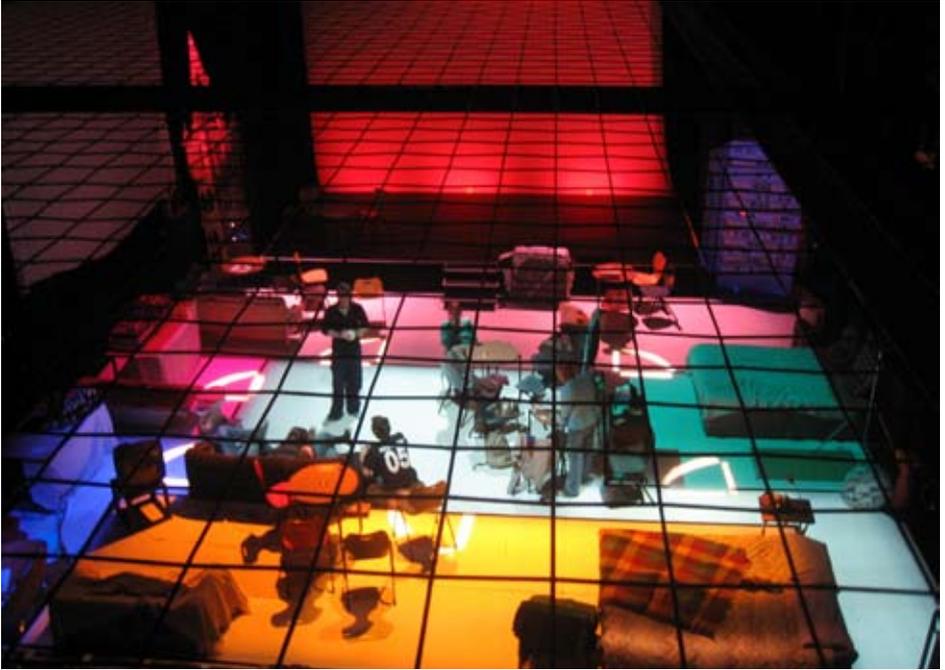
The Glasgow University Psychiatry Interest Group is the society for anyone who's fascinated by the way the human mind works, any aspect of psychiatry and mental health. Their main aims are to arrange some interesting talks with some prominent people in the field, to promote awareness of and interest in mental health issues, and generally to have fun.

Marrow

Want to save a life? With Marrow, you can. An organisation run by medical students, we are a charity branch of the Anthony Nolan Trust. They have several aims: To organise and run clinics so that people can join the UK's Bone Marrow Register: run events to raise funds and awareness in support the charity: have fun along the way. If you are interested in joining the register, keep an eye out for their next student clinic. If you are keen to get hands on and get the chance to give something back, then please get in contact.

Nursing Society

GUNS was set up in September 2005 by a group of third years to meet the needs of our student nurses. In the past year they have had everything from



One of the many inovative productions put on by STaG last year

a talk from the chief nursing officer of Scotland to a pub crawl. In the coming year they hope to provide you with loads of fun and support from those who have experienced it all before. All matriculated nursing students are more than welcome.

MedChir

Whether you're a new med student, or have been kicking around the traps for longer than you'd care to remember, MedChir is sure to have something that will tickle your fancy. Make sure that you come along to the Integration Night in the GU on Wednesday the 27th of September, and get involved.

Aberdeen FC Supporters Club (GUASC)

You may have thought that Glasgow would be a lonely place as an Aberdeen fan, but fear not though as the GUASC is here for all you Dandy Dons. Whatever your interest, whether you want to travel home and away, come to the occasional game or just head to the pub

to chat about the glory days the GUASC is the only place for you.

Student Enterprise

They aim to help students gain valuable skills and experience. You can develop skills that will assist their employability and gain from opportunities to manage and work with small businesses. It's a chance to take advantage of business start up opportunities and learn about the relationship between what they do at university and life after graduation. You'll also meet some of Scotland's most entrepreneurial and motivational speakers, get the chance to travel the world and have fun!

For more information on the full list of clubs and societies as well as a guide to setting up your own group if nothing suits you go to the clubs and societies page. www.glasgowstudent.net/clubs

Volunteering

Student Community Action

SCA gives students the chance to undertake volunteering opportunities both on and off campus. They encourage the involvement of students in voluntary community work, providing services to disadvantaged groups within the community. Getting involved enriches the student experience through developing transferable skills, broadening personal experience and relating work experience to academic objectives, all while performing an invaluable role within the wider community and helping strengthen civic and cultural life in Scotland.

Some of the projects supported by SCA (e.g. Dirty Weekenders, STAG and STAR) are also societies in their own right and are covered in Clubs and Societies. The following are just some of the projects SCA promotes. Other opportunities often arise and SCA frequently works with other organisations like The Muslim Women's Resource Centre, Barnados, Enable and NCH Scotland.

More information can be found on the SRC website or by visiting SCA on the 1st floor of the John McIntyre Building and speaking to the Development Officer. Training and support is available for all projects.

Assistant Sports Coaching

Help children develop their skills in almost every imaginable sport. Volunteers go out to a sports club one morning, afternoon or evening a week during term time to assist in coaching sessions. Perfect for keeping fit and helping others at the same time.

Henderson House/David Cargill House

Volunteers befriend residents from one of several homes for the elderly. This might involve anything from simply chatting over a drink to playing board games. No special skills are required but those willing to play an instrument or read poetry are particularly valuable.

English for Doctors (EDS)

This service aims to help refugee and asylum seeker medical professionals who need to attain a high level of English to practice medicine in the UK. EDS provides supplementary practice in preparation for the completion of basic English requirements. The doctors are aiming to practice medicine in the UK but conversation does not need to be medically based. SCA are working with staff from RITeS (Refugees Into Teaching In Scotland) towards setting up a similar project involving refugee and asylum seeker teachers.

GUSH

Working with Glasgow Simon Community Soup Kitchen, volunteers hand out tea, coffee, hot chocolate, and biscuits, and spend some time speaking with rough sleepers in Glasgow.

Splash

Students can volunteer to help children, primarily with special needs, to swim. Volunteers work alongside coaches, assisting with the running of lessons. No previous experience is needed but an ability to swim is essential.

Student Tutoring Scheme

Volunteers go to primary, secondary or special needs schools and assist classes with their lessons. They are not student teachers, so they will not be expected to lead lessons, discipline pupils or be left alone with a class. They are there to help out and provide young people with a role model of someone who has gone on to higher education.

Nightline

The SRC's telephone listening and information service runs from 7pm-7am every night during term time. They recruit in October and February for volunteers willing to do one shift a fortnight from a safe and comfortable space.



One of the best ways to get the most out of your time.

Salt & Light Bus

Volunteers serve tea and coffee and lend a friendly ear to prostitutes in Glasgow, working with staff.

Why Get Involved?

SCA projects offer volunteers experiences and opportunities to build valuable inter-personal skills needed in life such as communication and team working. That aside, we offer opportunities to gain experience in specific interests and have loads of fun at the same time. Also, just as important, the sense of satisfaction in the knowledge that you've made a difference in someone's life. All of which can only enrich your university experience, social life and CV.

If you are interested in any of these projects but don't feel you have relevant experience, don't worry.

Experience is not necessary, all we ask is that volunteers are:-

- Students at Glasgow University.
- Have an interest in voluntary work.
- Enjoy meeting and working with new people.
- Looking to gain new skills and build on existing ones.



“

I enjoy meeting up with other volunteers and finding out about their experiences but one of the most enjoyable aspects is chatting to the service users themselves.

”

Zhan McIntyre
LBBS PhD



how to keep on top of your degree and
what to do if it all starts going horribly wrong

the basics

getting started, choosing and changing courses

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study and exams

how and where to work, tips on surviving exams, using the library, IT

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if you need help with your studies, this is the place to start

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The Basics

Getting Started

Studying at university is probably going to be different from anything you've done before. For some people the biggest challenge is the step up from school to university level work, for others it's managing their time effectively. Those returning to education may find newer teaching methods confusing or even intimidating and if you have a disability you are likely to discover a whole new set of challenges that you haven't faced before. Whatever problems you have though it's worth remembering that this is what you're here for and if you have a problem, there's probably someone at the University who can help you.

This section of the Guide is designed to make sure you have a good idea of how studying at Glasgow works and should provide you with enough information and advice to keep you on track throughout your degree. If things are going wrong or you need some support don't be afraid to use the services that are available. The SRC Advice Centre and Student Information Desk are good first points of call.

WebSURF

You will have already come across WebSURF as part of your registration process. The Student Updateable Records Facility allows the University to keep track of information on you and your degree and allows you to change certain information. It's the easiest way to let the University know that you've changed your address and lets you check that your course details and academic record are correct. It's important to check **www.websurf.gla.ac.uk** regularly to ensure that your details are up to date, otherwise letters from the University may go astray. You might even find out too late that your department thinks you're enrolled in the wrong course.

Your Adviser of Studies

Probably the first official University person you will meet, your Adviser of Studies is there to support you throughout your entire degree. They will help you to make your course choices and approve what you have chosen in line with what you want to get out of your degree.

It's worth developing a good relationship with your Adviser as their experience is invaluable. You never know when you might need them to help you out of a tight spot at some point in the future or even act as a referee for your first job after university.

Changing Courses

The first few weeks of university are a pretty overwhelming experience and it may quickly become apparent that you are not enjoying your course. If so, this is not something to worry hugely about. This happens to a large number of students during first term, when they realise that new subjects are not what they imagined, and it can usually be dealt with pretty easily.

Your Adviser of Studies is the best person to approach about switching courses. They will be able to speak to the necessary departments and organise the change. Bear in mind however, that you may only be able to switch in the first few weeks of term. University courses cover a lot of ground very quickly and departments may feel you have already missed too much of their course to swap.

Before you make any decision consider that many courses start with very dry core modules. These can seem dull but will provide the essential background for the more exciting modules later down the line.



No matter how hard you try to justify it, sitting in the park just isn't the same as going to lectures.

Attendance

Different departments have different rules on attendance but as a general rule most will enforce attendance at labs, tutorials and seminars more strictly than at lectures. Unless a register is taken at lectures then you can probably get away with missing a few here and there, but don't make a habit of it. The information you gain at lectures will be the bare minimum of knowledge expected when exams come around, so missing too many of them will put you at a real disadvantage. Missing labs and tutorials without good reason is even more serious: you will usually find that some or all of their content is assessed and you may be refused credit or asked to leave the course if you do it consistently.

Consequently it's really important to speak to your department as soon as possible about any medical or personal reasons stopping your attendance. You will need a doctor's letter to cover any extended absence through illness (remember to go during your illness, not after). If you are experiencing personal problems then remember that the SRC Advice Centre can help you or point you in the direction of someone who can.



“

Learning is what you're really here for at University. There are loads of useful resources available and easy things that you can do to make your time here as productive as possible. It's obvious but if you spend all your time in the pub you will probably come out with a much worse degree than you hoped for.

”

Mhairi Wilson
SRC Vice President
(Learning and
Development)

Study and Exams

Study

Developing good study technique is vital if you want to do well at university. You'll find that your life is considerably less stressful once you've worked out how to balance your university work with your social life. Everyone works differently so there are no hard and fast rules but a few basic pointers can help you along the way.

Setting aside some time during the week for study is a good start. Going to the library four hours a week isn't going to kill you but it will give you a chance to read over your existing notes and do a bit of additional reading. Doing this throughout the year instead of cramming it all in the week before your exam will make your life considerably easier and you'll still have time to do all the other things you want to do.

When you are studying for extended periods it's vital that you take regular breaks. Otherwise you'll find that the information just isn't getting through. Relax for ten minutes and think about what you've just been reading.

Staying indoors all day isn't a good idea either so try and get out for some fresh air to clear your head. The exercise will help you to concentrate too. The same is true of eating and drinking sensibly. Twelve espressos might seem like a good idea at the time but when your essays stop making sense after the first paragraph you'll regret it.

For more information on looking after yourself mentally and physically while you're at university see *Live* [p78].

Study Spaces

The Main Library is by far the most common study haunt, due to the abundance of resources close at hand and the facility to book study rooms for group work.

There are plenty of distractions but if you don't mind these, the library will be your home from home. But even so, at busy times of year it can be near impossible to get a seat in the library, so it is worth considering the alternatives.

The GUU and QM have several small libraries and study rooms, that are open to members all night long. The rooms are quiet and you can study with a pint at your side, although the temptations of more beer and arcade games are often difficult to resist.

No such worries in the library of the Adam Smith Building. Go there for hardcore study, but not for group work. The Adam Smith is part of the University network of Departmental Libraries (eg Dental, Chemistry) which offer quiet study retreats and access to specific texts and journals. It's worth finding out if your department has one and using it when possible.

If you prefer somewhere with a little more life to it, Hillhead and Partick public libraries and the Mitchell Library (Charing Cross) also have plenty of study space.

Exams

Despite gradual movement towards continuous assessment, exams still count for the biggest chunk of marks in most courses. Even so, year upon year, otherwise diligent students trip themselves up by failing to properly prepare for their exams.

The following points might seem obvious but following them will make your university life a lot easier.

Before Revising

Find out what structure the exam takes. There's a world of difference between studying for a multiple choice exam, for essays or short answer questions. Equally,



Always remember to take enough pens to exams

if you know you only have to write two essays out of ten choices you can focus your revision. Find out the weighting of your exam and balance your revision time appropriately. Spending the same amount of time revising for an exam which counts for 5% as an exam which counts for 25% makes no sense. An A in the latter one counts for 5 As in the first.

Before your exam

Find out where your exam hall is. You spend all year in the same two lecture halls, then for your exams they send you off to the darkest, hardest to find corners of the University. If you don't know where Turnbull or Bute Halls are then find out. See *Appendix, Campus Map* [p181]

On the day

Arrive in plenty of time but make sure you've had an early night. You probably won't do very well if you fall asleep half way through because you were up all night cramming. A bit of extra time will also give you one last chance to read over your exam notes.

If you rush in at the last minute, you will most likely forget to read the exam instructions carefully. Every

year there is a student who does perfect revision, writes three great answers and comes out happy, only to find out they were only supposed to answer one question.

Missing an exam

The consequences of missing an exam vary depending on whether you have a good reason. If you can produce a medical certificate or proof of personal problems, then your department should be able to help. They may either re-weight the course components so you don't suffer as a result of the missed exam, or let you re-sit at a later date.

If you don't have a good reason for missing it, you may just get a mark of zero for the exam, which will damage your overall grade and may threaten your place on your course.

Re-sitting exams

The circumstances that led to you wanting to re-sit an exam can greatly effect your eligibility to do so. If you are awarded an M (medical) then you will be allowed to retake the exam at a later point but if you get a CR (credit refused) you'll probably end up having to re-sit the entire module.

The Library

Using the Library

Glasgow University Library (GUL) is the biggest and best in the city. Taking just a little time to familiarise yourself with its plentiful resources could be the difference between getting a first and a third, and will save you a fortune in library fines along the way.

The University usually offers Library Tours in Freshers' Week. These give useful background information. But if you're too busy exploring the city and having fun don't worry. The best way to get to know GUL is by exploring it for yourself, but remember not to forget your student card. Without it the security guards will not be allowed to let you in under any circumstances.

Kinds of books

Main Collection

There are tens of thousands of books filling the shelves of levels 3-11 of the Library. Some of them literally haven't been opened for decades, and, though they may be ideally suited to your particular purposes, no one will be beating the door down to get them as soon as you've finished.

You can borrow up to 30 of these for 4 weeks at a time. Three renewals are permitted. The main exceptions to this rule are back issues of periodicals and journals (eg New Scientist, Nature) which may be borrowed in volumes for one week at a time.

Short loans

High-demand books are kept on the ground floor of the library. They are usually books which are required reading for a course, but of which the Library only has three or four copies. Everybody will be trying to get hold of them so access must be limited. Try the SRC bookshop if you'd like your own copy.

Some short loan books may be borrowed for one week or 24 hours. Others can be kept for only 4 hours, or overnight, if you take one out within four hours of closing time. This time is usually spent photocopying the bits you need. Beware that in some cases, there may only be one copy of a 4 hour loan book between 40 students, so whenever possible, try to book the item in advance.

As an undergraduate you can borrow up to 10 one week loan books. Five renewals are permitted. Only two 4hr or 24hr loans may be borrowed. It is not possible to renew these books so make the most of them when you have them.

Reference Material

The Library stocks various collections of reference material which cannot be withdrawn from the library. On Level 3 you will find past exam papers, Encyclopedias, Newspaper back issues and current periodicals. The Level 12 Special Collections hosts PhDs and ancient, valuable manuscripts. Recorded Music can be found on levels 2,3 and 4, while Videos and Tutorial answer sheets can be found at the Lending Desk.

Finding your book

There are so many books in the building that it is literally sinking under their weight. Finding the book you need by wandering around is almost impossible. The quickest and most effective way to do it is to search the catalogue online at the library's website www.lib.gla.ac.uk or by using the catalogue computers located around the library.

Here you can find a book by entering a title, author, subject or keyword. The broader your search, the more related books the search engine will find. Each item has a record showing which floor it is on, the subject



With the library literally sinking under the weight of its contents, taking a book out could be seen as an act of charity. Do some work for the sake of future generations if nothing else. Who knows, you may even get a degree out of it.

category and its call number (eg Level 7, Law KM459 MAR2). Take a note of this number or you'll never be able to find your book.

In both the main collection and the Short Loan collection, books are divided into subjects. You will find a list of which subjects are on which floors at the entrance to the library. Once in your subject area, the books are filed alpha-numerically by their call numbers. Books of similar subject matter have similar call numbers, so you will often find many useful books near to the one that you were looking for.

Booking an Item

If you find that the book you want is out on loan, you can put a 'hold' on it online. This means that when it

comes in, you will be notified that the book is being held for you at the Lending Desk. If the book is not due in for over a week, reserving it will automatically give the borrower 7 days notice to return the item. This system of course works both ways so other people can put a call out for books which you have taken out on loan, so be aware that you may at any time be given 7 days notice to return a book yourself. Luckily you will be automatically emailed to tell you this, saving you from hefty fines.

Missing items

If you have trouble finding an item on the catalogue or on the shelf, go to the Enquiry Desk on Level 3. The staff will help you find it, or may be able to order it from another library.

Borrowing and Renewing

Books can be borrowed at the Lending Desk or the Self Service machines on the ground floor. If you have over £2 of fines, or the book has been reserved, the machines will reject your request.

If you want to keep a book after the date it is due back, then you may be able to renew the loan. To do so, either:

- Access your record at the library's website. choose 'View Your Own Record' and type in the 12 digit barcode number on your registration card, then simply choose the items you wish to renew.
- Take the book to the self-service machines
- Contact the library by phone (0141 330 6701) or e-mail (library@lib.gla.ac.uk).

Renewing the item will not be possible if someone else has requested it online or if it's a 4 hour loan.

Returns

The quickest way to return books is in the book drop chutes. There are three – one outside the building, one just inside the entrance and a short loan return within the Short Loan Section. If you want to take new books out immediately you should return your books at the Lending Desk or at the machines in the Short Loan section. This way your borrowing record will be updated straight away.

Fines

If you keep a book after the date it is due for return and have not renewed your loan, then you will have to pay a fine. The rates vary from about 5p per day for low-priority books to 50p per hour for books from the Short Loan Collection. If you owe the Library more than £2 in fines, then you will not be able to borrow or renew any books until you pay back at least some of what you owe. 5-20p per item per day might not seem like a lot,

but when you take four dull books out for an essay and forget about them for a few weeks, you end up having to fork out £20 just for the privilege of borrowing another four. Lost books cost a standard charge of £25, even if they are only a small paperback.

Many students pay out well over £100 in unnecessary library fines across their degree. The good news is the money goes towards paying for new library stock, although this is slim consolation when you think what you could have bought with that cash.

Printing & Photocopying

Depending on your needs there are a variety of well priced printing and photocopying services on campus.

SRC photocopying and printing (John McIntyre)

For the cheapest price on campus, the SRC provides an excellent service. Copy cards are available from reception during office hours and require a £2 deposit.

	A4 B/W	A3 B/W
Cash	5p per copy	50p per copy
£5 Card	4p per copy	40p per copy
£10 Card	3.5p per copy	35p per copy
£20 Card	3p per copy	30p per copy

Colour copies are twice the price of black and white.

Library and University Clusters

For printing from University computers you must buy credits from the machines on Level 3 of the Library. It's worth topping up your balance frequently to save time queuing for credits when your essay is due in five minutes. For photocopying you will need a photocopy card, available on level 3.

	A4 B/W
£1 Card	7p per copy
£5 Card	5p per copy



Learning how to use the library catalogue system might help when all you can find is out of date books.

QMU photocopying (ground floor)

Copy cards are available from reception and the shop for black and white photocopying.

£0.75 card	5 p per copy
£1.35 card	4.5 p per copy
£2.55 card	4.25 p per copy

Food

While food and drink is banned in most of the library, you will probably get away with water and a few sweets. For a quick snack, go to the refreshment area on level 2, but beware there are only vending machines here.

Unfortunately if you want anything more substantial during a long stay at the library you'll have to head out to get something to eat either to Great Western Road, the Unions or Byres Road. If you do leave the library then remember that you have to go back, although it will doubtless be very sunny and your friends will be sitting in the park. Just because your bag and books are in the library it doesn't mean that you're doing work.



“

I really wish I'd started to use the library earlier, it's a great resource and I think I missed out by not using it enough early on at Uni.

”

Joe Evans
4th Year Scottish
Literature

IT

Facilities

There are several 'open access' centrally managed computer clusters on campus as well as a number of smaller departmental ones, whose use is usually restricted to students in that department.

The main clusters can be found in the library (350+ machines) and the Reading Room (100+ machines). Considering that there are around 24,000 students at Glasgow, competition can be pretty fierce, especially towards the end of term when essays are due. At present there is no booking procedure for these machines, although it is hoped to introduce an electronic booking mechanism during session 2006-2007.

All computers have the standard CSCE (Central Student Computing Environment) build which includes Windows, Word, Excel, PowerPoint and Internet Explorer as standard, and your Novell Netware account will allow you to store files on a server which can be accessed by logging in anywhere on campus. If you have any trouble logging in, forget your password or find a problem with a machine then the staff at the Student IT Helpdesk in room 325 in the library should be able to help. They can also be contacted at helpdesk@gla.ac.uk

Departmental facilities usually have the benefit of extra, course specific, software and lower demand, so if your department has them it's a good idea to use them. Playing games is discouraged strongly.

Basic IT Certificate

All undergraduate students must obtain the Certificate of Basic IT Competence before they can graduate. If you have an existing computing qualification then you will probably be exempt. But you should contact the IT Education Unit at www.iteu.gla.ac.uk to be sure.

If you think you know your stuff then you can take a quick test and get it over with but for those who need more practice, courses are available to get you up to speed. Departments will expect your coursework to be word processed and will mostly correspond by email so it's vital that you know how to use these programmes.

The ITEU also runs a series of free courses throughout the year to help students improve their IT skills. These range from effective document design to dissertation layout. Spaces are limited so it's worth signing up for relevant courses as soon as possible. Full details can be found on their website.

Moodle

The Modular Object-Oriented Dynamic Learning Environment is an online education tool. A lot of courses at university use this system as a means of teaching and providing resources. You will be asked to sign up for Moodles specific to your course and should then be able to access relevant lecture notes, online tutorials, articles and downloads. There is even a oodle set up so that Student Reps can keep in contact.

Buying

It's becoming more and more useful to have your own computing equipment for university. With everyone expecting slick presentations and well presented essays, having your own computer means you can put together high quality work in the comfort of your own home.

Buying a computer is fairly cheap if you are careful about where you buy from and there are plenty of student discounts available too. The University of Glasgow has joined forces with Dell to offer students campus-ready laptops and desktops at 20% off normal



It's impossible to imagine getting through Uni without depending on computers.

prices. Benefits include, up to date anti-virus software, wireless connectivity, ability to plug straight into the University network, free delivery to the University if required, free 250MB USB memory stick and free carry case. See www.gla.ac.uk/studentlaptops for details on price and delivery.

The Apple Education Discount Store is only viewable on campus computers and has eBooks starting from as little as £615. The site can be found at www.apple.com/uk/education. Priceless Computers at 974 Argyle Street is probably the best place in the West End to pick up cheap PCs and laptops. They'll build you a desktop PC for £300 that would cost you £1000 in PC World across the road.

University Computing Service do good deals on everything from printer cartridges to USB storage devices and their website has free downloads that'll do everything from converting older file formats to making your bibliography look pretty. Find them in the James Watt North Building and at www.gla.ac.uk/computing.

If you do buy a computer then it's worth trying to use some of the wireless hotspots available. The library is now entirely Wi-Fi enabled. To get a log on go to the Student Computer Help Desk on level three and they will sort you out. Both the Unions and many of the pubs and cafes in the West End also provide similar services and it's always worth asking.

Google Scholar

Still in its early stages of development but already an impressive tool, Google Scholar allows you to search specifically for scholarly literature, including peer-reviewed papers, theses, books, preprints, abstracts and technical reports.

Lecturers are bound to be sceptical and the potential for plagiarism is obvious but Google Scholar's system means that the top results are generally from respected and trusted sources.

For example, one of the criteria for ranking is how many times an article is cited in other publications.

It's a particularly good way of keeping up with the latest research in your chosen field but remember that not all new publications are of a high standard. It's worth discussing new research with lecturers before relying on it in an essay.

Remember to accurately reference anything you use found through this or other sites.

scholar.google.com

Appeals and Discipline

The SRC Advice Centre can advise you on all matters concerning Appeals and Discipline. The professional staff have access to a wealth of resources and can advise you on your rights, help you put together an appeal and even accompany and support you during a disciplinary or appeal hearing.

The Advice Centre can be found on the ground floor of the John McIntyre Building. Opening hours: Mon-Thu 10am-4pm Fri 10am-3pm

www.glasgowstudent.net/advice

Academic Appeals

If you believe that illness or other mitigating circumstances affected your academic performance in any piece of assessment or any examination, do not wait for the outcome of your exams before deciding to disclose your circumstances.

Whilst it is understandable that you may be worried about talking to a staff member or your Adviser of Studies about sensitive personal issues, remember that unless staff are made aware of your circumstances, they will not be in a position to be able to help you. Most problems can be effectively dealt with before your academic performance suffers, if they are dealt with at an early stage.

In accordance with the Code of Assessment, it is your responsibility to bring any such circumstances to the attention of the University. It also states that if you feel you have been prevented by good cause from completing an assessment or that your performance has been seriously prejudiced due to good cause, then you must inform the University. To do this you have to contact your Departmental Office and the

Head of Registry within 7 days after the due date for completion, unless circumstances prevent you from complying with this time limit. Generally, the evidence required for good cause should be in the form of a full medical report or other written report detailing the precise cause. It is helpful if any such evidence includes details as to the exact effect on your performance in the assessment or assessments in question.

If you do not inform anyone of your problems before your assessment is completed it is still possible to appeal but you must explain why you did not speak to your Department beforehand.

In the first instance of a problem, you should always try and seek an informal resolution with your Department. Contact the Course Co-ordinator, Head of Department, or the Departmental Secretary and explain your circumstances or concerns. If an informal resolution isn't achieved, then you may pursue a Formal Academic Appeal.

If you choose this option you have 10 working days from the date that you were advised of the decision against which you want to appeal to submit an 'Intimation of Intention to Appeal Letter' to the Clerk/Secretary of the Faculty that you are registered in. Information and advice on Formal Academic Appeals can be found at the SRC Advice Centre. Ideally, your appeal will be upheld without you having to attend an oral hearing; however, in the event that this does occur, SRC Advisers will not only be able to give you advice, but generally be able to accompany you and provide representation at the oral hearing.

If you want more information on all the procedures for governing Academic Appeals, they can be found at www.glasgowstudent.net/advice and on the University Website: senate.gla.ac.uk/calendar



If you have a problem at uni, try and talk to someone. The SRC Advice Centre is a great place to start.

Discipline

There are a variety of acts which are deemed to be a disciplinary offence, therefore, it is important that you make yourself familiar with the Code Of Discipline senate.gla.ac.uk/calendar

If you do find yourself called to a disciplinary hearing for an act that is deemed to be a disciplinary offence, then it is recommended that you seek immediate assistance and representation from the SRC Advice Centre. In most cases the SRC Advisers should be available to accompany you to the hearing and present your case to the disciplinary panel.

Plagiarism

First and foremost, make sure you understand exactly what is deemed to constitute plagiarism. The last thing you want is to find yourself called to a disciplinary meeting for plagiarising, when you didn't realise your academic practice constituted plagiarism. The Plagiarism Statement considers work to be plagiarised if it consists of:

- A direct quotation;
- A close paraphrase;
- An unacknowledged summary of a source;
- Direct copying or transcription.

Student Reps

Every class should have a student representative whose job is to try and resolve issues between the staff and students. They will normally sit on a staff/student committee held once a month but can go to staff at any time to discuss issues raised with them by classmates.

They'll mainly deal with problems about timetabling of lectures or essay deadline clashes but will also be involved in disputes about teaching quality and other department problems.

Student Reps are supported by the SRC. They receive training and can turn to the SRC for advice on more complicated matters. If they identify major problems across a whole department or faculty then they can put pressure on Uni management to make changes.

If you have any problems with your course or departmental staff then your class rep should be your first port of call.

Support Services

Being at university isn't always easy and you may find yourself struggling if you don't speak to some of the many people on campus whose job it is to care for your welfare and ensure that you get the best from your university education. There are services to help improve study skills, assist those with disabilities and support international students, amongst others, and all are free to access.

SRC Advice Centre

This is an advice, information and representation service provided by the SRC for all students and prospective students of Glasgow University. Because it is run independantly of the University, you can be assured the advice will not be swayed by what the Uni big wigs think.

The Advice Centre is staffed by professional, experienced advisers and offers free and confidential advice and information on a wide range of subjects, for example:

- Academic Problems
- Bank Charges
- Benefits and Tax Credits
- Council Tax
- Debt
- Employment Rights
- Health Issues
- Housing Issues
- Income Tax/National Insurance
- Student Financial Support

The Advice Centre staff may also be able to help and represent you with regard to:

- Academic Appeals
- Formal Complaints
- Disciplinary Issues/Plagiarism Hearings

Often these issues can be resolved more easily if you deal with them at an early stage. If you think there might be a problem, come into The Advice Centre and talk it over, and the advice worker can help you decide what your next step will be.

Advice Centre staff will do their best to offer assistance on any other difficulties you might experience. If they can't help, then they're sure to know someone who can.

You will find a variety of leaflets and claim forms available in The Advice Centre waiting area.

Where to Find the Advice Centre

The Advice Centre is located on the ground floor of the John McIntyre Building and is open on a drop-in basis from 10-4 Monday to Thursday and 10-3 Friday. (Opening hours during the holidays may vary).

How to Contact the Advice Centre

You can call in to the Advice Centre any time during opening hours. You don't have to make an appointment. All discussions with the advice workers are in complete confidence.

0141 339 8541

advice@src.gla.ac.uk

www.glasgowstudent.net/advice

Disability Service

The Disability Service co-ordinates support within the University for any student who has a disability, a chronic medical condition or a clinically diagnosed mental health condition.

You should contact the Disability Advisers if you require any Library Assistance, if you need help applying for



University life can be hard but don't spend your time worrying about it. There are plenty of services out there to help you.

the Disabled Students' Allowance, Special Examination Arrangements or have physical access issues.

Equally, if you are the parent or friend of someone with a disability, with their consent, the service can give advice on appropriate support for any disability related difficulties they may have.

The Disability Service is based on the ground floor of the John McIntyre Building and is open 9:30-4:30 Monday to Friday.

www.gla.ac.uk/services/studentdisability

Disabled Students Allowance

The Disabled Students' Allowance (DSA) exists for students in Higher Education with a disability, to help meet additional cost of study caused by their disability. It should meet the cost of disability related equipment and services to allow the disabled student to study more effectively. These include small or large items



“

Despite the oldness of the uni, it's really easy to get around – ask the Student Disability Service if you're think they may be able to help you

”

Joanne Evans
3rd Year Languages

printing & photocopying

where

The printing, photocopying, fax and binding services are all available at the SRC Reception, which is on the first floor of the John McIntyre Building, next to the Main Gate on University Avenue.

when

Monday - Thursday
9am - 5pm

Friday
9am - 4pm

cheapest photocopying in the west end



Don't just leave your books; there are people who can help you to get the best results possible.

of equipment, non-medical personal help and a dietary allowance. Disability advisers are available to assist in the completion of the necessary forms.

Dyslexia

Students who think that they may be dyslexic can have access to a Dyslexia Adviser for advice and support. Students can undergo a completely confidential interview which may include a computerised diagnostic screening test for dyslexia, if appropriate. The diagnostic screening test is free of charge but is only available to students who feel their study difficulties may be related to dyslexic difficulties.

Dyslexic students who require any support, including extra time for exams, are required by University regulations to have a full Educational Psychologist's assessment. Where someone has undergone a diagnostic screening test for dyslexia which has shown a probability of dyslexia, the Dyslexia Adviser will refer the student to an Educational Psychologist for a full assessment.

The Disability Service can help with the cost of such an assessment but students are expected to match fund part of the cost unless they are experiencing extreme financial hardship. The Disability Service can also

arrange for a referral to an Educational Psychologist for dyslexic students who have an out dated or inadequate assessment and who require an updated assessment to confirm their needs throughout their course in Higher Education.

Special Examination Arrangements

Students requiring special arrangements for examinations in relation to ongoing disabilities and chronic medical or mental health conditions must inform the Disability Service and provide appropriate professional evidence to support any such requests. Early disclosure is always advisable.

Arrangements may include:

- Extra time (10 or 15 mins per hour of examination)
- Use of a scribe or reader
- Use of a computer
- Separate and/or fully accessible location

Assistive Technology

Advice on the availability of Induction Loops, training in assistive software and the loan of appropriate IT equipment can be obtained from the Disability Service. This loan service is available to all disabled students at the University who are not eligible for Disabled Students' Allowance (DSA).

The University holds site licences for the most commonly used assistive software packages (Mind Genius, Texthelp Read and Write, Zoomtext and Kurzweil 3000) and these are available on the network in individual faculty and departmental computer clusters. For further information, training and advice on these facilities please contact the Disability Service.

For those disabled students who require a quiet place to work on campus, the Assistive Technology Room on Level 5 of the Library allows enhanced access to the web, email and other networked resources using assistive software, scanners, large monitors, specialist keyboards and other peripherals. Access is by swipe card only for those students registered with the Disability Service.

The Centre is open during University Library hours and can be reached by phone on 0141 330 2340 or by emailing metta.mcleod@admin.gla.ac.uk

They also employ a full time IT adviser who:

- Makes recommendations and provides help with applications for IT equipment under the DSA scheme.
- Gives advice on assistive technology and software to support your studies at home and on campus.
- Arranges training and orientation for disabled students in various software packages and campus ICTs and helps with general IT issues.

Student Learning Service

The Student Learning Service provides learning advice and guidance to all registered undergraduate students. The service runs a variety of workshops to help equip students with the techniques needed not only to tackle coursework and exams but to foster life-long learning. These include sessions on time management, note-making, essay writing, revision strategies and oral presentations (see website for latest info) You can also make an individual appointment to speak to an Effective Learning Adviser (ELA) from your

faculty. Their job is to give you advice on any learning concerns. The Student Learning Service is based in the McMillan Reading Room and can be contacted at studentlearning@gla.ac.uk or found online at www.gla.ac.uk/sls

Student Network

Student Network gives first year students an opportunity to get advice from current students. You are paired up with a mentor who has already completed the course you are about to start. The benefit is that you can ask them very specific questions about your classes or department that other advice services might not know the answers to.

Contact is generally via email but you can arrange one-on-one meetings if you prefer. It's probably the least formal way to get advice on university matters so it's a good way to make friends too.

www.gla.ac.uk/studentnetwork

International Student Support

Studying can be stressful at the best of times but moving to a new country at the same time can make it even more difficult. There are so many things to arrange and so many new things to learn that it can sometimes be difficult to concentrate on actually studying as an international student.

The International Student Advisers can help you with all aspects of studying and living in Glasgow, from visas and immigration issues to advice on finance, registration with the police, employment and the support services available to you.

They organise a comprehensive orientation programme at the beginning of the academic year as well as information sessions and workshops, throughout the



Some services, like Student Network, can actually help you meet new people too.

year. They also have a comprehensive programme of activities for students who are accompanied by their families. Information about all activities organised by the International Student Advisers will be sent out to you through their regular International Messages e-mail.

The International Student Advisers work within the International and Postgraduate Service and can be found at No. 1 The Square.

See *Succeed* [p40-47] to find clubs that can help you improve your language skills informally.

www.gla.ac.uk/studying/international

Nursery

There are few things more difficult to balance with university life than a family but luckily the University

has a nursery for staff and students that can help out. Running Monday to Friday from 8am to 6pm for almost the entire year, there is provision for all below school age at the nursery on Hillhead Street.

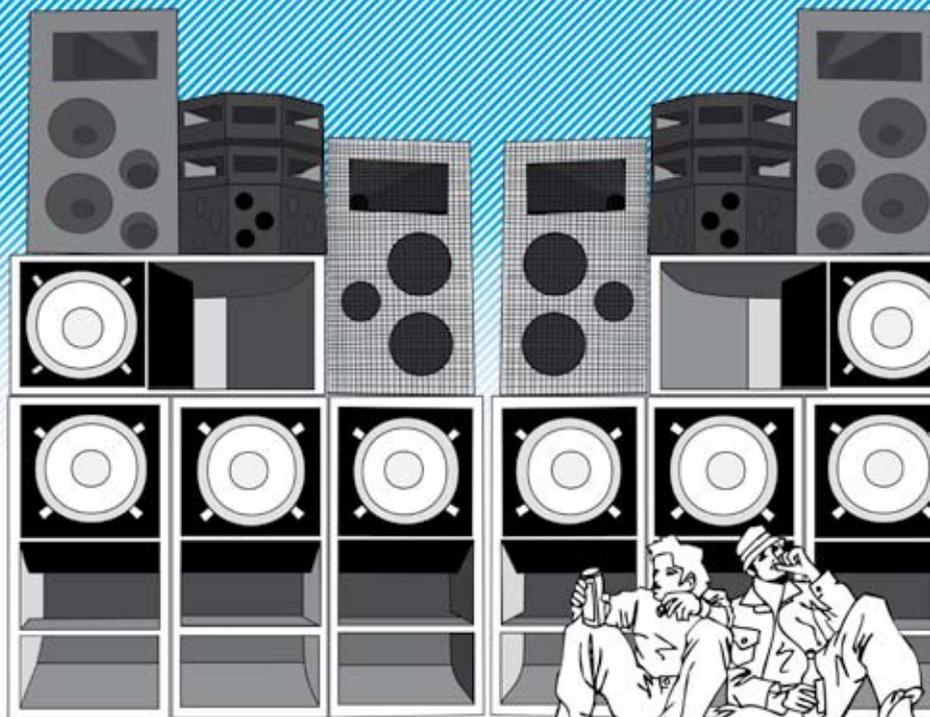
Competition for places is stiff so it's a good idea to put yourself on the waiting list as soon as possible. Beware that you may never get off the waiting list and it might be worthwhile to think about trying to find alternative child care arrangements.

Waiting lists are relatively short for 2-5 year olds and children should be placed quite quickly though you should be prepared for the possibility of a reasonable wait.

The Nursery costs about £19.50 per day, but it is possible to apply for subsidies through the University Court which can help with the costs.

www.gla.ac.uk/nursery

Subcity radio



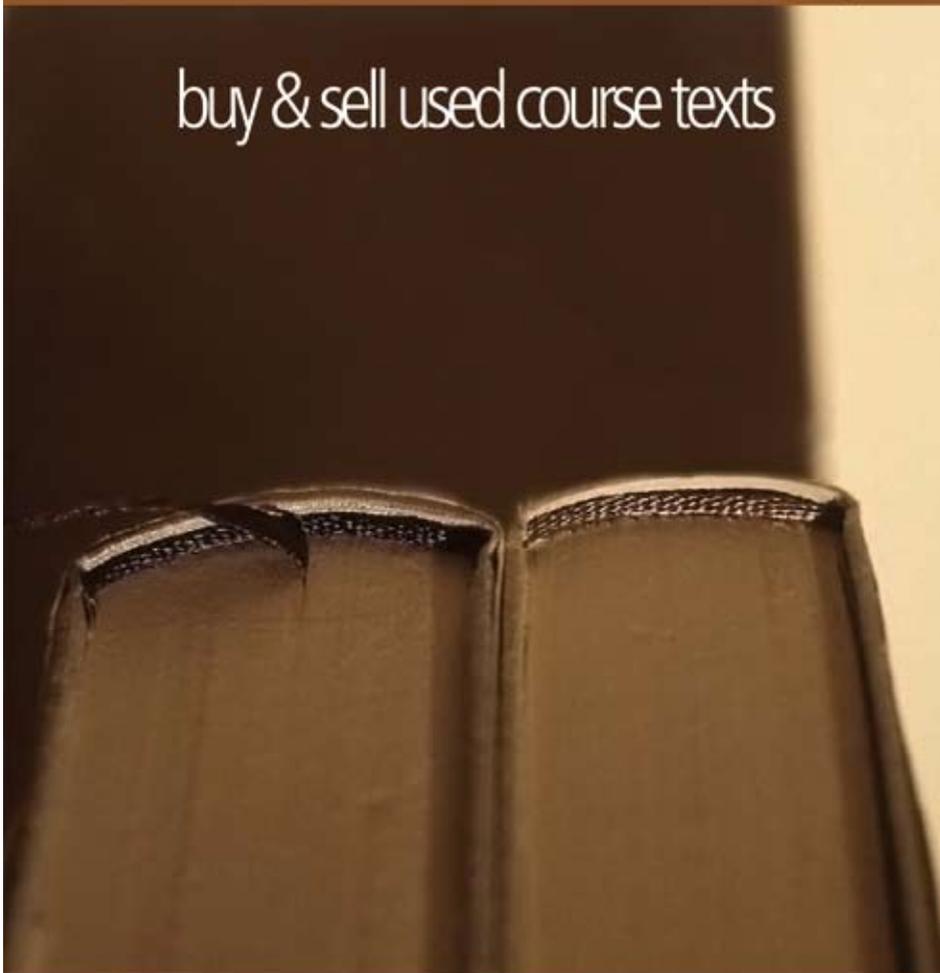
hey music lover
www.subcity.org



www.glasgowstudent.net

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open mon-fri 10-3pm | first floor - john mc intyre building



the simple things in life are often the most troublesome. organising your finance, housing and health doesn't have to be stressful.

food

supermarkets to delis, diet, cooking, ethical living

p78

health

medical, coping with stress, support, spiritual

p90

accommodation

halls, flat hunting, buying, the law, safety

p108

legal and money

dealing with the police, dealing with money

p124

Essentials

Food

If you've just left home for the first time, then chances are you've never had to do much of the shopping in your house. The first thing to remember is not to go crazy; you may have a lot of disposable money but that doesn't necessarily mean that you need three different varieties of mayonnaise or tomatoes. Be sensible about what you buy and shop around for the best or cheapest products, especially for those you buy regularly.

Even if you are living in catered halls you will find that buying your own food becomes an essential. Buying lunch out every day is expensive in Glasgow and usually not particularly healthy. If you're making all your own meals then it's worth finding the cheap places and hidden gems of the West End for supplies.

Supermarkets

There isn't really much to call 'super' about the supermarkets in the West End. They are usually overpriced, pretty hopeless, or both.

None more so than **Somerfield** on Byres Road. It lures you in with an attractive sandwich bar, noodle and curry counter, pizzeria and rotisserie. Thing is, such aspirational shopping costs an arm and a leg. Head to the back of the supermarket and you find the 'basics'. And it is definitely pretty basic. You'll find a simple and uninspiring range of the usual pasta sauces and fajita kits which all come with a not so basic price tag.

The nearby Byres Road **Marks and Spencers** is much sexier, but again useless for low-budget eating. It caters mostly for yuppies on the go, so try not to get tempted by their expensive salmon salads or their other ready-to-eat offerings.

For a thoroughly rudimentary shopping experience try **Iceland** next to Hillhead Subway or **Farm Foods**

at the bottom of Byres Road. They're most useful for buying bread, milk, and toilet roll, but they do have some great offers. Buying a packet of fish fingers usually entitles you to a week's worth of free food - from ice cream to oven chips - that you'll probably never eat but can't resist taking anyway.

If you're in Murano St or Wolfson, you'll probably soon discover Maryhill **Tesco**. It's a marvel for student fodder, especially if you take advantage of the famed stripy Tesco Value range. Their 9p noodles might make you wonder what's in them, but they're a useful end of term, dregs-of-the-loan cupboard filler. They also offer a freephone private taxi service and it's worth the extra £2 to get you and your month's shopping straight to your door, especially if you and your flatmates shop at the same time.

Down next to Partick train station is **Morrisons**. It's slightly nicer than Tesco and they also offer a freephone taxi service. If you live in the Hillhead/Partick, or YorkHill/Finnieston areas, this is the best place to go. It's large, decently priced and the range can't be argued with although if you're ecologically minded they seem to be a bit packaging happy.

However, the best supermarket in the West End is **Lidl** on Maryhill Road, near St Georges Cross Underground. Don't be put off by the obscure European brands, some of them are great, some of them are hit and miss. Particularly good for fruit juices, tinned food, cheese and fresh meat - as well as a comprehensive range of frozen foods, household products and worryingly cheap alcohol.

But for many essentials the supermarkets are undercut and completely outclassed by some of the excellent independent shops in the West End. Have fun exploring them, and you'll reap the reward with cheaper and much more interesting food.



Roots And Fruits not only supply quality fruit and veg, they also display it really well

Fruit & Veg

In the West End you should never have a need to buy your greens from the supermarkets. While they may seem convenient and cheap, they just can't compare to the local greengrocers.

De Marco's at the bottom of Byres Road (opposite Farmfoods) offers a basic selection of local fruit, vegetables, fresh herbs, some staples and some more exotic offerings. The fruit is particularly well priced.

Anderson's half way up Byres Road, next to Hillhead Underground, is more up-market, with a wider selection of fruit and veg, lots of exciting dry goods and flowers spilling out onto the street. Best of all, they'll give you a student discount, so you've got no excuse not to go there.

Probably the best place to buy fruit and veg though is **Roots & Fruits**. They have a branch on Byres Road (next door to Somerfield) and a second shop on Great Western Road. They stock a huge selection of organic produce, whole foods and healthy snacks as well as decently priced basics. It's a great place to go if you're vegan too. Again they offer a student discount so make sure you check it out. **Grassroots** at the bottom of Woodlands Road offers a similar mix

Glasgow Farmers' Market

Taking place every 2nd and 4th Saturday of the month at Mansfield Park (corner of Dumbarton Road and Hyndland Street), the Farmers' Market is the best place to pick up organic and speciality foods but it certainly isn't cheap.

Over 40 farmers attend the market, with a wide range of organic produce including anything from meats and cheeses to wine and soap.

Most stalls will let you try before you buy and you can spend a happy morning wandering round and picking up plenty of samples without buying anything.

There is also an impressive array of hot snacks available including ostrich burgers and wild boar sausage rolls.

Since farmers tend to be early risers the market is usually over by mid afternoon. You'll need an early start if you want to get that all important goat's cheese.

of products with the advantage of having an extensive natural body care section.

Also worth discovering is **Solly's** on Great Western Road. This African and Caribbean grocers sells an incredible range of fruit and vegetables - many of which are impossible to find anywhere else. If you feel like experimenting with something a bit different or want to cook something from back home then this is the place to go.

Look at **Hakim Bros.** on Woodlands Road and any of the grocers on Dumbarton Road for super cheap fruit and veg, though the range tends to be a bit limited.

Meat, Fish & Pulses

While greengrocers in the West End thrive, butchers are unfortunately almost non-existent. However, you can save a fortune on chicken and lamb by going to the specialist Asian and continental shops in the Woodlands and Dumbarton Road areas and buying Halal meat. The best of these shops is the **KRK** on Woodlands Road where you can also buy all your spices, rice, lentils and pulses at wholesale prices.

For fish, the only place to go is the **Alan Beveridge Fishmongers**, 188 Byres Road (beside Hillhead Underground) where you can buy fresh local catches at affordable prices.

Delicatessens

The West End hosts some truly divine delis. On Byres Road, **Peckhams** (which also has stores on Clarence Drive and Hyndland Road), **Kember and Jones** and **Heart Buchanan** fight it out for supremacy. If you're going to be tempted by yuppie-priced quality food, make sure you try these out. **Heart Buchanan** probably has the most character but all three sell excellent meats, cheeses and cakes as well as an array of tempting but expensive snacks.

Better than all these though is **Delizique** (corner of White Street and Hyndland Street). It's virtually undiscovered by most of the usual west end deli crowd,

with a fruit and veg selection which outshines any of the others and staff who don't mind taking a bit of time to advise you on your purchase.

Another great find is **Lupe Pinto's** on Great Western Road, this Mexican and Spanish Deli is the place to go for all the hot sauces, tortillas and beers that you need for a mexican meal.

24 hour shopping

Being able to buy goods at any time of the day is of a great advantage for many students, but unfortunately there are no 24 hour supermarkets in the West End. There are plenty of places which at least provide smoking and snacking related products, including:

Co-op:	470 Great Western Road, G12
Mo's:	532 Sauchiehall Street, G2
Nisa:	258 Great Western Road, G4 310 Dumbarton Road, G11
Shop 24/7:	404 Byres Road, G12

Late night off-sales

There are loads of places you can buy alcohol but generally you can't buy any after 10pm, but there are some places in the West End where you can:

QMU: members can buy off-sales during normal shop hours as well as until 12 on Tuesdays, 3am on Fridays and 2am on Saturdays.

Several pubs will also offer off-sales from behind the bar, but usually the only way to find out is to ask.

Other Essentials

Post Offices

Glasgow has many post offices, here are some of the most useful to know:

- 404 Byres Road, G12 (Inside Shop 24/7)
- 125/127 Dumbarton Road, G11
- 384 Dumbarton Road, G11
- 1195 Argyle Street, G13
- Maryhill 1253 Maryhill Rd, G20



It's all too easy to run out of even the basics as a student. Try to shop at the same time every week so that you stock up on the basics.

Pharmacy

For a late night pharmacy, try Munro's, (693 Great Western Road) which is open til 9pm, every day.

The St Enoch Centre branch of Boots The Chemist provides a whole range of services including the Morning After Pill. Call 0141 248 7387 for details.

Household

IKEA is the obvious student choice for cheap household goods. Only 10 minutes drive from the West End if you have a car. If not, the number 27 bus runs every hour from Partick Cross (bottom of Byres Road) to Braehead Shopping Centre (5 minutes walk from IKEA). Alternatively, the number 55 bus from Buchanan Bus Station stops outside IKEA and runs every half hour. IKEA will deliver large items, but at a price.

Staying local, there are many cheap hardware stores on Dumbarton Road and Great Western Road selling almost everything you need. **Woolworths** (Byres Road

and Dumbarton Road) still comes up with the goods too. **Au Naturale** on Woodlands Road is other great student choice, with cheap and trendy household goods – consider it an IKEA alternative.

While sticking to chain stores is dependable, their is a chance you'll find yourself with much of the same furniture etc. as many of your friends. If you're after something a little more individual then why not check out the abundance of charity and second hand shops in the west end. The **Salvation Army** and **British Heart Foundation** shops on Dumbarton Road both specialise in furniture and will even deliver for a small fee. You'll also be doing some good with your money.

Key Cutting

It's a good idea to get a spare set of keys cut. There are a couple of places on Byres Road and Great Western Road. Expect to pay £2-3 for a Yale key. Dumbarton Road has a few places that will do it even cheaper but watch out for quality.

Diet

The stereotypical student diet consists of toast, takeaways and Tennents. However, most people work out pretty quickly that fast food is far too expensive and toast won't fill you up. What you eat affects your health in a multitude of ways, from concentration to bad skin, bad breath, and low energy levels. Of course that's not to mention what a bad diet does to your figure.

The good news is that eating well needn't be expensive or difficult. It's certainly not rocket science, and you don't necessarily need to be told what's good and what's not. Without getting to fancy here are some easy tips that will point towards a healthy diet.

To be sure of eating a well-balanced diet, you need to eat a variety of foods from the following groups each day. It is also important that you vary the foods chosen from each group to ensure you get all the different nutrients you need.

If you trust your flatmates it's worth trying to buy stuff together as it is generally cheaper and food is less likely to go off. This may well lead to cooking together which can cause less waste and allow for more interesting meals.

Bread, cereals and potatoes

- Bread, rolls, chapattis
- Breakfast cereals, oats
- Pasta, noodles
- Rice
- Potatoes, sweet potatoes
- Beans and lentils.

Starchy foods are rich in carbohydrates which is an important source of energy, and should form the main part of your meals. They are also a good source of B vitamins, and contain some calcium and iron. To increase your fibre intake, why not buy high-fibre varieties whenever you can, such as brown rice and bread instead of white.

Fruit and vegetables

- Includes fresh, frozen, dried and canned fruit and vegetables
- Salad vegetables
- Beans and lentils

It's easier and cheaper than you might think to get your five a day. Here's an example:

Breakfast – glass of fruit juice or a handful of raisins in with your cereal.

Lunch – salad in a sandwich or veg in soup, plus a piece of fruit.

Dinner – Meat and two veg (potatoes don't count but pretty much everything else does, including mushrooms).

Vegetables can be costly but if you shop cleverly you can get around this using discount shops like **Lidl** for staple tinned foods, supermarkets for offers and greengrocers for the rest. Luckily the student staple of baked beans can count as one of your veg, but be wary as they can also be high in sugar and salt. While juices like Innocent Smoothies, Tropicana or Zummo might seem pricey, remember that a pint costs even more and does you a whole lot less good. They're tasty, quick and an easy way to get a portion of fruit inside you.

Milk and dairy foods

- Milk
- Cheese
- Yoghurt and fromage frais.

Dairy foods are a good source of protein, calcium and vitamins A, D, and B12. They can also be high in saturated fat. Choose lower-fat versions whenever possible, such as skimmed or semi-skimmed milk and low-fat yoghurt. If you are vegan then you will need to find alternatives.



Although it's convenient, getting takeout is not the cornerstone of a healthy and nutritious diet.

Meat, fish and alternatives

- Meat - beef, pork, bacon, and lamb
- Meat products - sausages, beefburgers, pies
- Poultry - chicken, turkey
- Fish - fresh, frozen, canned
- Fish products - fish fingers, fish cakes
- Eggs
- Beans and lentils - baked beans, chickpeas, lentils
- Nuts and nut products, such as peanut butter
- Textured vegetable protein and other meat alternatives.

These foods are good sources of protein, B vitamins, and minerals such as iron, zinc and magnesium. They can also be high in fat. Choose lower-fat or lean versions where available.

Know your vitamins

Vitamin A and beta carotene)

Eyesight, growth, appetite and taste.

Vitamin B1 (Thiamin)

Nervous system, digestion, muscles, heart, alcohol damaged nerve tissue.

Vitamin B2 (Riboflavin)

Growth, skin, nails, hair, eyesight.

Niacin

Converts food into energy, building red blood cells.

Pantothenic acid

Converts food into energy, natural stress remedy, fatigue, allergies, asthma, psoriasis.

Vitamin B6 (Pyridoxine)

Prevents skin and nerve problems, protein and carbohydrate absorption

Folate, folacin, folic acid

Produces red blood cells, prevents birth defects

Vitamin B12

Red blood cells, formation of the nerves

Vitamin C

Immune system, protection against viruses and bacteria, healing wounds, reducing cholesterol, cell life span

Vitamin D

Bones and teeth

Vitamin E

Anti-oxidant properties

Cooking

Learning to cook for yourself and others can be one of the most enjoyable things you do at university. It's satisfying, relaxing, healthy and cheap.

The first thing to remember is that it doesn't need to be fancy. There are loads of really simple things you can do in the kitchen that will liven up your meals and give you a bit more variety. An omelette or a good sandwich is still better for you than a trip to Greggs.

Buying yourself a couple of decent cookery books will be well worth the investment but to get you started we've included a few simple recipes. They'll keep you going for a while but the real fun is learning new ones and even creating your own.

Breakfast Suggestions

You know you need it so don't skip it. Miss breakfast and you won't be able to concentrate in your lectures and you'll be more likely to snack unhealthily later in the day. Getting a good breakfast is good for your brain and your figure.

Try this for a protein rich start to the day – Soft Boiled Egg with Peanut Butter Soldiers. Put the eggs into a pan of cold salted water and they'll be less likely to crack. Time them for three to four minutes once the water's started to boil and get the toast on the go at the same time. It's nicer than it sounds and is great brainfood in under 5 minutes.

Soup

Easy, easy, easy! It's just bunging stuff into a pan. Get a load of veg, some meat, some beans or whatever else you have. Use lentils, cream, stock or flour to thicken; milk or water to make thinner; any kind of seasoning

you fancy, and just leave your pan simmering away for as long as you want. For a zingy twist to vegetable soup add orange juice and chilli powder. Try curry powder in a hearty broth for an earthy flavour. Leave it chunky or use a food processor to chop it finer. The possibilities are endless. You could easily make a week's worth of soup on a Sunday, divide it into Tupperware and freeze or cool for microwaving later in the week - making soup one of the easiest, tastiest and cheapest, ready meals ever.

Bolognese Sauce

Bolognese is one of those basics that everyone should know how to make. You can serve it with any kind of pasta or potatoes and once you know how, you can easily make chilli con carne (just replace the herbs with chilli powder and sling some kidney beans in to the mix) and a million other meals from hotpot to lasagne.

You can add any number of veg, including peppers, mushrooms, courgettes and carrots, to max out your 5 a day, and you can miss out the meat or use Quorn instead. If you can't get the individual herbs, cheat with regular 'mixed herbs'. It's your call, so these quantities are just suggestions.

Ingredients

500g minced beef, lamb or Quorn
 1 or 2 tins of chopped tomatoes (depending on how far you want to stretch it)
 1 pint stock
 1 large onion - finely chopped
 Tomato ketchup
 2 bay leaves
 1 tsp oregano
 2 or 3 cloves of garlic (crushed)
 Vegetable oil
 Red wine



Buying good implements and good ingredients will open up a whole world of new cooking opportunities.

Method

Heat up some oil over a low heat in a large pan and add the onions. Once they start turning golden you can add the mince to the pan along with the garlic. Turn the heat up a bit. You'll need to keep stirring it to stop it from sticking.

Once the mince has browned through, pour the tomatoes and any other veg in and turn the heat down again. Make sure it's all thoroughly mixed in and then add a little of the stock, the bay leaves, oregano, a dash of red wine and a generous squeeze of ketchup.

Now turn the heat down and leave the sauce to get on with it. Check it occasionally to make sure there's enough liquid - if it's drying out then add more stock. You can adjust the flavouring with wine or ketchup. The secret is to cook the sauce for as long as you can. It'll be ready to eat in half an hour but if you double that you'll be left with an obscenely rich bolognese.

The traditional way to serve bolognese is with spaghetti but any pasta will do really. Then all you need is a nice green salad and some parmesan and you've got an entire meal for you and your flat mates. It'll probably be a darn site more tasty than a Dolmio sauce as well.

Equipment

You don't need to go out and blow your entire loan cheque, but getting a few essentials will make things a bit easier. Get the heaviest bottomed pans you can for general use - you'll find you burn a lot less food. A small frying pan, eggcups, baking sheet and roasting tin are always useful. Three sharp knives are all you really need - a small chopping knife, a large chopping knife, and a serrated knife.

There are some great kitchen 'starter packs' out there that are worth investing in for your time at uni. Argos do a decently priced one which includes a simple pan set (including frying pan), cutlery, tin opener, various utensils, a knife set and Tupperware.

There's no end of useless kitchen utensils out there and you certainly don't need all of them. Will you ever use a spaghetti spoon? Get some wooden spoons, a spatula, a fish slice, tongs, a potato masher, a garlic press and a vegetable peeler. It's all you really need.

Burns Night

Burns Night is a celebration of the life and poetry of Scotland's best known poet, Robert Burns, author of Auld Lang Syne, to a mouse and other classics..

Burns' Night is celebrated on 25th January, with the main focus of the evening being the traditional Burns' Supper.

Preparing a Burns Supper for yourself and some friends couldn't be easier. There are basically only three ingredients - haggis, potatoes and turnips (this is traditional Scottish food remember).

Haggis is a pretty unpleasant sounding prospect — essentially offal, oats and herbs wrapped in a sheep's stomach — but it's surprisingly tasty. It should be boiled, sliced open and served with the mashed potatoes and turnips, along with a glass of whisky.

If the haggis makes you nervous then it might be worth getting a vegetarian version. Slightly less authentic but still good.

White Sauce

Another essential. Once you have these two sauces under your belt you'll be ready for anything.

Ingredients

2 tablespoons butter or margarine
2 tablespoons all-purpose flour
Salt and pepper to taste
250ml milk

Method

In a saucepan over medium heat, melt butter. Whisk in the flour, salt and pepper until smooth.

Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Try not to let it get lumpy. This is the base for whatever else you want to add, be it cheese, herbs, stock, spices, curry powder, fish stock, and again it'll go with almost any pasta or potato variety you choose.

Roast Dinner

While you can survive for most of the time without doing anything fancy there is always an excuse for a dinner party to be made. As well as being a great way to impress your friends, like all the best meals, a roast dinner is actually a pretty easy thing to do. As long as you've got a few hours to spare for the cooking itself you'll be fine. The only difficulty you're likely to come across is getting the timings right and not having two roasting tins.

Ingredients

1 whole chicken (2.5kg will easily feed 4)
2 medium size potatoes per person - peeled and chopped
1 whole bulb of garlic
1 lemon
Butter
One vegetable for roasting (parsnips and carrots usually go down well) - peeled and chopped, plus whatever greens (cabbage, beans, broccoli) you fancy
Vegetable oil

Method

Heat your oven up to 200°C/Gas Mark 6. Put the chicken in a roasting tin and cut the string that holds it together. Massage plenty of the butter in to the skin (about 50g). This will keep it moist and reduce the need for basting. Now

Ethical Living

As the world is becoming more and more populated, we have to start thinking about the way that we act and whether it is a responsible way to treat the planet. We are not expecting you to start living in trees and start wearing tie-dye but there are some easy ways that you can at least start to change the world.

Recycle or Re-use

Recycling need not be a burden, and can really help reduce your footprint on the planet. As well as taking bottles and paper to some of the recycle bins that seem more and more common, there are other simple things you can do.

- Buy Barr's glass bottles: this way you get a cheap bottle of juice, that gets even cheaper when return the bottle and the shop keeper gives you 20p. Genius.
- Donate to and shop in charity shops: They say that one man's junk is another man's treasure, and the rise and rise of charity shops is proof in the joy that while you don't like a top anymore, someone else will.

- **Freecycle.org:** Log on to this international website and get other people's stuff for free. It's like a modern day multi-coloured swap shop.

- **Bags:** Every time you go to a shop, think about whether you really need the bag you are offered, could you put your purchases in another bag. Make sure to save bags from one shopping trip for the next.

An Ecological home

Whether you're in halls, rented accommodation or have your own property, there are some simple measures you can take which will help you to save both energy and money. Supporting sustainability doesn't have to be a sacrifice, it can be much easier and cheaper than you'd think.

- Turn off lights and switches when not needed,

and don't leave TVs or monitors constantly turned on. Up to 25% of household power is used for items on standby.

- Place reflective foil behind radiators to conserve heat.
- Keep thermostats at the lowest reasonable temperature or try just turning them down by 1 degree for a few months.
- Use economy programs on washing machines and similar appliances, and try to have full loads whenever you use them.
- Closing curtains at dusk will minimise your heat loss.
- Use energy saving light bulbs – they last much longer and keep electricity bills down.
- Only boil as much water as you need at a time – you don't have to stockpile for your next cup of tea.
- Don't buy over packaged goods, what's the point in individually shrink wrapped carrots anyway?

Home-owners (either you or your landlord) can also consider more major changes to be more environmentally friendly. Here's a few suggestions.

- Double glazing
- Insulating loft and outer walls
- Upgrade your boiler to an energy-efficient model.

Whether you just swap regular bulbs for energy-saving ones, small changes do contribute to the sustainability of environmental security. As more people make small changes in their homes, significant changes happen.

Travel

It's really worth thinking about how much of an effect your travelling is having on the planet. It is becoming more and more common for students to drive but while for some it's a necessity, it may not be for you. If you live in or around the West End then walking or cycling is often a more sensible option, with most things being



Don't just throw stuff out when you're with it, why not post it on freecycle.com and let someone else enjoy it.

only a five minute walk away. For travel further afield, then you would be hard pressed for better public transport with, bus, Subway and over ground trains operating in the area. By travelling as part of a large group you greatly reduce the amount of pollution each person is causing.

Check www.spt.co.uk for local travel advice and www.traveline.org.uk for national information.

Getting more involved

There are lots of ways to lead more ecologically sound life while at uni, this may mean getting involved in a club like People and Planet or The Dirty Weekenders see *succeed* [p40] or it may just mean recycling your cans and bottles, and buying locally.

If you would like to get more involved at a university level, the SRC sustainability group, who in conjunction with the Unions and Clubs and Societies, to try and effect the way such issues are attended to in and around the University. For more information or to join, email sustainability@src.gla.ac.uk or look at the Sustainability section of the SRC website at www.glasgowstudent.net/events/campaigns

Fair Trade

Glasgow University is one of a growing number of Fairtrade Universities around the country. This means that the University and all the student bodies have signed an agreement stating that where possible fairly traded options will be made available.

The Fair Trade foundation seeks to give third world producers a fair wage for what they produce, as opposed to the tiny amounts paid by many multi-national corporations.

It is now possible to buy fair trade options for everything from chocolate and coffee to t-shirts and board games. Keep an eye out for increasing numbers of lines in supermarkets, especially Co-op and Tesco, or go to more ethically minded shops like Roots and Fruits or the One World Shop on Byres Road.

www.fairtrade.org.uk

Giving up smoking

Everyone knows the dangers of smoking:

- vastly increased risk of almost every type of cancer
- heart disease and huge damage to internal organs
- staining of teeth and gum disease
- impotence and reduced sperm count
- damage to immune system

Starting university can be one of the easiest times in your life to give up smoking. One of the many difficult things about giving up smoking is that you tend to do it socially, with friends who all smoke too. Going to the pub with mates that you normally smoke with is tough.

But when you start out at uni, you get a new social circle - one you're not used to smoking with. Giving up is always hard but at least if you do it at this point you won't have everyone making a big deal out of it.

Speak to the Health Service for more advice.

Medical

Doctor

It is very important that you register with a doctor in Glasgow. The University Health Service is available Monday-Friday for appointments but for weekend and out of hours care, you must register with a local GP. If you are in Halls this will be arranged for you. If not, you can get a list of local doctors surgeries from the University Health Service or from the Student Information Desk (SID), in the McMillan Reading Room.

The University Health Service is a General Practice type service for all staff and students of the University and is provided completely free of charge. Advice and guidance can be given on any health-related matter as well as:

- Routine medical examinations for sub-aqua diving, PsV licences, boxing medicals, students going overseas as part of their course.
- A Travel Clinic offering vaccinations and advice. Please note a charge may be made for some vaccinations.
- Referral to Consultant Psychiatrists or Clinical Psychologists.

All consultations are strictly confidential.

The start of the year tends to be when most people come down with some kind of illness. The so called Freshers' Flu is usually no more than a bad cold but there have been outbreaks of mumps and even meningitis in the past so it's important to look out for the danger signs if you are ill. Both illnesses can be immunised against so speak to the Health Service if you are concerned.

Health Service can be found at 63 Oakfield Avenue and further details are available at www.gla.ac.uk/health. Appointments can be made by phoning 330 4538.

Dentist

You'll need to register at one of these, too. If you're someone who's terrified of dentists, then even more reason to register with a dentist before you get toothache and they have to operate on your jaw. With teeth especially, the longer you leave it the worse it's going to be.



The Wolfson medical building. Best go to the hospital across the road to the Western Infirmary if you're ill though - the doctors in here aren't quite ready for patients yet.

If you follow your dentist's advice about brushing and get yourself checked out regularly, you will probably never have to have any major work done on your teeth.

If you do need treatment, the good news is that as a student you can get it free or heavily discounted. If you're under 19 it's automatically free with an NHS dentist. If you're over 19 you'll have to fill in an HC1 form (available from the SRC in the John McIntyre Building or from Post Offices).

The problem is that these days a lot of dentists don't take on new NHS patients, and you have to go private. This is why it is best to look for a dentist as early as possible, before you actually need any treatment. The University Health Service can provide you with contacts

for a few local NHS dentists, or for a full list contact Glasgow Health Board.

For short-term help and emergencies, the Glasgow Dental School run a drop-in on Monday afternoons especially for students at the University of Glasgow. It's free but you will have to make an appointment.

Emergency

The nearest Accident and Emergency unit is at the Western Infirmary (Dumbarton Road). It's a good idea to carry an Emergency Contact Card with details of who to contact if you are involved in a serious incident. Cards are available from the Student Information Desk.

Sexual Health

STIs

In recent years there has been a sharp rise in the number of people diagnosed with Sexually Transmitted Infections (STIs), particularly women in their late teens and men in their early twenties, so students are particularly vulnerable. Most can be easily prevented if you use condoms. So, know how to use a condom properly, always carry condoms with you to make sure they are not out of date or damaged, and never use a condom more than once.

Condoms are available for free from the SRC, the Sandyford Initiative [see page 95] and th QM.

You can get details about all STIs from www.sandyford.org or www.brook.org.uk

Here are a few of the most important STIs to know about:

Chlamydia

Chlamydia is the most common bacterial sexually transmitted infection in the UK and is on the increase. Women aged 16-24 and men aged 20-34 are at the greatest risk.

Symptoms: Up to 70% of women and up to 50% of men infected with chlamydia have no symptoms. Because of this, a substantial number of infections remain undiagnosed. Where there are symptoms, women may have discharge, pain when passing urine, heavy periods or bleeding between periods, lower abdominal pain or abdominal pain during vaginal sex. Men may notice discharge from the penis and/or burning when passing urine.

How it is treated: Chlamydia is easily treated with antibiotics. However, if left untreated it can cause pelvic inflammatory disease (PID), which can lead

to infertility. New methods of testing for chlamydia are now available which will allow easier and more widespread screening of the infection.

Genital Warts

Genital warts, caused by some strains of the human papilloma virus (or wart virus), are the most common sexually transmitted infection seen in Genito-Urinary Medicine (GUM) clinics. The highest rate of infection is among women aged 20-24 and men aged 25-34.

Symptoms: Warts can take a year or more to develop after infection with the wart virus. Warts are not always visible, especially if they occur inside the vagina - particularly on the cervix - or in the anus. If warts are not present, the virus cannot be tested for.

How it is treated: Warts can be treated by applying special ointments or paints, by freezing or surgical removal under local anaesthetic.

Genital Herpes

Herpes is caused by a virus called Herpes Simplex. There are two types of the virus and most people have come into contact with one or the other at some point in their lives. The first type causes cold sores around the mouth that can be passed on by oral sex. The second is generally transferred by genital to genital contact.

Symptoms: Most people who pick up genital herpes have either very mild or no symptoms. When symptoms do occur they take the form of itching or tingling of the skin followed by redness and small blisters. Passing urine may be painful and flu like symptoms can also occur. People usually find recurrences are milder, with quicker healing of blisters.

Treatment: A drug may be prescribed to relieve symptoms and reduce the length of the illness. But the most important thing to remember is to avoid having

sex during a recurrence. It can inflame symptoms and lead to your partner becoming infected.

Hepatitis

Hepatitis is an inflammation of the liver and although slightly rarer than the other STIs discussed, is still a danger to anyone having unprotected sex.

Symptoms may appear up to six months after contact with the infection. If problems occur they usually include mild fever, tiredness, loss of appetite, abdominal discomfort and yellowing of the skin and eyes. After a few weeks the majority of people recover completely. Nevertheless vaccination is still possible and will avoid you becoming a carrier of the disease - showing no symptoms but still able to pass it on.

HIV & AIDS

Acquired Immune Deficiency Syndrome (AIDS) is a collection of specific illnesses and conditions that occur because the body's immune system has been damaged by the Human Immunodeficiency Virus (HIV). There are an estimated 49,500 people living with HIV in the UK, around a third of whom are undiagnosed.

HIV is not transmitted by everyday social contact but can be transmitted in the following ways:

- through unprotected vaginal or anal intercourse;
- through the sharing of needles, or other injecting equipment;
- from an infected mother to her baby, during pregnancy, birth or through breast feeding;
- by infected blood, (though since 1985, all donated blood in the UK has been screened, so this is not a major transmission route in the UK)

HIV infection is concentrated in young adults between 15-39. In the UK HIV infection is mainly transmitted between men who have had sex with men, although in recent years the number of new cases acquired through heterosexual sex has outnumbered those acquired through homosexual sex.

Symptoms: People with HIV may have no symptoms for 10 years or more.

How it is treated: HIV is preventable and treatable, but not curable. Current treatment consists of a combination of three or more antiviral drugs. This combination treatment has enabled people with HIV to maintain good health. However, 25% of new HIV cases are found to be resistant to one or more of the antiviral drugs and the long term outcome for people treated with combination therapies is still unclear.



“

It's a good idea to get a 'Sexual MOT' every now and then, even if you have been practising safe sex. The Sandyford Initiative offers free testing for all STDs, and it's worth getting over any embarrassment to know that you're safe and healthy.

”

Kat Borrowdale
SRC Vice President
(Student Support)



“

With the abundance of free condoms available on campus, you should never find yourself without at a critical moment. Should that moment take a while to arrive, remember to check the use by date. More so if so keep them in your wallet, as heat and pressure are the sworn enemies of the prophylactic.

”

Alan Govan
3rd Year Music

Sexual Health Check-up

If you are worried about these or any other STIs, it's well worth making an appointment at the Sandyford Initiative (contact details on opposite page) for a full sexual health check-up. These are free, confidential and they are happy to see you even if you are experiencing no symptoms.

Contraception

Condoms are the only form of contraception that protects against STIs but there are other options to prevent unplanned pregnancies. For example, lots of people use the contraceptive pill in addition to condoms. You can have a contraceptive implant which releases progesterone directly in to the blood stream. It's best to discuss it with your GP, and find what is best for you.

Condoms

We all know about them, but here's a couple of bits of information you may not know and may find useful. Condoms can deteriorate if not stored properly as they are affected by heat and light. It's best not to use a condom that has been stored in your back pocket, wallet, or the glove compartment of your car. Also, if a condom feels sticky or very dry you shouldn't use it as the packaging may have been damaged. Condoms should be disposed of by being wrapped in tissue or toilet paper and thrown in the bin. Condoms should not be flushed down the toilet as they cause blockages in the sewage system and pollution. Manufacturers say that 12% of the 15% condom failure rate is due to not using a condom correctly so it's probably worth learning how to put one on.

Morning after

If you haven't used contraception or the condom has split, the emergency contraceptive pill can be taken up to 72 hours after sex. The sooner it is taken the more effective it is. This is available free from your GP and from the Sandyford Initiative (see opposite page for details). You can get it over the counter in some pharmacies for around £17. Ask for Levonell for a much smoother process and a less embarrassing trip to the pharmacy. An emergency IUD (coil) can be fitted up to 5 days after unprotected sex. If in doubt or wishing further advice contact your GP or family planning clinic.

Pregnancy

The most obvious sign of pregnancy is a late period. But a late period doesn't always mean you're pregnant. Stress, illness and changes in diet can also cause the menstrual cycle to be upset.



Students there are loads of chances to get condoms for free.

If your period is late and you think you could be pregnant, it is important that you find out for sure as soon as possible. Don't wait to miss another period just to make sure. If you are pregnant, you may need to make a big decision as to whether to go ahead with the pregnancy or not. And the more time you have to make such a decision, the better.

You can go to your GP, or the Sandyford Initiative, to have a free pregnancy test. The reason for your visit will be kept completely confidential. The doctor will test your urine to give you a positive or negative result in just a few minutes. If you can't get to the doctor, you can buy a home pregnancy test at your local chemist or supermarket. These home kits are the same type as your doctor would use, but buying one yourself can be quite expensive.

Abortion

Legally in England, Wales and Scotland, you can have an abortion up to the 24th week of your pregnancy, with the agreement of two doctors. However, it is best if the abortion happens within the first 12-14 weeks of pregnancy and most abortions are carried out before this time. Getting an abortion on the NHS after this time may be difficult.

The important thing is that you see someone such as the Family Planning Associations soon as possible. Having an abortion is a drastic step - make sure you get as much information and support as possible.

The Sandyford Initiative

The Sandyford initiative provides services for sexual health, contraception and women's health in Glasgow as well as counselling and a range of specialist services including:

- Sexual infection testing and treatment including HIV testing,
- Counselling, advice and information - including support for victims of sexual assault
- Contraception (and emergency contraception)
- Pregnancy testing and counselling
- Pre and post abortion counselling

Services are free of charge and conducted with complete privacy.

The Initiative is based at 2-6 Sandyford Place, Sauchiehall Street (near Kelvingrove Park).

Clinics are open:
 8:30am-7:45pm
 Monday-Thursday;
 8:30am-4:30pm Friday
 and 9am-11am Saturday.

www.sandyford.org

Alcohol

Simple Precautions

Nobody's going to tell you to stop drinking altogether but it is important to be careful about how much and how often you drink. Binge drinking isn't a new thing but it is becoming a much bigger problem for young people. If you follow the tips below, then the chance of your staying safe should be increased.

- Eat something before you go out. Food helps to slow the absorption of alcohol and gives you energy so you can handle the pace.
- Make sure that if you're going out with your mates they look out for you and that you look out for them in return.
- Don't dehydrate. If the plan is to stay out late, get a pint of water or a soft drink every couple of rounds. Drink plenty of water before you go to sleep (it will take the edge off the hangover).
- If you have a low tolerance rate, then think about starting to drink later in the evening - it sounds obvious but it's far, far cheaper and you will still make the clubs.
- Pace yourself. If you don't want to look like a wimp, the oldest trick in the book is to drink bottles rather than pints and shots.
- Set aside some money so that you can get home safely at the end of the night. Is another drink really worth as much as your safety?
- If your plans change, make sure you know how to get home with a friend.
- Avoid leaving drinks unattended and be wary of drinks bought by folk that you've just met.

Drink Spiking

There is currently a lot of media attention surrounding the danger of drinks being spiked using "date rape" drugs, such as Rohypnol and GHB (Gamma-Hydroxybuterate).

Police evidence surrounding the use of "date rape" drugs is extremely limited. Forensic evidence of many drugs are often difficult to obtain, as traces of drugs may not remain in the body for long periods of time.

In addition, rape victims where date rape drugs were used are even less likely to report the crime than other rape victims, so the statistics are very low. They often feel responsible because they feel they simply drank too much, and they can't remember what actually happened.

Whether instances of the drug being dropped into unsuspecting people's drinks are as widespread as some newspapers suggest, or if the reports are vastly over-sensationalised, it is worthwhile to be aware of the issue, and how you can protect yourself.

The makers of the drug Rohypnol have taken certain steps of their own to prevent its misuse in this way. Previously, it was a colourless, odourless drug which dissolved into drinks rapidly. Now, it has been coloured blue, it will fizz on contact with liquid, and it will float at the top of a drink for about twenty minutes after having been placed in the liquid.

The best thing you can do is keep an eye on your drink and your mates' drinks and be a bit careful about accepting drinks from people you've just met.

If you think your drink has been spiked, or you start to feel unwell - tell someone (a friend or a member of staff).



A drink every once in a while probably won't hurt you that much, but if you find yourself drinking alone at lunchtime it might be worth seeking some help.

Blurred judgement

For most people, drinking doesn't cause that many problems. A few nasty hangovers, a few embarrassing moments and some slightly ill-advised sexual encounters - but basically no harm done.

However, it's worth bearing in mind that alcohol is a sedative, which means that it slows down many of the functions of your body, including your brain. This means that you feel more relaxed and your inhibitions disappear, as does your judgement. This means you're more likely to take stupid and uncharacteristic risks - have unsafe sex, take a dodgy short cut home, climb up walls, allow yourself to be taken to some random flat in a part of Glasgow you don't know.

Look out for yourself doing it – but also look out for

your friends if they're doing things you wouldn't expect. They'll probably thank you for it in the morning.

Help

If it feels like it's getting a bit out of hand, or if you're worried about a friend who's drinking too much too often, there are loads of people who can help. If speaking to your GP or University Health Service hasn't worked or isn't an option, the following organisations may be helpful.

Alcoholics Anonymous
www.alcoholics-anonymous.org.uk
0845 769 7555
Alcohol Counselling Service
0141 226 3883

Drugs

Some things to remember

As well as alcohol, there are a multitude of less legal substances that change hands each and every day in Glasgow. Each of these fiddles with your brain's function to produce effects ranging from the sublime through the ridiculous to the terrible. Before going any further, it's worth underlining the fact that all the drugs listed below are illegal. This means two really important things:

You can't trust your supplier

Buying drugs isn't like buying something from a shop. You have no guarantee that what you pay for is what you get. On the level of the merely annoying, this may mean that you get sold rubbish which does nothing for you. On a more worrying level, it means that your drugs could be cut with any old crap your dealer's supplier had sitting about the house, from baking soda to rat poison.

The university, and the police, don't like you

If you get caught with drugs in halls or by any University official, then the University's policy says two things. First, they will shop you to the police. Second, you will face University disciplinary action, which, especially if you get caught with a Class A banned substance, could well end in expulsion.

When the police get hold of you, the result will again depend on the nature and quantity of what you are caught with. However, at the very least you will get your drugs confiscated and face a fine. That could mean a criminal record, which has implications for your University career and your employment prospects.

It also seriously affects any travel plans you might have. Many governments, especially that of the USA, won't let you set foot in their country if you have a drugs-related offence on your record.

Drugs you're likely to encounter

Cannabis

Comes in a variety of forms (oil, leaves, resin) and an even wider variety of strengths. It's usually smoked with tobacco but can also be injected in food (most commonly cake). Eating it means you avoid all the smoking-related health risks - but means you're more likely to take more than you can handle. Even if you make your own hash cake it's very hard to gauge the strength of it. Some people seem to be able to smoke dope regularly and still get things done. Most people can't. Before you know it you'll be watching Teletubbies and failing your degree. You've been warned.

Cocaine

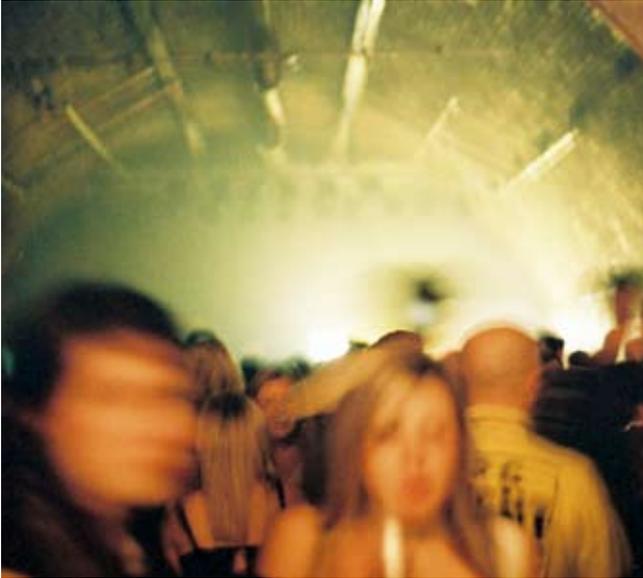
Gives users strong feelings of wellbeing and exhilaration. These effects are fairly short-lived, peaking about 15-30 minutes after using it. It is highly addictive, and snorting coke regularly can seriously damage the membrane of the nose as well as making users restless, anxious and aggressive.

Speed

Increases your heart rate and makes you feel more alert, confident, and cheerful. It can also make you feel paranoid, aggressive, panicky and anxious. It will make you grind your teeth, suppresses your appetite and disrupt your sleep. It lasts about three hours and leaves you feeling very washed out for the next couple of days.

Ecstasy (MDMA)

Sold in tablet form, and comes in a wide variety of shapes, colours, and – importantly – strengths. There are cases of people having allergic reactions to MDMA but most of the dangers associated with the drug relate to how it is used (see side column), and what it is cut with. Aside from the usual stuff that suppliers might



Ecstasy is intrinsically linked to club culture. If you are taking it then you are putting your health into your dealer's hands.

cut with any drug (baking soda, detergent, paracetamol etc.), ecstasy is nearly always cut with speed.

Ketamine

A horse tranquilliser increasingly being cut with ecstasy or being sold separately as a party drug. Effects can range from rapture to paranoia to boredom. Users often experience hallucinations and at high doses it can leave the user comatose and induce vomiting or convulsions.

Hallucinogens

Other hallucinogens include LSD (acid) and Magic Mushrooms. The effects vary depending on your mood and the surroundings. They can lead to long term psychological problems.

For more information

The Scottish Drug Forum are lobbying for effective and understanding solutions to drugs problems in Scotland. They also have more information on all aspects of drugs, their effects, legal status and responsible use.

www.sdf.org.uk, www.knowthescore.info, www.talktofrank.com

If you're taking E...

Make sure someone knows what you've taken. In the event that something goes wrong it's really important that any medical staff know exactly what you've taken.

Don't dehydrate. Sip a pint of water every hour. Don't drink much more than this as too much water is as dangerous as too little.

Also drink fruit juice or eat crisps or nuts to give your body back salt and other minerals. Use the chill-out areas regularly and take breaks from dancing.

If anyone collapses after taking it in a club tell the staff, or if you're at home, call an ambulance. Lay them in the recovery position and don't force them to drink anything. When the ambulance arrives tell them what you think your friend took.



Be Safe.. Be Sure...
Take A Real Taxi
0141 429 7070

**Special prices to Glasgow Airport if return journey
booked at same time**

Getting Home

Taxis

There are taxi ranks dotted all over the city centre and the West End, plus you can hail a black cab if they have their orange lights on. They rarely cost much more than £5 (weekends £7) from town to the West End. The black cabs are vetted by the City Council and completely safe, but slightly more expensive. There are also private taxi companies and minicab firms, which are cheaper but can't be hailed and must be called out. It's worth getting a couple of numbers in your phone, but if not, many pubs and clubs will be able to give you the number of a reputable firm.

Driving home

If you have a car then it should go without saying that driving under the influence of alcohol or drugs is an unbelievably stupid thing to do. You could not only lose your licence and face a large fine or jail if you get caught, but you could also injure or kill others or yourself. Beware that if someone else is driving then it can be hard to know if they're over the limit or not.

Walking home

Sometimes when the taxi queue is huge or you're feeling a bit skint walking can seem like a good idea. Often this is absolutely fine. Glasgow is no more dangerous than any other big city – but take precautions. Avoid walking around at night on your own – arrange to meet friends before you leave the club or party. Keep to well lit areas and main roads and don't take short cuts. Kelvingrove Park is notorious for attacks – never walk through it at night. If you think someone's following you go into a 24 hour shop and phone for a taxi. Make sure that you keep to well lit areas and walk in the centre of the pavement; have your keys ready before you get to your door; avoid carrying around more cash than you need; carry your wallet or purse in a front rather than a back pocket.

Night Bus

At weekends there is a good 24 hour night bus service in Glasgow and as long as you know where you're going, the route that the bus takes, and that you've got on the right bus you'll be fine. Bus drivers are unlikely to give you much information so find out for yourself from Traveline Scotland (0870 608 260). Assaults, muggings and pick-pocketing do take place on the buses, but these are rare, especially on the buses out to the West End (numbers 66, 9 and 62) be careful. If anyone is bothering you, go and sit at the front near the driver. Get off and on at well lit, busier bus stops if you can. The flat fare at night is £2.10 or £2.65 for an all day ticket and they don't give change.



“

Even when you know an area really well, taking short cuts at night is too big a risk to take. If you have to walk home, try and stick to light and busy areas as much as possible.

”

Colin McIlroy
4th Year English &
Scottish Literature

Mental Health

Being at university can be a stressful experience. As well as the pressures of coursework and potentially balancing this with employment, relationships, finance or a family, you may find yourself under pressure from other sources. It can also be hard settling in to a new situation in new surroundings.

All of these things and more can result in you becoming stressed. This may begin to impact more seriously on your mental wellbeing and as a result affect your academic progress.. The first thing to remember though is that you are not alone.

Below you will find some of the most common problems encountered by students, some advice on how to cope as well as pointers towards some of the solutions available on campus.

Stress

Signs of stress

Whatever the source, the result of prolonged stress is that you are left feeling like you can't take control of your own life in the way you would choose and simple tasks become difficult to cope with without getting tense and uptight. People often experience some or all of the following symptoms:

- Physical health problems such as headaches, indigestion or a sore back.
- Usual sleep patterns become disturbed so you find it hard to get to sleep, have disturbed sleep, or need much more sleep.
- Appetite is affected, making you lose interest in food or over eat.
- Diminished sex drive.

- Finding it hard to relax without feeling guilty.
- Finding it difficult to make decisions.
- Minor interruptions, delays or frustrations can make you extremely distressed or angry and you can become very emotional at the slightest upset.
- Using alcohol, drugs and tobacco more than usual.

What can I do?

There are ways to relieve stress and ease the pressure. They tend to be different for everyone but the following steps are a good starting point:

- Try to identify what things are stressing you out and what you can do about them. Some things you won't be able to change - or not immediately - but some things you might be able to.
- Try to eat a sensible diet and go to bed at a regular time.
- Many people find physical activities help (e.g. swimming or yoga).
- Talking it over with someone you trust can help you work through your feelings.
- If you're not the sort of person who finds it easy to talk about your feelings, try taking up a sport or hobby along with other people. It can provide a good form of relaxation and distraction.
- Try to pace yourself and tackle one thing at a time.
- Most importantly, give yourself time to do things that you enjoy doing.



If you're ever feeling blue, try and get help before things go too far.

Eating Disorders

When we are under stress, our appetite and the way we view food are often affected. We may lose interest in eating, we may eat more than usual or crave certain types of food. This usually passes when the difficulties are resolved.

However, for some people food can become an overwhelming concern which comes to dominate their lives. This preoccupation with food can conceal all sorts of confused and painful feelings.

Both men and women are affected by eating disorders (although women far outnumber men).

Anorexia Nervosa

This is most common among young women on the verge of adulthood, although men are increasingly affected as are people in other age groups. It is not simply an excessive form of slimming. It is usually a response to major change, expectations and uncertainty (hence why it is so common in students).

Making sense of what is going on, and making choices about ourselves is not easy. Yet another area where we can assert control is in what we eat.

People with Anorexia often get a sense of satisfaction from pushing their bodies to the limit, surviving on less and less nourishment, and the way they see themselves becomes distorted. While everyone else tells them they're painfully - even dangerously - thin, the slightest gain in weight can throw sufferers into a panic, making them feel bloated and fat.

Bingeing

Some people respond to stress, feelings of emptiness or insecurity by eating huge amounts of food beyond the point of satisfying hunger (Compulsive Eating). This is generally done in private. People suffering from Bulimia then rid themselves of it by vomiting or with laxatives, out of guilt and disgust.

Worried about a friend?

As a friend or relative you can help. Your concern

for their health may make you want to urge them to seek help and to change their eating. However, be aware that endless confrontations are exhausting and will leave your friend with an even lower opinion of themselves and possibly a greater determination to resist your efforts to help.

Your role may be to encourage your friend to talk more freely about what it is that distresses them to the extent that they react in this way. Try to be open and honest about your own feelings without getting angry. Encouraging them to take up a new interest and doing things together can help shift the focus away from food.

If your friend acknowledges that they need help, you can assist them practically by finding out about support available - from the University and in the local area.

In all of it, remember to look after your own needs too. Worrying about a friend is stressful and can leave you feeling powerless and exhausted. You're allowed time-out.

For more info about Eating disorders go to:
www.anad.org.

Self Harm

Some people respond to difficulties and distress in their lives by deliberately inflicting physical pain on themselves. Most people who self harm can make a clear distinction between suicidal acts and other motives for self-harming behaviour. Some of the ways people may harm themselves include cutting or scratching the skin, particularly the arms, burning themselves, biting or punching themselves or hitting their body against something. Some people may swallow or insert objects into themselves or pull out their hair or eyelashes.

Many different reasons can lead someone to harm themselves. Sometimes these stem from childhood experiences but this doesn't always have to be the

case. Self-harm can often be a sign of low self-esteem, powerlessness, loss of control or fear of loss of control. It doesn't "just happen" but is a part of a recurring cycle of responses to triggers which occur throughout someone's life. These triggers may be feelings of guilt and the need to be punished in some way, or the behaviour can act as a release and a way to manage moods or feelings.

For more information about self harm visit
www.nshn.co.uk

Who Can Help?

SRC Advice Centre

With many of the causes of stress and anxiety at university stemming from financial, personal and academic issues, it is good to know that the SRC Advice Centre is available to set your mind at rest about anything from council tax and problems with your landlord, to missing an exam or failing a course.

The trained advisers are available for quick drop-in advice or longer consultations by appointment. They have access to the most up-to-date information on many student welfare issues including funding, benefits and housing issues. They can also provide confidential advice and representation on academic issues such as appeals, plagiarism and disciplinary hearings. If there is anything that the advisers can't help you with directly then they will be able to point you in the right direction.

The Advice Centre is based on the ground floor of the John McIntyre Building. For further information see
www.glasgowstudent.net/advice.

Nightline

Sometimes being a student at University can be a really stressful business, Nightline provides a friendly ear to talk to, and a quick and discreet source of information. Nightline is a confidential, non-judgemental telephone listening and information service run by trained students



Nightline can offer information and support on many subjects. Their number is 353 1050.

for students. Anyone can call on **0141 353 1050** between the hours of 7 pm – 7 am every night of the week during term time. The service prides itself on the main principles it communicates: warmth, empathy, respect and understanding.

As well as an opportunity to talk in confidence, the service provides information such as exam time-tables, phone numbers for taxis, clinics and details on other campus support services and specialist helplines.

Counselling

Counselling differs from other sorts of help. It is not advice or a means by which the helper provides solutions. It is a process where one person helps another by purposeful conversation in a supportive and understanding atmosphere.

Counsellors can help with a wide range of difficulties. Common problems that students experience include:

- Homesickness, loneliness, anxiety, depression
- Problems in relationships
- Family problems and troubling past experiences
- Bereavements and losses
- Life changes such as pregnancy and illness
- Sexual and cultural identity
- Suicidal feelings
- Crisis such as assault
- Academic difficulties

For those suffering from addictions or chronic eating problems, it would probably be best in the first instance to consult either your own GP or one of the doctors in the University Health Service.

For more information on the service and how it could help you go to **www.gla.ac.uk/counselling**

The Chaplaincy

Glasgow University is well served with two Chaplaincy centres which are friendly, welcoming places open to all students and staff regardless of faith community (or non faith) background or religious denomination. The University Chaplaincy is next to the Chapel, in the West Quadrangle. Turnbull Hall Catholic Chaplaincy is at 15 Southpark Terrace (opposite Hillhead Secondary School) You will find places to study and places to sit have a coffee and read from the selection of daily newspapers. Turnbull Hall even has computers with access to the University's system.

Interfaith

The University has just opened a new Interfaith Room which has books and worship materials of the Buddhist, B'Hai, Christian, Hindu, Muslim, Jewish, Sikh faith communities and the Humanist community. This room can be booked by faith community student societies such as Glasgow University Muslim Students Association, the Hindu Students Society Jewish Society, Sikh Students Society, Buddhist Students Society or other recognised faith groups. There are shoe storage and washing facilities for ritual ablutions. The Interfaith Room is located next to the new dining room in The Square. Chaplaincy agreements are now in place for several Christian denominations, Buddhist, Hindu, Humanist, Jewish, Muslim, Sikh communities. The University's origins are in the Christian faith community and this is reflected in the Chapel Services listed below. Details of services and meetings for faith communities are listed on the notice boards at the entrance to the Interfaith Room.

Christian Worship

University Memorial Chapel

The Chapel is inter-denominational and is open daily to everyone for prayer and meditation. Chapel Services

can be viewed at mcu.gla.ac.uk/chapel-live.html
Throughout the week there are various services in the University Chapel.

Sunday morning Service: 11am

The 10 Minute Service each weekday, during term-time from 8.45-8.55am led by chaplains, students and staff.

An ecumenical Eucharist(Anglican): Thursday, 1.15 pm

Free Church of Scotland Service: Fridays, 1.05pm.

Other services and events are held as advertised.

Turnbull Hall (15 Southpark Terrace)

Sunday Masses: Vigil (Saturday at 6:15 p.m.), 11.30 a.m. and 6.15 p.m.

Holy Days 12.05, 1.05 and 5.05, weekday Masses 1.05 daily, additional Mass at 12.05 during Lent.

Contact

University Chaplain
Rev Stuart D MacQuarrie
West Quadrangle
University of Glasgow
Glasgow, G12 8QQ
0141 330 5419.
chaplaincy@gla.ac.uk
www.gla.ac.uk/chaplaincy/

Catholic Chaplain
Fr John Keenan
Turnbull Hall
13-15 Southpark Terrace
Glasgow, G12 8LG
0141 339 4315
rcchaplaincy@gla.ac.uk
www.gla.ac.uk/Clubs/turnbull/turnbull.html

View the University Chapel Live on
<http://mcu.gla.ac.uk/chapel-live.html>



The majestic gothic University Chapel was built in 1921.



“

The Chaplaincy is here as a resource for all students, whether they are Buddhist, Jewish, Muslim, Sikh, Christian or even Humanist. Sometimes it's good just to get a bit of space.

”

Accommodation

The decision you make about where to live while you're at University is one of the most crucial that you'll make as a student, and the options are dizzying. Fortunately, there are loads of services available to help you make the right decisions - and if it all goes wrong there are plenty of people on hand to help you get things sorted.

You will probably have already found a place to live for your first year. If you haven't, contact the Accommodation Office. They offer a whole range of services and information - whether you're looking for a flat with a private landlord, or a room in University accommodation.

The Accommodation Office is based at 73 Great George Street. Open 10am to 4pm Monday to Friday.

More information on their services is available at www.gla.ac.uk/accommodation

Living at Home

Glasgow has a long tradition of attracting 'home students' - those people who have decided to stay in their own city to study. The major benefit to this of course is the huge financial savings to be made. Even if you are putting some money towards the upkeep of your home, the difference between this and renting is quite considerable.

The negative side is that you are generally going to be a bit further from campus and may lack some of the freedom of your classmates as a result. It can also prove harder to make friends or get involved in activities outside of your classes, but it's not impossible. As you're saving money on rent it's worth remembering that getting taxis back home at night is definitely an option.

Halls

The majority of students, particularly those who are new to the city, choose to live in University accommodation during first year. There's good reason for this. It's simply the best way to meet people, and with so many people living in the same place you're bound to find like minded folk. Plus, you don't have to worry about bills or dodgy landlords (in Wolfson Halls you don't even have to worry about cooking food or washing up). The down side is that the rules can be quite restrictive and it can get quite intense being constantly surrounded by students.

The following information should help you make your Halls experience a happy one.

Who will I live with

If you go into halls, you have almost no control over who you live with. While the University do as much as possible to put people who will get on together, and you can apply to live with your friends, there are no guarantees. On one hand this is a bonus as you can make some fantastic friends through halls, on the other hand you could have to share a kitchen with a complete nutcase. If this should happen it's always worth asking for a swap.

Who's my landlord?

Over the last few years the University has sold off most of its student accommodation to a private housing association (Sanctuary Housing). However, most aspects of the day-to-day running of the building are still down to the Accommodation Office and you will probably have very little contact with the private housing association.

If you have a problem with your accommodation, however, the first person you should contact is your senior resident or warden.



Halls are furnished, but it shouldn't just be any rubbish they find on the street, make sure you're getting what you pay for.

Wardens and senior residents

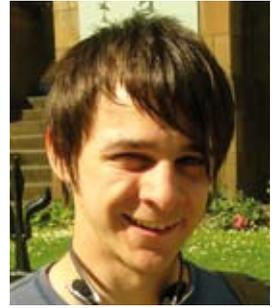
These guys are people who live in the halls whose job it is to make sure everyone is safe and sound. Each hall will have a Chief Warden or a Head Senior Resident, who is often a member of University staff living in the hall. There will also be several assistants with responsibility for a set number of rooms.

Residents' Committees

Each hall has a Residents' Committee. This is supposed to do two things: represent the views of residents to the halls managers, and organise parties and events for residents.

The committee is elected early on in the year and given a budget to go towards events or new facilities for the halls (e.g. snooker tables or games systems).

Any resident can stand for election and an active Residents' Committee can make a real difference, campaigning against archaic rules and for better services.



“

Life in halls can be great. Go all out and make as many friends as you can in the first few weeks because a lot of them will stick by you for the next four years.

”

Adam Henry
4rd year
Education

Life in Halls

Food

With the exception of Wolfson Hall, all University accommodation is self-catering. This means you'll be sharing a kitchen with several other people who live in nearby rooms.

There will probably be several times during the year when you'll need to borrow food or cooking utensils. The key rule for happy living here is to ask first, and if it's a pot or a pan you're borrowing, to clean it afterwards. If you just take stuff, especially if you do it regularly, it will inevitably lead to conflict.

If you are in Wolfson Hall you will already have paid for your meals. They'll be served at strict times of the day in a school dinners-type fashion. The food is generally fine, if a bit bland, but you don't have to wash up.

Laundry

Your hall will have a number of free washing machines, tumble dryers and irons available. Demand can be high so it's often worth doing your washing at odd times of the day and night when it's less busy.

Common Room

Most halls have a common room where students can hang out. Usually, it is equipped with some entertainment features such as a TV, video, pool table or arcade game.

Guests

Access to halls is always restricted to some extent, but some halls are tougher than others. Obviously, you can have friends around to visit, but you will probably need to let them in yourself at the front door. Officially, you are supposed to notify a warden or senior resident if you are having a guest for the night so that, in the event of a fire they know how many people are staying in the hall. However, your warden will understand that there are times when this is not possible.

Parties

Halls regulations say parties are banned. However, 'social gatherings' of a few people are permitted, and the distinction between the two can be a grey area. Whether or not the 'gathering' you are having is allowed pretty much comes down to whether the warden or senior resident on duty is prepared to accept it, and that will usually depend on how much noise you're making.

Cleaning up

The tidiness or otherwise of your room is more or less up to you. Cleaners will visit occasionally, but usually just to empty the bin, and won't do any serious tidying. However, if your room is so dirty at the end of the year that they need to call out industrial cleaners, you will end up having to pay for it. The kitchen is another matter. If you regularly leave the kitchen in a state you'll fall out with everyone - your house mates and the halls management.

Electrical devices

You are restricted in what kind of devices you can have in your room, due to fire regulations. Stereos and similar devices are allowed, but 'white' goods, such as fridges, stoves etc. are not allowed. You can have your own TV but remember that you will need to pay for a full TV licence for it; you are not covered by the licence for the TV in the common room.

Posters

To make sure you get your deposit back be careful what you use to put up posters. Anything that stains the walls or rips the paint off (e.g. Blu-Tack) is a bad idea. Pins are OK though. If you're unsure ask your warden what your particular halls recommends and use that.

Security

Your property will be covered to some extent by the insurance policy of the halls as a whole. However, you



Don't be lazy: doing the washing up when things get dirty will only take a minute and will cause much less hassle than letting it build up.

will still need to take reasonable precautions to look after your things, otherwise the insurance company may not pay up. Make sure you lock your door behind you when you leave the room for any length of time, even if it's just to go to the kitchen or to visit another room.

Emergency

You'll be told on arrival what the procedure is in your residence in the event of a fire. If and when the alarm goes off everyone must evacuate the building whether

it's a drill or not. Often it's a prank (most people grow out of such things at school). For legal reasons the fire service have to respond to every alarm including prank ones, so if you get caught setting off a fire alarm, you will be billed for it.

In a medical emergency, you should dial 999 and contact your warden or senior resident immediately. Wardens and Senior Residents are all trained in first aid and resuscitation techniques.

Flat Hunting

The Basics

If you spent your first year in halls, or even if you spent it living at home with your parents, you will probably want to move out to a flat of your own. There are plenty of different types of accommodation on offer but the most important thing to remember is that it should be safe and secure. The following pages will help you find the place that's right for you and make sure your landlord is behaving themselves.

When?

The majority of leases for flats in Glasgow run for one year, from July-June. People who are leaving flats normally have to give their landlord at least one month's notice, so this means that they will mostly be advertising for new tenants in March, April and May. This is the best time for flat hunting - and the earlier the better, generally.

This is fine if you're staying in Glasgow over the summer but if you're not, you'll probably have to pay throughout the summer anyway. It is possible to find a flat in September but it can be stressful and you could end up having to take something that's quite unsuitable.

How much?

As a rough guide, expect to pay at least £250 for a room in a 3 or 4 bedroom flat in the West End. This is excluding bills. It is possible to find cheaper but the flats are usually unlicensed by the Council and could be dangerous as a result. The best way to save money is to search for flats beyond the West End. The South Side of Glasgow tends to be considerably cheaper.

Who with?

Living with your best mate may seem like a good idea, but they're not always perfect flatmates. What you really need is someone who is guaranteed to pay their

rent and bills on time, who has similar standards of tidiness in a flat as you do, and who doesn't have many bad habits that will drive you crazy.

Where to look

Flat hunting is an odd pursuit that people attempt in a great variety of ways. You'll find that while some people luck out on a fantastic, and cheap flat and stick with it for their entire time at uni, others seem to have to move every year. If you take the time and effort not to take the first flat that's not a complete hovel, you can find some amazing places. Here are a few places to start searching from.

PAD (Private Accommodation Database)

PAD is a new centralised database of private sector accommodation available for rent to students attending all five institutions in Glasgow. To access it, go to their website: www.accom.gla.ac.uk/pad. Alternatively, listings can be collected from the Accommodation Office which are updated every Tuesday. All properties listed should be licensed, although PAD do not inspect every property they list but there is a huge amount of competition with other students so get in there early.

Noticeboards

The John McIntyre Building and both the Unions all have noticeboards filled with adverts for rooms in student flats. It's also worth checking department noticeboards. The new classified section of the SRC's website, www.glasgowstudent.net also lists rooms and flats to let.

Ads in Shop Windows

Shop windows on Byres Road are one of the main sources for the dedicated flat hunter. Go prepared with pen, paper and a phone - so you can get on the case pronto. There will be a huge range and constant



Finding the right place can be really hard work but considering some of the flats available, it's really worth the effort

updates but newsagents can't run checks on the landlords who advertise, so be extra careful.

The Press

The Herald (Wednesday), Evening Times (Tuesday, Wednesday, Thursday), the Sunday Herald (Sunday) and the List (fortnightly) all carry property adverts. These are good if you're looking to save money by living outside the main student areas or perhaps don't want to live with students at all but you're up against thousands of other readers so you have to get in quick.

Letting Agents

Renting through a reputable Letting Agent can save a lot of headaches — everything should be licensed and they tend to be good about dealing with any problems that arise while you're living there. However, some companies have gained themselves a bad reputation over the years so be extra vigilant when viewing properties. It's always worth asking around to see if an agent is as good as they say they are.

Letting Agents make their money by taking a commission on the rent — so expect to pay more. You do not have to pay anything until you have found somewhere you like. If they try to get you to part with money before that, steer well clear.

Websites

A very quick search will find a plethora of lettings sites, which while they sometimes take a lot of effort may produce results.

Word of mouth

People are always looking for new flats and leaving old ones behind. If you hear someone talking about moving on, find out what's happening to their old flat. Although there is no guarantee that you will find flats like this, you may be able to secure a flat before it's even been advertised. It means you can find out about the landlord and property from an existing tenant but you must always make sure to look the place over yourself too.

Flat Hunting

What Area

You will have realised by now that there is a shortage of decent accommodation close to campus - which is why landlords can charge a lot of money for pretty shabby flats and still have students competing for them. When looking for a flat, think about how close to campus you really need to be. If you're prepared to live a bit further out, then you will have a much wider choice, you will probably get much more for your money and there will be less competition with other students. Remember that a lot of areas in the West End are only a few streets wide so don't set your heart on Hyndland when Dowanhill is just next door. Below is a list of the main student areas - their virtues and their down points.

Hillhead G12

Everyone wants a flat in Hillhead. It's the square that runs from Byres Road to Gibson Street and along to Great Western Road (so it's about as close to campus as you can get). The properties in this area are nearly all sandstone tenements and are usually well maintained. Prices and availability reflect this. You occasionally get lucky but be suspicious of anything going too cheap in this area or anything that's been on the market for longer than a month or so. If it sounds too good to be true, it probably is. Find out what's wrong with it and see if it's something you can live with.

Woodlands/St Georges X G4

The area between campus and city centre, Woodlands Road and Great Western Road. Almost as convenient for uni as Hillhead but generally cheaper and more widely available. However, some of the tenements are in an appalling state - so make sure you have your checklist (a lot of unscrupulous landlords in this area). As an area though, it has a great multi-cultural vibe and you can take advantage of the excellent shops on Woodlands Road.

Yorkhill/Finnieston G3

The Sauchiehall/Argyle Street end of Kelvingrove Park and up the hill to Yorkhill Hospital is often more affordable than the Woodlands end of the park, with a better range of accommodation available. Still only fifteen minutes walk from campus but be careful walking back at night from the Unions (and don't cut through the park). There's a wide range of accommodation at affordable prices but quality can be patchy and security can be a problem. Also there are no supermarkets or tube stations nearby.

Partick G11

Dumbarton Road to Byres Road (south). A bit further away from the centre but still maximum 20 minutes walk from campus so it's still really convenient for campus. It has fantastic transport connections so you don't need to worry about walking home at night. Plenty of good (if a little odd) shops about too.

Hyndland G12

Area north of Partick going up to Great Western Road. Glasgow's exclusive suburbs. Leafy streets and beautiful houses - but at a price. This is a safe, up market, family area so it's expensive and not very student friendly (parties don't always go down that well).

Jordanhill/Knightswood G13

West beyond Partick it gets cheaper but less gentrified. There's a lot less competition with other students and it's much cheaper than the rest of the west end. It's inconvenient for campus though and the bus can take ages in the rush hour traffic.

Maryhill/N Kelvinside G20

The area around Queen Margaret Drive and going up to Maryhill Road is really pleasant. If you're prepared to live that bit further out, you can pick up a bargain. However, transport and local amenities can cause a problem. Also, the further into Maryhill you go, the



A good map really helps flat hunting, after all, who really knows where Clayslaps Road is?

more dodgy it gets and the higher the crime figures get. You are advised to stay in the more gentrified Kelvinside end if you can.

Beyond the West End

Glasgow City Centre is not cheap, so a loft apartment in a converted warehouse in the Merchant City - while desirable - is well beyond most students' budgets. However, if you don't fancy the West End, there are other options.

Shawlands

The cultural hub of the south side is becoming increasingly trendy and it's more affordable than the West End (and there's less competition from other students). However, there's no tube, so unless you have a car you'll be bussing it everywhere. Luckily the Shawlands / campus/ city centre bus service isn't bad.

Southside

If you want to go for something a bit cheaper, then lots of students head for Govan and Ibrox (south-west of the city). Can be quite bad for crime but the area is serviced by the tube, making it convenient for the West End and the city centre.



“

Students are just as entitled to safe, reasonably priced accommodation as any other group, but landlords sometimes take unfair advantage of the high demand for student flats. It's worth looking around for a while to compare standards and prices, and don't forget that you have every right to demand your money's worth.

”

Kat Borrowdale
SRC Vice-President
(Student Support)

Who to speak to

Here are some useful contacts at the University and in Glasow

SRC Advice Centre
www.glasgowstudent.net/advice

John McIntyre Building
advicecentre@src.gla.ac.uk
0141 339 8541

Accommodation Service
www.gla.ac.uk/services/accommodation/general
73 Great George Street
accom@gla.ac.uk

Shelter
scotland.shelter.org.uk
0141 221 8995

Glasgow City Council
www.glasgow.gov.uk/eng/Residents
Licensing Section
(HMOs): 0141 287 4535

Flat Hunting

HMO Licences

If you're flat hunting with two or more people or think you are likely to move in to a flat that already has two or more residents then it's important from a safety perspective that the landlord has a current licence for the property. If they don't then don't take the flat. It's just not worth the risk. The information below should give you a good idea of how the system works.

Any flat which houses three or more people who are unrelated is called a House in Multiple Occupation (HMO) and the City Council requires the landlord of such properties to maintain certain standards of repair and safety (see below).

Before signing a tenancy agreement check that the landlord holds a HMO licence. If you live with an owner they do not count for deciding whether a house is an HMO. For example, you live with the owner and another lodger then this isn't an HMO but if you live with the owner and two lodgers then this is a HMO.

Any owner operating an unlicensed HMO will be liable to prosecution. However, your tenancy rights remain unaffected and you can only be evicted by court order if you breach your tenancy.

From May 2006 anyone who rents out a flat or house must be registered with the local council under the Antisocial Behaviour etc., (Scotland) Act 2004. Holders of HMO licences are automatically registered. Landlords must be a 'fit and proper person'. It is illegal to let out a property without being registered and the council can stop the rental income of unregistered landlords.

If you're in any doubt, Glasgow City Council's Licensing Section can help you on **0141 287 4535**. You can get free advice at the SRC Advice Centre or www.glasgowstudent.net

Types of accommodation

Self-Contained furnished flats

These are flats or houses with one or more bedrooms where you will be expected to sign a lease for the entire property rather than a room within it. This is the most popular option for groups of students who wish to live together.



Even if the flat looks inviting from the outside it could be falling apart on the inside. Try not to fall in love with a place until you've checked it out properly. Even the prettiest flat can have broken locks, noisy neighbours and back on to a dual carriageway.

While these flats are furnished you will often be expected to provide your own bed linen, crockery, cutlery and cooking utensils. Most of the information that follows will concern this type of property.

Room in a Flat

This popular option is often advertised by a student or single person owning a flat or a group of students who have taken on a flat and have ended up with a spare room.

Room in the landlord's home

Families or single persons sometimes let a vacant room in their home to students. Meals may be provided, or alternatively you may be given access to cooking facilities. An advantage for international students is the opportunity to improve your English and become part of a family. However, living with your landlord can be intrusive and mean you have to give up a lot of independence.

Bedsits

A bedsit is a room which provides sleeping and living/study space and occasionally a cooking area. The bathroom (and often the kitchen) is shared with other tenants and may well be cleaned by the landlord.



“

Try and find out beforehand about landlords and their reputations from anyone you know who has rented in Glasgow. First hand experience is invaluable.

”

Natalie Bodie
4th Year English
Language

Checklist

Never accept accommodation without seeing it first and going through a checklist of queries. A quick way to judge the suitability of a property is to talk to the current occupants and neighbours. You may also find it useful to make notes using the following list as a guide. It might not seem like much fun but it means you'll get the right place for you and know it's safe and secure.

Furniture and fittings

- Is it adequately furnished for your needs, including a desk and shelf space?
- Is the kitchen suitable for the preparation and storage of food?
- Is all the furniture included in the lease?
- Is everything in good condition and in working order?
- Is there an inventory list of contents? (If not make one and get your landlord to sign it - so you don't get charged for existing damage).

Gas/Electricity/Water

- Take gas/electricity meter readings as soon as you take up the tenancy.
- Is there a certificate of inspection for any gas appliances?
- Do you have to share the bills with other tenants?
- Check heating appliances work properly.
- If plugs on any equipment get hot, the wiring may be faulty.
- Check the cooker works properly - rings, oven, grill and timer.
- Look for signs of dampness and leaks, especially gas and water.

Safety and Security

- What is the neighbourhood and street lighting like?
- Are there late night buses to the area?
- If the flat is at ground level, is it secure? Inspect door and window locks.

- Do the windows open for emergency purposes?
- Get insurance for your own property and identify your own belongings (Postcode and house number).
- Is a smoke alarm fitted and does it work?
- Do any gas or electric appliances look unsafe?
- Familiarise yourself with emergency procedures, especially the way out in the event of a fire.
- Soft furnishings or storage of combustible materials are not permitted in the shared hall areas in your block.

Services

- What services are provided/included?
- Who cleans the windows?
- Make sure you aren't responsible for repairs and renewals.
- If the garden is your responsibility, where are the tools?
- Who maintains common/stair lighting?
- What is the arrangement for disposal/collection of rubbish and waste?
- Where is the nearest medical centre/doctor's surgery?
- Where's the nearest supermarket?
- Is there access to storage facilities e.g. for bikes?
- Is there convenient free parking?
- Remember that the TV Licence is your responsibility.

Money

- How much is the rent and when is it due?
- How should the rent be paid? (Make sure you get receipts if your landlord wants cash).
- What does your rent include?
- Does it include water rates and Council Tax? (If all the people in your flat are full-time students you will be exempt from council tax)
- Is there a deposit/retainer? (This is usually equivalent to one month's rent).
- Do you have a receipt for all payments made?



It's a good idea to take along someone else when you're looking for a flat. They will undoubtedly notice things you missed.

Agreements

- Do you understand your contract? (If you don't, take it to the SRC Advice Centre before signing it).
- What type of agreement is it?
- What are the conditions of let?
- Have you found out any useful information from the neighbours or tenants?
- Do you know the landlord's name, address and telephone number?
- Have you had your lease/agreement checked and do you have a copy?

You should notify the landlord in writing if you have any complaints and get written agreement for any undertakings or promises. Make sure you keep a copy of everything.

Your landlord cannot impose administration charges or charge you for preparing a lease or inventory. If you have been charged for anything other than

rent or a deposit you have the right to a refund. Govan Law Centre produces free information on this: www.govanlc.com

Never part with money without a receipt, and don't be fobbed off with inadequate answers. If you are not sure, take your time to consider. It may not be easy to change your agreement.

Eviction

It is commonly believed that if your landlord tells you to leave you have to go. This is not so. Generally, landlords cannot evict tenants without going to court and getting an order for repossession. It is usually a criminal offence for a landlord to try to remove his tenants by changing locks, cutting off fuel supplies or using threatening behaviour. If you think you are about to be evicted, speak to the SRC Advice Centre (ground floor of the John McIntyre Building). In an emergency, phone the police.

Repair and Safety

Before the council can grant an HMO licence they must check that the owner, and anyone who manages the property, doesn't have any criminal convictions. The council must check that your landlord respects your legal rights as a tenant. You should be given a written tenancy agreement stating what your landlord's responsibilities are.

Your landlord must keep the property as well as any furniture and fittings in a state of good repair and deal fairly with you with regards to rent and any other payments. For example, they must go through the correct procedure if they want to increase your rent; they cannot re-sell you gas or electricity at a profit; they cannot withhold your deposit without good reason and it is illegal for them to evict you unless they have a court order.

Your landlord is also responsible for making sure that the behaviour of any tenants living in the HMO does not annoy or upset other people living in the neighbourhood. In order to keep their HMO licence, your landlord must maintain the property properly.

What are my landlord's duties?

- Keep the stairwell, hall, shared kitchen and bathroom in good repair.
- Keep the cooker, boiler, fridge, sinks, bath and lighting in good repair.
- Keep all facilities for heating, hot water and ventilation in good order.
- Ensure that all gas appliances and installations are safe and checked once a year by a registered CORGI gas engineer www.corgi-gas-safety.com
- Ensure that all electrical appliances and installations are safe and tested every three years by a contractor approved by the National Inspection Council for Electrical Installation Contracting www.niceic.org.uk or the Electrical Contractors Association of Scotland www.select.org.uk
- Ensure that all fire precautions (for example, smoke alarms and fire extinguishers) are in good working order and that the fire escape route is kept safe and free from obstructions.
- Ensure that all furniture supplied isn't flammable.
- Maintain the roof, windows and exterior of the property.
- Provide enough rubbish bins.
- Return your deposit within a reasonable time when you move out, preferably within 14 days.
- Put up notices in the accommodation explaining what you should do in an emergency and giving the name and address of the person responsible for managing it so that you can contact them when necessary.
- Ensure that the property has good locks on the doors and windows.
- Ensure that there is a phone line installed so that tenants can set up a contract with a phone company to supply the service.

What are my duties?

- Let your landlord know if anything in the property needs to be repaired.



Keeping your smoke alarms in check may well just keep you alive.

- Take good care of the property and try not to damage anything.
- Not let rubbish pile up in or around the property but dispose of it properly in the bins provided.
- Let the landlord inspect the property so they can check whether any maintenance work needs doing. Generally this should happen once every six months. You are entitled to reasonable advance notice
- Make sure that you don't behave in a way that can annoy or upset your neighbours. Your landlord is responsible for dealing with any complaints made by your neighbours and must take action if they are unhappy with your behaviour.
- You are responsible for all bills such as Electricity and Gas. Students don't have to pay Council Tax, but you need to get a Council Tax exemption form stamped at the Registry.

What if standards aren't being met?

If you don't think your landlord is managing the flat properly and maintaining these standards, there are things that you can do:

- Talk to your landlord if possible — he or she may not realise that there is a problem unless you discuss it with them.
- If you are worried about confronting your landlord or if they refuse to correct the problem, you can get in touch with the council, which has powers to make your landlord bring the management and physical conditions of the HMO up to standard.
- If you have a problem and are not sure how to deal with it, then why not make a call into the Advice Centre on the Ground Floor of the John McIntyre Building and they will be able to give you practical advice.

Buying

Why buy?

Increasingly students are exploring the option of buying property. This is partly because rents in the West End are so expensive, making it a saving and an investment. It also means you can avoid unscrupulous landlords and unsafe flats. It is also getting much easier to get a mortgage as a student, despite having very little capital. There are, however, complications and issues that need to be considered before going down the buying route.

Key points

- You will most likely need a guarantor, a person/ persons to back you financially. Generally it must be a parent, guardian or someone close to you. Guarantors must be either British citizens or permanent UK residents.
- The bank will lend you up to 100% of the asking or quoted price of the flat. However, in Scotland properties are advertised as 'offers over' a base price. For flats in the West End you usually have to pay about 10-20% above the asking price. Whatever you pay above the asking price, you'll have to find the difference, even if you've manage to get a 100% mortgage.
- Flats in the West End and the City Centre are not cheap. So, weighing up options between buying and renting is important.

Renting or buying?

- You need to consider the total cost of borrowing and the likely return on any investment. At present the cost of borrowing is pretty low but at the same time, house prices are extremely high.

- Some financial experts say that if you rent and invest wisely, you can accumulate wealth faster than by going heavily into debt. That's because money used in paying interest over the long term on a large debt may often be greater than rent payments.

- That said, rents in the West End are high. By buying a property you will avoid the astronomical rents that landlords often charge – and if you rent remaining rooms out to other students you can get a healthy return on the investment, even while you're still living there.

- The traps of borrowing. Although borrowed money is quite accessible, some people are buying when they can't really afford to. Offers to first time buyers can be seductive, but after the first few months or years, higher payments have to be made. Can you afford the rates when the introductory period is over? If you do get into difficulty with mortgage payments, remember you have the right to ask for time to pay under the Mortgage Rights (Scotland) Act 2001.

- If you own the property, then you will be responsible for maintenance and repairs, this includes a share of costs for common areas such as the roof or the stair. There are also council tax implications as a resident landlord that you will have to take into account.

Fees and purchase costs

Buying property can be very expensive. Before you've even moved in, there are some hidden costs that it is worth considering:

- A valuation fee. Paid to your mortgage lender up front to value the property.
- Survey fees. Don't consider making an offer until you've had a survey done on the property. It is really



If you're going to be spending a lot of money on property, it's a good idea to check all of your options.

worth while to get a schedule 2 survey instead of a basic level one.

- Arrangement fees. Some lenders charge this when setting up the mortgage.
- Moving costs. Depending on how you do this and where you are moving from/to these can easily mount up,
- Conveyancing — this is the legal bit that actually makes the property yours, such as conducting property searches.

And finally...

If you are thinking about buying and covering some of

the costs by renting out some of the rooms then most of the points on the checklist for renting property still apply — the difference is that it's your responsibility to make sure the property complies with safety standards etc.

For HMO licensing an owner occupier does not count as a qualifying person. This means you can have two tenants in addition to yourself and not need a licence. As well as paying a fee to the Council you will also have to pay for any necessary work on your property.

It's also your responsibility to make sure that your tenants pay their rent. When it's friends involved, this can be harder than you'd think.

Legal

Police powers

Power to stop & question

A police officer may stop and question you if s/he believes you have committed or witnessed an offence. You must give your name and address when asked but you do not have to give any other information. It's an offence to give a false name and address. If the police want to ask you more questions and they suspect you of having committed a crime they can:-

- ask you to attend voluntarily at the police station to help with enquiries
- detain you for questioning for up to 6 hours
- arrest you for allegedly committing an offence.

If the police suspect you of being a witness to a crime they can invite you to attend the police station to help with enquiries but you are not obliged to do so and cannot be detained at the police station but it can't hurt to cooperate with the police.

If you have been questioned by the police, either as a suspect or a witness, the police should make clear before you are released or leave the police station what further action, if any, will be taken, for example, whether you have been charged and if this will be reported to the Procurator Fiscal or whether you have been eliminated from the enquiry.

When can the police stop and search you

The police can stop and search you without having a search warrant if they suspect you of being in possession of:

- drugs
- an offensive weapon
- stolen property

- alcohol if you are at certain major football or rugby matches or on public transport travelling to such an event;
- evidence in relation to an offence under the Protection of Wild Mammals (Scotland) Act 2002;
- cash or the cash equivalent of £10,000 or more and that this is the result of criminal activity.

Before they stop and search you they must have reasonable grounds for suspecting that they will find these things. In these situations, an officer does not have to be in uniform but if s/he is in plain clothes s/he must identify her/himself and provide documentary evidence of identity if asked to do so. In the above situations, the police should not require you to take off any clothing other than an outer coat, jacket or gloves and the police cannot carry out an intimate search, for example, an internal body search, without having a warrant to do so. Females are entitled to female searches i.e. to be searched by female officers.

The police do not have the power to take fingerprints, palm prints or body samples, such as a blood sample, unless you have been arrested and detained.

Once you have given the police your name and address it is up to them to decide whether they want to ask more questions. If they don't then you should be allowed to go. If they do want to ask you more questions and they suspect you of having committed a crime they can:

- ask you to attend voluntarily at the police station to help with enquiries
- detain you for questioning for up to 6 hours
- arrest you for allegedly committing an offence.

If the police suspect you of being a witness to a crime they can invite you to attend the police station to help them with their enquiries.



Subcity Radio "liaise" with the local constabulary at the West End Festival. ASBOs all round.

Power to seize possessions

Once they have carried out a search, the police have the power to seize and retain anything that they consider to be relevant to the offence. The police can seize cash of £10,000 or more if they suspect that it could be the result of the proceeds of crime.

Power to move you on

The police have the power to move you on if they believe that you are obstructing the lawful passage of any other person in any public places or if you (either individually or as part of a group) are conducting yourself in a riotous or disorderly manner anywhere, to the alarm, annoyance or disturbance of the public.

If you are asked to move on, you are entitled to a reason and should expect to receive one but if you refuse to move you may well be charged with an offence.

What should happen on arrest

If you are arrested by the police you should be told what you are being arrested for and which statute applies at the time of the arrest. However, if the circumstances make this impossible, the police should inform you of the reason as soon as reasonably practicable. An arrest is not necessarily unlawful because no reason was

given at the time of your arrest.

When will the police charge someone

The police will charge a person when they have enough evidence to prove that they have committed an offence. The charge is a statement which says:-

- what crime the person is charged with
- when the crime was committed
- where the crime was committed

If you are charged, the police must caution you that you do not need to say anything in answer to the charge but that you have the opportunity to reply. Any reply that you make will be noted and may be used as evidence in the future.

If the offence is not a serious one and the police have no reason to doubt that you are normally a law abiding person, you may be charged but not detained any further. Later you may receive a citation from the Procurator Fiscal to appear in court and, for some offences, may be offered the opportunity to plead guilty by letter. In other, more serious cases, the police may decide to hold you in custody. In a police cell, after arresting and charging you with an offence.

Money

Going to university is an expensive business. There may not be grants (like the politicians had when they were at university) but there is money out there that is available to you. This section details where to get it and some tips on how to use it wisely.

For further information on all aspects of student finance the SRC Advice Centre on the ground floor of the John McIntyre Building has access to all the relevant information.

Student Loans

A student loan is a cheap way for students to borrow money which was set up to ease the pain of cutting and then abolishing the old student grant during the 1990s. It's just like a bank loan in one way, in that you get money now and repay it in bits in several years' time. But it's better than a bank loan in that you won't have to repay any money until your income reaches a certain level, and you won't be charged a commercial interest rate.

Applying for your Student Loan

Most students are eligible for a student loan, but you must apply first: it won't be sent to you automatically. Although the money you get will be borrowed from the Student Loans Company (SLC), and you'll pay it back to them, to claim one you have to go through your local funding body. If you're from Scotland, that means the SAAS (see side of next page for contact details). For other UK students studying in Scotland, student loans are now available to enable tuition fee payment to be deferred until the end of the course. This applies only to students starting a course in 2006/07. Students from elsewhere in the EU are not entitled to any form of UK

student loan. Supplementary grants for single parents to include help with childcare may be available through SAAS and LEAS.

Once you've obtained an application form from the relevant body and put in your request, you will be assessed to see how much you are entitled to. The size of your loan varies depending on the outcome of a 'means-test' based on:

- Your parents' income
- Whether or not you live with your parents
- Your course
- Any other income you receive

Depending on the result of this assessment, the size of your loan will be between £1,000 and £4,000 a year. You'll receive this in three instalments spread throughout the academic year.

You must fill in a new application form every year you require a loan (the SLC should send this to you towards the end of each academic year). If you have any questions about loans, the Advice Centre will be able to help.

Paying it back

You don't have to make any repayments until you have found a job, and you are earning a certain amount (at the moment the threshold for repayments is a gross annual income of £15,000).

If you work as an employee, repayments will be automatically deducted, like tax, from your pay. If you are self-employed, you'll have to sort this out when you file your tax returns with the Inland Revenue.

You should receive a statement every year letting you



Financial support usually requires a lot of forms, so you might as well start enjoying them

know how much you have paid back and how your loan currently stands. Your loan is linked to inflation, which means that although it gets bigger as a number, it doesn't get any bigger in real terms. So you will only ever pay back money to the value that you borrowed in the first place.

Support available

There are a range of funds that may be available to you, depending on your circumstances and they are usually non-repayable. See side of next page for sources of information and contact details.

SAAS Hardship Funds

Only students from the UK are eligible to apply for these awards, and you must meet certain criteria. To qualify, you must be in one of the following categories:

- Live in your own home or in some form of rented accommodation.
- Have childcare costs, including any additional travel costs incurred by taking children to childcare.
- Have additional costs arising out of a disability

which are not met by the grant-awarding agency

- Be a mature student, i.e. over 25 at the start of the current academic session.

It will be assumed that you have already claimed your full student loan entitlement (you need proof of this) and that your parents have made the full contribution that might be expected.

You can apply with a form from the University Registry, the SRC Advice Centre, the Vet School, the Dental School or the Student Advisory Service at the Crichton Campus. You must apply before the end of Term 1.

University of Glasgow hardship fund

All students at the University, except those studying at an associated institution, such as the Art School, or students on a foreign exchange year, are eligible to apply for these awards. It's not a scholarship fund, and isn't intended to provide for things you might have been expected to budget for adequately before you started studying. It is intended to make small loans or grants to provide short-term support for students who are in danger of having to drop out of university because of financial circumstance beyond their control.

Sources of Information

More information and advice on finance, loans, fees and banking can be found at the following places. Remember, the earlier you seek advice, the easier it will be to sort it out.

SRC Advice Centre
Ground Floor, John
McIntyre Building
339 8541
glasgowstudent.net
Office open 10am-4pm

The Financial Aid section
of the University Registry,
West Quadrangle
330 2216
Office open 10am-4pm
(term time).

Student awards agency
for Scotland (SAAS)
Gyleview House,
3 Redheughs Rigg
Edinburgh,
EH12 9HH.
0131 4768212
saas.gov.uk

Student Loans Company
(SLC) 100 Bothwell
Street, Glasgow, G2 7JD
0800 40 50 10
slc.co.uk

Department for
Education and Skills
dfes.gov.uk

You will be expected to show that you have taken up all other sources of finance available, such as student loans, bank overdraft etc. Applications are accepted throughout the year, and forms can be obtained from the Financial Aid section of the Registry and SRC Advice Centre (see side of page for contact details). If you receive a hardship loan, you will be unable to register for your next year at university without having paid back at least 80% of it.

SAAS mature students' bursary fund

This is for students from the UK who were aged 25 or over or were married when they started their course, or were financially self-supporting for three years before they started their course. They are primarily intended to help with the cost of formal childcare and associated costs. You can pick up an application form from the Registry, the SRC Advice Centre or the Student Advisory Service at Crichton Campus.

Scholarships, bursaries and trusts

There are literally hundreds of these available for students to try their luck with. Each one normally has a list of very specific and occasionally peculiar requirements which you must meet to qualify, but it's worth a try. Information on some of the awards available can be obtained from the Scholarships section of the University's Student Recruitment and Admissions Service (SRAS). Their website is **www.gla.ac.uk/studying**

Benefits

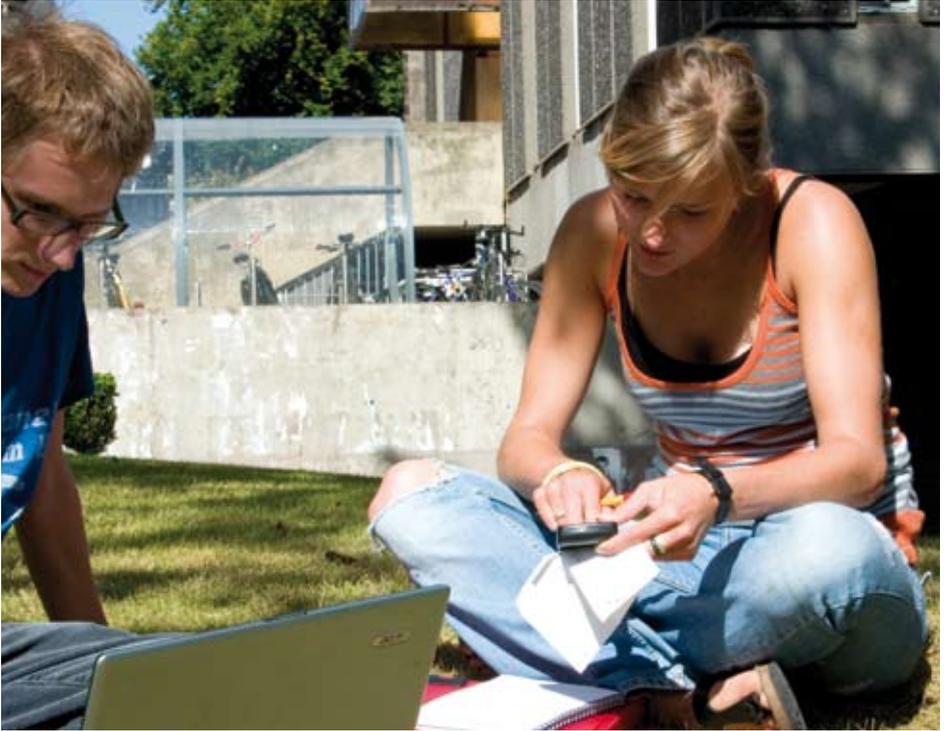
Single parents, students with disabilities, student couples with children, and partners of full-time students may be eligible for some benefits. To find out more contact the SRC Welfare & Advice Centre.

Travel expenses

If you are from Scotland and you have to travel more than a certain distance to the University campus, you may be eligible to claim back some of the costs of your travel from the SAAS. You can pick up forms to apply for this from the Registry's Student Enquiries Office or the SRC Advice Centre. They are available in the 2nd term.

Major expenses

As well as the small fortune you will have to pay in tuition fees and rent and bills there are also a number of other expenses to think about. If you own a TV you'll need to get a license for it, which costs about £131.50. You'll also quickly realise that things like mobile phones will cost you from £20 a month and food isn't much cheaper. Learning to cook will make your life a bit cheaper but you'll still find there isn't much left for partying.



By keeping track of your incomings and outgoings, you'll get a much better idea of what you spend your money on.

Budget Tips

- Make the most of student discounts for coach, rail and bus travel, hairdressers, cinemas, clothes shops etc. If somewhere doesn't seem to offer a student discount, ask anyway because you never know. Some only advertise an NUS discount, but challenge those who offer a student discount but refuse your Glasgow student card — this is illegal, unless it is advertised as an NUS only discount.
- Buying your entire booklist will be expensive - ask your tutors which are the absolute essentials. Use the library or if you have to buy books, try the SRC second hand bookshop. It's also worth seeing if you can buy books from second and third year students in your department. Many people will advertise books for sale
- around your department. If you know someone on the same course as you, you could consider sharing books and reducing the cost.
- Only withdraw the actual amount of money you need from the bank.
- Pay your bills by monthly budget plans. This will help you budget for the year and there are often discounts given for paying this way.
- Try to make your own meals. Always make a list when going food shopping and never shop on an empty stomach. If you live with others, try going shopping together and sharing the cost of the basics such as bread, milk, toilet roll, cleaning products, etc, as it works out cheaper than buying for one.

Unfair Bank Charges

The legality of many bank charges may be questionable if they are a penalty or 'unfair' charges. If, for example, you exceed your overdraft limit by £15.98, most banks will send a letter charging £30 and a £28 monthly unauthorised overdraft fee, and will almost certainly charge interest at over 30% per annum. That's a mark-up of over 362%.

A contractual party can only recover real or 'liquidated' losses at common law in Scotland and England & Wales. While banks say charges 'cover our costs' it is estimated that UK banks make £3bn worth of fees each year from charges. The courts could also find that charges are 'unfair' under the Consumer Contract Regulations 1999/2003.

If your bank or credit card company imposes charges on your account visit Govan Law Centre's website, which shows you how to get your money back.

www.bankcharges.info

Banks

You may well already have a bank account before you come to University, but you are strongly advised to open a new account when you become a student.

One reason is that it saves a lot of hassle if your account is based where you live now, rather than where you used to live. However, the main reason why you should get a student account is that it is probably the only time in your life when you will be offered an interest-free overdraft.

It's not quite free money (you have to pay it back eventually), but as long as you stay within the agreed limit, they lend you money for free. And banks don't normally do that. However, banks are keen to get students as customers for two reasons:

- Students are likely to go on to be young professionals with decent salaries who need mortgages, and they are likely to stick with the bank they start with.
- Students will soon be picking up thousands of pounds in student loans which they will want to deposit somewhere (this is often a condition of a student account).

Look at all the deals on offer and choose carefully; it may be the last time in a while that a bank needs you more than you need it. Don't just go for the best gimmick offers of a popcorn maker or an iPod.

Choosing a bank account

The following questions should help you get the best deal available to suit your financial situation and specific needs.

Overdraft

- How big is the interest free overdraft?
- Can I extend it?
- How easy is it to extend?
- What happens if I go over my agreed overdraft limit by accident?

It may sound like a lot of money but it disappears quickly and it's good to have a safety net if things go wrong.



Having a tenner sitting in your wallet is perhaps the easiest way of spending it. By only taking out money when you need it, you'll only use it when you need to.

Graduate Services

- How long will my overdraft remain interest free after I graduate?
- What kind of services do they offer for recent graduates?

Credit Cards

- Do they offer a student Credit Card?
- What's the credit limit?
- What's the rate of interest?

It can be a good idea to take a Credit Card out even if you don't use it (cut it up if you don't trust yourself not to use it) as this will improve your credit rating and makes it easier to get mortgages and loans after you graduate. Remember: taking out a cash advance through a credit card is one of the most expensive ways to borrow money – repayment rates are around +20% APR.

Conditions

- What is expected of me to remain eligible for the account? (Minimum payments etc.)
- When does the overdraft get renewed?
- Is there anything that I am obliged to do? Some banks put lucrative clauses in the small print.

Savings

If you have savings or you are in the position where you can start saving, then it's worth thinking about opening a high interest account as well as your student account.

Make sure you get an account with an appropriate level of accessibility (really hard to make withdrawals from if you think you'd fritter it away or easy enough if you think you'll need it regularly). If you have a lump sum it's worth looking into investing it, but be extremely careful and take lots of advice from different sources.

Jobs

Chances are you'll need a job at least some of the time you're at university. Whether it's a few hours a week all year round or an intensive marathon during the holidays, knowing where to get a decent job, what sort of jobs to apply for and what rights you have, is essential. Most people don't have too many problems balancing a part-time job with full-time studies. However, it's worth bearing in mind that your university pressures will be much more intense in later years, so it's good sense to work as much as you can during first and second year so you can afford to cut down your hours when dissertations and finals rear their ugly heads.

Where should I look?

The Job Centre

The Employment Service provides Job Centres throughout the UK where vacancies can be advertised and applied for. There is one in Partick near the junction of Byres Road and Dumbarton Road, and another one in the city centre on Bath Street. The Partick centre specialises in helping students, and runs special student nights.

SRC Job Shop

The SRC keeps a list of vacancies suitable for students at its offices in the John McIntyre Building. There is also a classified section on their website that lists job opportunities in the city. See www.glasgowstudent.net

Temping agencies

These can be ideal for students, as they are often looking for short-term work. If you visit a temping agency, you can tell them your skills and what sort of work you need, and they will put you on their database and call you if anything comes up. You can find temping agencies in the phone book or online.

The direct approach

Many shops, bars and restaurants advertise for staff with signs on their own premises. By touring the city looking for such adverts and enquiring inside, you may find something.

Printing off a pile of CVs is essential and it's even worth keeping a copy on a USB drive so you can print it off quickly when you see something interesting.

Looking on campus

The SRC, Unions and the University all employ students in a variety of different capacities. The Job Centre visit campus once weekly, advertising vacancies and registering job seekers on Mondays and Wednesdays 12pm-2pm in the McMillanReading Room.

What kind of work?

What do you want out of a job? For most students money is the main motivation but perhaps you can find something that will not only pay the bills but you will also enjoy. You might even find something that relates to what you're interested in.

Think about whether you want your job to be exciting and stressful (e.g. most catering and waiting jobs) or dull but easy (e.g. call centres, shelf-stacking, factory, cleaning and most retail work). Be honest with yourself — if you're under pressure to meet your academic targets do you really want a stressful job as well?

Summer Jobs

These can be more tricky to get than you'd think. A lot of employers don't take you on if you're only going to be there for a couple of months. Temporary summer vacancies are usually hotly contested between every



Coffee shops often take on casual staff and it can be a lot more fun than a call centre

student in Glasgow, all with the same idea: to work as much as possible at the beginning of the summer and then go travelling at the end. It's best to try to find a job before summer starts, unfortunately this is during exam time and not always feasible. Some jobs might offer you hours during the summer if you continue working at least part time during term time.

Working Abroad

You might want to combine work and travel by working

abroad over the summer. If you have an EU Passport you are entitled to work anywhere within the EU. If you want to work somewhere else, there are special Visas available just for students and there are a number of companies that will assist you in getting one. This can be pricey but will take out most of the hassle and may even find a job for you. Working in a Summer Camp is another popular option, and many companies offer the chance to work in a camp in the USA and Russia too. Don't forget to get an ISIC (International Student Identification Card) card before you go so you can benefit from student discounts wherever you go.



“

Part time work is a great way to get yourself a bit of extra cash while at uni. But be careful not to let it interfere with your studies too much.

”

Annie Rose
4th year English Lit

Your Employment Rights

If you are working part-time and are a student, employers may try to take advantage of you. Remember that although this job may not be part of your long-term career plan, you still have certain basic rights.

Paperwork

You have the right to a written statement of the details of your employment within two months of starting. You must also receive an itemised pay slip detailing your salary and all deductions on or before every pay date. As a student you won't have to pay a lot of tax, although people will still ask for it. Make sure you know what you're liable for and what you need to do to get the exemptions you're entitled to.

Minimum wage

If you are over 18, then the National Minimum Wage applies to you and you cannot legally be paid less. From October 2005, the minimum wage is £4.25 per hour for people aged 18-21 and £5.05 per hour for people aged 22 or older. From October 2006 these figures will be increased to £4.45 and £5.35 respectively.

Holidays

If you have worked continuously for 13 weeks for the same employer you have the right to paid holidays, totalling four weeks per year (although this can include public holidays).

Health and safety

Your health and safety in the work place should be protected. Your employer should train you properly in potentially dangerous tasks such as heavy lifting, using hazardous chemicals etc. and your working environment should not be dangerous or harmful. The temperature of your work place should never be excessively hot or cold.

Harassment

You are legally protected from harassment, victimisation or discrimination in the work place.

Trade Unions

Joining a Trade Union is a great way to protect yourself from problems you might encounter at work. You might not think it's worth joining a Union if you've only got a part time job, but you can still have accidents at work and you can still end up with a boss who's happy to screw you over. A union can protect you against problems like this. Many offer reduced membership rates for students.



If you look about there are even some jobs that you can do as a student more interesting than your average minimum wage

Dismissal

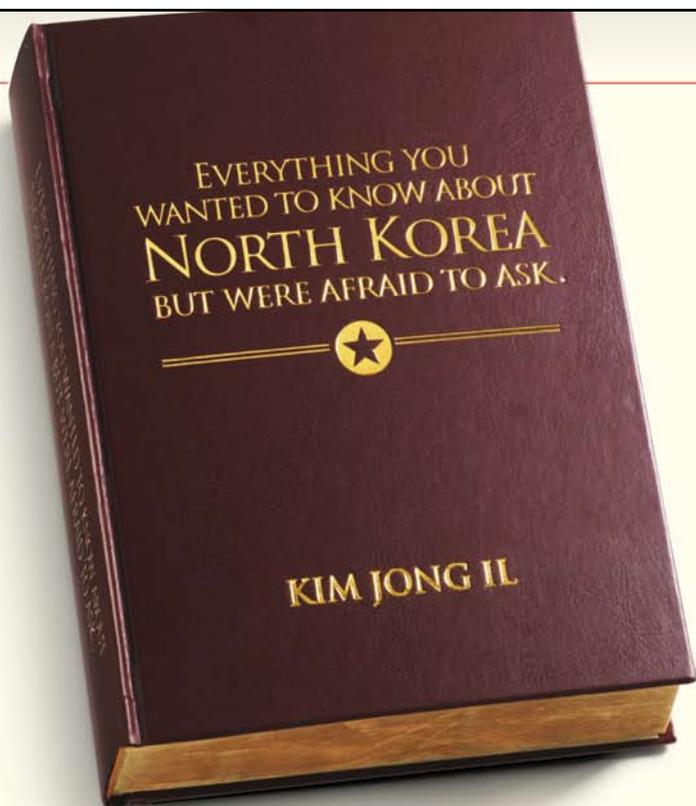
All workers have the right to notice of dismissal and the right to claim compensation if they are unfairly dismissed.

Careers Service

Even with the skills you can build in your degree or through other activities like student media or volunteering, it can still be difficult to know how to sell yourself to employers or even know what you want to do once you graduate. While you don't need to decide

right now, the Careers Service is able to advise you on how you can best use your time while you are at university to improve your employment prospects in later life.

The Careers Service run workshops on learning to assess your skills; writing CVs and covering letters; preparing for interviews; on-line applications; psychometric tests and assessment centres. The large resource library at 3 University Gardens provides a fantastic source of inspiration, but if you'd rather talk to someone, you can arrange a meeting with a careers adviser to talk through your work prospects.



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whether you're a hardcore clubber, a literati, a thoughtful theatre-goer, a dedicated socialite or all of the above and more, glasgow's got you covered. here's where to go, when and why.

shopping

clothes, records, books, markets

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city of culture

cinema, theatre, museums

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eating out

restaurants, cafes, coffee shops

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going out

unions, bars, gigs, clubbing

p158



“

With so much quality stuff to do in Glasgow it's a pure travesty when people get into the habit of not going further than Sauchiehall Street or Byres Road. Get out there and explore the city.

”

Rik Adams
Engineering
Graduate

The Basics

Getting Started

While much of your time at the University of Glasgow will be spent studying, getting involved in clubs and societies, and just getting busy living, chances are that at some point (or perhaps frequently) you'll want to let your hair down and enjoy yourself. This section of the guide aims to give you a brief overview of the most exciting and popular ways to have fun available to you in and around Glasgow.

Glasgow is a big and vibrant city, so while we've tried to fit in as much as possible here, we've had to miss out a lot more than we put in. While it's possible to get all sorts of guides to the city that will tell you about more places, the best way to discover the gems around is to find them yourself. Go for wanders, listen to where other people go and look out for advertisements in places you already like.

Shopping

Glasgow's very proud of its position as the mecca for shopping in Scotland, and it's hard not to see why walking around the city centre. From haut couture to charity shop chic, every option is catered for when it comes to clothes. And for everything else, it gets more exciting.

While there are endless types of shops available, we've stuck to providing information on the most basic essentials of student life; books and music. This is to make sure that you know exactly where to get original (not rereleased) Frank Zappa albums and deleted Smiths singles, as well as quality limited edition hard backs.

Culture

In case you forget, Glasgow was once the European City of Culture, and even now it has a very vibrant cultural community, with many of the best Scots in all the arts living here. This manifests itself not only in the joy that is River City but also in the quality of galleries and museums such as the newly re-opened Kelvingrove art gallery and museum or GOMA (the Gallery of Modern Art) and innovative theatre from Oran Mor's Play, a Pie and a Pint to Dante's Inferno at the Arches.



Don't just sit there, enjoy the city..

Eating Out

Occasionally, when your student loan allows you may decide to treat yourself to a meal or a snack that's produced by someone else. You really are spoiled for choice on this side of things, especially in the West End. Whether it's a quick soup and roll from **The Crypt** to a graduation meal at **the Ubiquitous Chip**, there are so many options that there's no excuse to always be getting a Subway.

The range in Glasgow is fantastic for almost every style of food. For example if you want, during your time at uni you can try and work your way around every Kebab shop in the West End, although to be honest all you need to know is **Cafe India** on Great Western Road and **Chillies** on Woodlands Road. Equally of course you could not have a heart attack before the age of thirty.

Going Out

As you may be aware, Glasgow's Music scene is pretty vibrant at the moment, with loads of good bands breaking into the big time. As a result of this there are a lot of places to go and see gigs be they ten folk in the basement of a pub or 10,000 at the SECC it kind of depends on your tastes, but there is a lot of live music to be seen.

Then there's pubbing and clubbing. While Sauchiehall Street is the centre of Glasgow's drinking culture and there's a high chance you'll end up there more than a few times, we've tried to give you some info about the pubs and clubs to be found a little further off the beaten track, but all the more rewarding for it. And there really is a lot of them, so no matter where you are there's never the excuse that you've got bored of the local.



“Byres Road and Great Western are really good for vintage and retro shopping – there’s always something unique to be found. If these are too pricey, you can always try the charity shops in the area. They are just as good, if not better, for a bargain.”

Nicola Scott
English Literature

Clothes Shopping

Glasgow has long held a reputation for great shopping, and it’s well deserved. The ‘Golden Z’ of Sauchiehall Street, Buchanan Street and Argyle Street contains pretty much every single clothing shop that you could require. If you get off the tube at Buchanan Street station, shut your eyes and throw a stone, you’re more than likely to break the window of a huge branch of any high street store you could name – **Miss Selfridge, Burton’s, Primark, The GAP, Top Shop** (twice), **Debenham’s, Schuh, TK Maxx, Zara**, and many, many more all reside on one of those three streets.

The modern and pretty big Buchanan Galleries shopping centre, just off Buchanan Street, and holds all the shops that the Golden Z misses out on, including huge branches of **H&M, John Lewis** and **Next**.

If you’re looking for something a little more classy, then head to the Merchant City (east from Buchanan Street) for some of the most exclusive and interesting shopping in the UK, including the first **Versace** store in Scotland.

If high street brands aren’t your thing, there’s plenty more options available to you, with many excellent independent clothes shops in the West End and city centre.

Kings Parade is a good place to start – this road and the area surrounding it just south of Trongate is very much Glasgow’s arty quarter. Hidden amongst the artists’ studios, leftfield shops and hairdressers, and round the corner from the 13th Note (see Live Music), **Mr Ben** is a haven for all things retro and a bit cuckoo. If you’re looking for a military jacket, a wedding dress or fifteen pairs of men’s flannel cloth swimming trunks, then this is probably the place to start looking. It’s not always the cheapest, but there’s usually something nice to be found.

Also on Kings Parade you’ll find **Kozi**, a hopelessly outdated but equally charming hippy-rave shop complete with glow in the dark bracelets and vests with flashing lights. Oh, and bad crusty Goa trance on loop while you browse.

On the other side of Mr Ben, you’ll find **Trip**, where you can top up on mildly overpriced street/skatewear.

Complete the shopping experience with a visit to the fetish shop at the end of Kings Parade where you can get a corset which could have someone’s eye out, or treat yourself to a tasteful pair of crotchless knickers.



Mr Ben: a wonderful combination of the chic, the lame and the very, very strange.

Flip, on Bath Street, parallel to Sauchiehall Street, is a haven of skating and emo clothing. If that's not your thing, there's a huge and baffling collection of dirt-cheap second-hand clothing out back which is often worth checking out.

The West End is also pretty good for independent clothing stores. Just off Byres Road on Ruthven Lane you'll find the wonderful **Starry Starry Night**, Glasgow's best vintage clothing shop. Here you can pick up a Marilyn Monroe dress for as little as £30 as well as men's overcoats and some delightfully over the top costume jewellery.

Further down Ruthven Lane, the **Glory Hole** sells mint condition second hand designer and high street brands at cut prices. Next door, **Darling** sells a limited range of very beautiful one-offs at affordable prices (£20-£30 for a top, £40-£50 for a pair of jeans).

The West End is also brilliant for charity shops of all kinds, from clothing to furniture. Byres Road is full of the things, including about twenty different Oxfam shops. The most interesting of these is **Oxfam Style** – yes, really. Oxfam Style collects the best clothes from the Oxfam shops in the area, and sells them at a bit of a premium (that is, for a charity shop). It's still dirt cheap, and worth checking out.

The **Cancer Research** shop on Dumbarton Road is pretty good for clothes, especially smarter stuff like suits. As long as you don't think about the old man that might have died in it, you'll be ok.

The **Salvation Army** shop is also pretty decent – although it's huge and not for the faint hearted. There's a rush for the best stuff every Wednesday when they have a furniture delivery, and some serious bargains to be found if you're prepared to do a bit of digging.

2nd Hand

Oxfam Music

Byres Rd, Victoria Rd

Glasgow has two of Oxfam's flagship music-only outlets. Makes crate digging easy by organising the stock by genre and marking the quality, but you will pay more for that privilege.

Mixed Up Records

Otago Lane

The best stocked second hand shop in the city. Well sorted and displayed records and still underpriced gems all over the shop.

Missing Records

Oswald Street

Lots of Indie and Guitar based classics to be found although the pricing seems to be somewhat random.

Cancer Research

Sauchiehall Street

99% crap Phil Collins and Hawkwind, but everything is a pound. Usually at least one great tune buried in there.

Lost Chord

Park Road

Too many 12"s to fit in the shop so most are on a weird list. Also sells 2nd hand porn mags. Yuk.

Record Shopping

While Glasgow has its fair share of the obligatory HMVs and Virgin Megastores, there is only one name that needs concern the average record shopper – Fopp. Its West End Branch on Byres Road is situated treacherously close to both Murano Street and the University, and holds untold bargains. If you're looking to fill any holes in your Bob Dylan collection, you'll probably be able to pick them up here for three quid, and new releases generally come in at a tenner or less. The DVD collection has expanded to take up around half the shop, and houses similar bargains – expect to pick up TV series for £10 and films for as little as a fiver.

While the catalogue is not especially deep, it caters for a wide variety of genres, and even if you don't find what you were looking for, you're bound to find something that you never even realised that you wanted, and for much less than you expected. Their city centre store on Union Street, near Central Station, has a similar but bigger selection.

Specialist music shops

Monorail

Kings Parade

If your knowledge of alternative music extends beyond what brand of eyeliner Brandon Flowers is using today, Monorail will be your second home. It is built into the determinedly independent drinking hole/grocery/lending library/venue Mono, and it shares its friendly, slightly eccentric atmosphere. They range from the very best in odd bands from Canada to great electronica, leftfield hip-hop and noise, obscure folk records from the 60s, Japanese imports, and things from genres that you never even knew existed. The only slight caveat is the price – you will be lucky to find anything that costs less than twelve quid, unless you look hard in the great second hand section.

Rubadub

Howard Street

The record shop of choice for most of Glasgow's top DJs, Rubadub is the place for underground electronica. It is the sound of Glasgow's club scene, with heaps of rare and cutting-edge US and European house and techno from the world's most innovative labels. They also do a strong selection of UK hip-hop and grime. Also, the staff are all DJs themselves and seriously know their stuff. It can be a bit pricey though, so don't expect to come away with anything for less than seven quid.



Monorail's selection of obscure weirdo music is second to none.

23rd Precinct

Bath Street

More commercial than Rubadub but aside from the trance they also have a good range of deep house and US garage as well as happy hardcore (which it has always been quite famous for).

Avalanche

Dundas Street

A small, unassuming shop that can eat hours of your time. If you're looking for the next big thing in indie rock, and you want to find it four years before the NME, you'll find it here. They also have a large catalogue covering the last 20 years of music with guitars in.

Right Track

Savoy Centre, Sauchiehall St.

Reggae, roots, dancehall, soca and all things Jamaican. Will order in pretty much anything you want and won't charge you through the nose either.

Lost in Music

DeCourcy's Arcade, Cresswell Lane

The real ale of Glasgow's record stores. If you're looking for heavy rock, classic metal or psychedelica, you'll find what you're looking for here. If, that is, you can work out the shelving system, which was apparently devised by a particularly vindictive idiot savant.

Up Beat

Byres Road

Fairly new Drum and Bass and Hip Hop specialist shop at the bottom end of Byres Road. Stocks a large range including US imports and lots of UK releases. Fairly priced and always have good new stock in.

Carbon (Buchanan Street)

It sits on the mezzanine floor of uber-trendy clothes/other stuff store Urban Outfitters, and it's about as affordable. While it usually has some decent music on display, you won't be able to afford it.

More Shopping

Books

In the town centre there is the usual selection of massive bookshops such as **Borders** and **Waterstones** but in and around the westend there's a varied selection of more interesting shops that may take your fancy,

SRC Second Hand Bookshop

John McIntyre Building, University Avenue

Texts on University course reading lists usually cost about £30 each in John Smiths or Waterstone's. The SRC offers students the option of both selling old course texts and buying second hand ones. Books are around half the price you'd normally pay and you might find your copy has some notes in if you're lucky.

Oxfam Books

Byres Road

Not happy with their Music and Style specialist shops, Oxfam also opened a second hand book shop in the West End. It's always good for classics (English Literature students take note) but you can often get prescribed books for other subjects, as many lecturers donate their unwanted books here.

John Smiths

John McIntyre Building, University Avenue

If you can't find your academic texts anywhere else, John Smiths may well have it. They stock almost every course text and can order in pretty much anything. It's usually expensive, though – so it's worth checking out the second hand stores and high street shops first.

Barretts

Byres Road

This seemingly normal West End newsagents actually houses an amazing selection of specialist magazines and newspapers. Their stock includes MAD Magazine, Broadcast, The Onion, La Gazetta, Fishing Weekly, Scratch, Architects' Journal, Spanish Cosmo... They

also have a banging range of stationery.

Voltaire and Rousseau, Thistle Books (both off Otago Street) and Caledonian Books (Great Western Road)

Them these three secondhand bookshops, which are within about two minutes walk of each other may well have every book that's ever been published between them. Their extensive and esoteric ranges are something that must be experienced first hand.

Sound Equipment

Sound Control

Jamaica Street and Otago Street

The best in Glasgow for guitars, amps, FX pedals, keyboards and electronic drum machines. Knowledgeable staff and a reliable in-store repair shop makes Sound Control number one for live music equipment.

Biggars Music

Sauchiehall Street

Traditional music shop supplying orchestral instruments and accessories and the largest sheet music department in Glasgow.

Richer Sounds

Jamaica Street

Quality hi-fi equipment on a budget. The staff will give you the best sounding stereo for your money. If it's time to ditch that flashing light mega bass boost midi system for a real set up, then these are the people that you should speak to.

RS100

Park Road

Solid DJ equipment shop in the West End. They'll price match anything you find elsewhere, the staff are friendly and they also hire out PA and lights for parties.



Buchanan Street tends to get busy on days ending in the letter Y.

Museums and Galleries

Since being named European City of Culture in 1990, culture has become one of Glasgow's big industries. The city will always have a chip on its shoulder about not being considered as 'cultured' as Edinburgh but the high profile shows and events that Glasgow consistently attracts — and the investment that comes with it — tells another story. Admission to Glasgow museums is free unless stated otherwise. For locations see the city map in *Appendix* [p172]. All museums open daily 10am-5pm, except 11am-5pm Friday and Sunday, unless otherwise stated.

Kelvingrove Art Gallery And Museum **Argyle Street**

It just reopened its doors in July after a £27.9 million renovation, and this massive museum in Kelvingrove Park is now more impressive than ever. A huge and bafflingly varied collection includes work by Cezanne, Matisse and Rembrandt, along with an enormous collection of armour, dozens of fossils, a stuffed elephant that answers to the name of Sir Roger, and much, much more. The museum has taken the time during the refurbishment to add to its collection, with new exhibits including a completely restored Spitfire and a giraffe (name unknown).

The Burrell Collection **Pollok Country Park**

Perhaps Glasgow's most famous attraction is this idiosyncratic collection of artifacts ranging from Chinese porcelain to paintings by Cezanne, donated to the city by the collector and wealthy industrialist Sir William Burrell in 1944. The impressive building that houses the collection — designed by Barry Gasson in 1971 — is worth the visit alone. Get the train from Glasgow Central to Pollokshaws West, it's right next door.

Gallery of Modern Art **Royal Exchange Square**

Glasgow's newest museum was wildly derided by the

Glasgow art scene when it first opened, but it's growing in reputation, and holds a lot of good pieces from artists both established and new. There are temporary and permanent exhibitions reflecting a decent range of work from Scottish and international artists, and there's also a nice little public library in the basement.

Glasgow Science Centre

Pacific Quay

10am-6pm

Admission £4.95 for Science Mall or IMAX cinema, £7.95 combined ticket

Make like an over-excited little child and play with the dozens of interactive exhibits available in this modern museum. It's one of the more expensive museums in Glasgow (as in, it's not free), but you can while away hours learning about everything from the human body to the planet Earth. It's walkable from the West End, across Bell's Bridge from the SECC, just off Argyle Street.

CCA

Sauchiehall Street

The Centre for Contemporary Arts is a constantly evolving space designed to host every kind of arts event going. There's dance, film, classes, club nights, and all kinds of obscure 'niche' weirdness. Every so often something truly special happens here. Keep an eye on what's going on so that you're there when it does.

Hunterian Museum and Gallery

Glasgow University

9.30am-5pm Mon-Sat

You don't even have to leave campus for a bit of culture. The Museum in the main building has everything from dinosaur eggs to coins and exhibitions about Lord Kelvin and Glasgow's history in medicine. The Art Gallery (next to the Library) has permanent collections of the Scottish Colourists (Samuel Peploe, JD Ferguson etc.). Recent highlights included a Whistler



In this dramatic scene, the elephant is hunted by its natural rival, the Spitfire.

retrospective and an Avant Garde Graphics exhibition. Bear in mind, though, that the museum section is going to be closed from October to mid-March.

St Mungo Museum of Religious Life and Art Castle Street

This lovely little museum, situated just next to Glasgow Cathedral, aims to "promote understanding and respect between people of different faiths and none". It holds many pieces of art from most of the world's major religions, and several fascinating exhibitions. It can be a little tricky to get to, on the other side of the city centre, but it's well worth checking out.

Tramway Albert Drive

Event and price details: www.tramway.org

One of Scotland's most internationally acclaimed art spaces. Once the city's main tram terminus, today the site hosts some stunning performance and visual art

from the cream of international and homegrown talent, along with the occasional gig. It's worth checking the website regularly to see if there's anything that takes your fancy. While you're there check out the Hidden Gardens (hidden, er, round back). About two minutes on the train from Glasgow Central to Pollokshields East.

Museum of Transport Bunhouse Road

**10am-5pm Mon-Thurs & Sat,
11am-5pm Fri & Sun**

Opposite the Dumbarton Road entrance to the University, the Museum of Transport is a great place to kill time on a rainy day and gives a bit of an insight into the history of the city. There's a reproduction of a 1938 Glasgow street scene including a pre-renovation subway station complete with vintage subway trains, a collection of trams, trains and cars, and a strangely creepy model boat room.

Cinema

Cineworld

Renfrew Street

Student tickets £4.20

This cinema – the tallest in the world, according to a sign in the lobby – hulks over Glasgow city centre and boasts 18 screens, leaving ample room for both the biggest blockbusters and short-run indie flicks. While there's the unmistakable stench of blank-faced corporatism in the air, there's simply no other cinema in Glasgow that can match it for the range of films on offer – if you just head down at any time of day, it's more than likely that a film you want to see will be starting in five minutes. Its bar is decent for grabbing a quick drink before the film, if you can stand the constant barrage of advertising playing in your ear.

It isn't the cheapest – especially after the price hike instated when the cinema changed hands from the UGC – but you can purchase an 'Unlimited' card which allows you to see as many films as you like for a mere £10.99 a month. It's recommended to anyone that goes to the cinema more than once a fortnight, and is guaranteed to make your friends jealous.

Glasgow Film Theatre (GFT)

Rose Street

Student tickets £3.50/4

Run as a charity and funded through donations and seat sponsorship from the likes of Ewan McGregor and Robbie Coltrane, the GFT is a well loved Glasgow institution and the antithesis of Cineworld. Its two screens show independent, arthouse and world cinema, and with 'film seasons' and festivals taking place throughout the year, it can often be a chance to see films on the big screen that were out before your time.

Grosvenor

Ashton Lane

Student tickets £3.50 (not available weekends after 6pm, usual price £6.50)

Situated on Ashton Lane, a couple of minutes' walk from uni and amid yuppified pubs and posh restaurants, this is how cinemas should be – huge plush leather seats, decent screens, and friendly staff. It's even fully licensed, so you can buy a pint in the attached bar, The Lane, and take it in with you for your film. If you want to impress your date you can hire a sofa at the back of the cinema for as little as £11. It generally shows two or three of the bigger current films, but sometimes shows less mainstream movies as part of film festivals.



“

The Cineworld has a large selection of screens, and there's always going to be something you'll want to see. But to see those real one-off films, you're going to have to look further afield.”

”

Alastair Wilson
Pharmacology

Theatre

Glasgow's theatre scene may well be the very thing that the played out phrase 'something for everyone' was invented for. If you're looking to see drunks get hypnotised and naked, roll on up. If you're more of an Antigone kind of a person, you're in luck. It's all here. If you want to feel worthy, and do your bit supporting the arts bit, try to visit some of the more obscure venues as well. 'Bard in the Botanics' brings you Shakespeare amongst the flowers, and Glasgow's own acclaimed Apollo Players are worth a visit too. If you're lucky – or vigilant – you might also stumble across a bit of street theatre.

Oran Mor

Byres Road / Great Western Road

With the self-given mission to bringing theatre back to the masses, Oran Mor introduced its hugely popular 'Play, Pie and Pint' afternoons a couple of years ago. With big name guests such as Robbie Coltrane, and the cream of Scottish writing talent on board you might have to sell your granny for a ticket these days (did you like her that much anyway?) Also, take a look at the walls: Alasdair Gray's drawn all over them. Neo-pagan theme, apparently. Very nice.

The Arches

Argyle Street

This unusual space occasionally reveals itself to be more than just a clubber's haven. The enormous man-made cave is an ideal venue for some of the more challenging theatre in Glasgow. Showcasing new writing talent is a priority here, but you can also occasionally catch stuff like the Tennessee Williams play that you never even knew existed.

Citizens

Gorbals Street

The Citizens theatre is just that: expect mainstream crowd pullers and accessible 'art-house' with a lefty edge. It's also a very child-friendly theatre, providing

stimulating shows for and by kids, without ever dumbing down or being patronising. Tickets for students usually come in at about half the normal cost, but if you live close you can buy a Gorbals card, knocking the price down to three quid. And you can't really say fairer than that.

Cottiers

Hyndland Street

This converted parish church in leafy Hyndland (about 10 minutes walk from uni) is worth a visit for the building alone. Used regularly as a set by TV production companies. It's also a good bar with a beer garden for when the sun comes out.

Gilmorehill G12

University Avenue

You don't even have to step off campus to see some of the most dynamic theatre in Glasgow. While the quality naturally varies, tickets are always cheap and it's a great opportunity to see some exciting new talent. Home to student produced films and student theatre company STAG [see *Succeed, Clubs & Societies*, p28].

Kings Theatre

Bath Street

The Kings Theatre is as much a part of Glasgow as the Barras Ballroom: It's naff, and that's what makes it charming. Go for the panto, stay for 'the banter'. Amazing stuff.

Theatre Royal

Hope Street

If you're in the mood for a little bit of high culture to go with your red wine and smelly cheese, the Theatre Royal is the place to take it all in. Home to the Scottish Opera, and with regular visits from the Scottish Ballet, the Royal Shakespeare Company and the Royal National Theatre, you can be sure you're getting the real deal. Tickets start at under a tenner.



The ill-fated Mary Stuart, from the Citizens' production of Schiller's portrayal of her life.

The Tron Trongate

The Tron is the trendiest of Glasgow theatres, the kind of place where highbrow thirty-somethings go on their second dates. A great cafe bar and some beautiful interiors provide an atmospheric backdrop to some of the most leftfield performance art going, as well as touring highlights of the international scene and offbeat classics of the Brecht/ Pinter ilk. Go and smell the organic patchouli oil.

Festivals in Glasgow

Glasgow Film Festival March

Your chance to see over 100 different films over 10 days, from future cult classics to incisive documentaries.

International Comedy Festival March

This festival hosts everything from stand-up, to comedy theatre, to classic Marx Brothers films, including some of the funniest men and women on this planet.

Triptych April

This hugely eclectic festival brings together some of the most well-respected names in alternative music. In the past, it has attracted such names as Herbie Hancock, The Silver Jews and Apex Twin.

West End Festival June

This huge and expansive festival goes on for weeks and covers everything from music to plays to a great big Mardi Gras parade. Try and make it to at least some of the events.



“

The curry houses in Glasgow are some of the best in the UK. Ashoka has great lunchtime deals, Cafe India is perfect after a night out, but Mother India has an untainted reputation for good reason.

”

Pete Myall
Philosophy

Restaurants

Eating out in Glasgow is nearly always a great experience: there's very few dull restaurants around, and all kinds of venues willing to try new things, like Ichiban's noodles and sushi, or the Bothy experimenting with traditional and contemporary Scottish flavours. Most places mentioned here are towards the cheaper end of the budget, but there's one or two to take your parents to when you want to show them how awfully sophisticated your new life in Glasgow is.

DiMaggio's Gibson Street and others

There are several DiMaggio's throughout Glasgow, offering both sit-in and take-out Italian food. It's reasonable, alright food and the staff are generally pretty friendly. They also do a great range of burgers, steaks and Scottish seafood. Watch out for offers sheets throughout the year which will get you great deals.

Chow Byres Road

Upmarket little Chinese that's relaxed enough to be intimate but stylish enough to impress. Excellent menu and main courses are under £10. It's small, though, so keep it for romantic dates rather than big parties. There's also some incredibly cheap lunch deals on offer.

Ichiban Dumbarton Road and Queens Street

Chic Japanese noodle bar – stylish yet incredibly good value. If you're feeling a bit worse for wear or just incredibly hungry then the noodle soups will sort you out: they're large enough to drown in and absolutely delicious. Their sushi is also without equal in the Greater Glasgow area. You can settle in for the evening with a Japanese lager or a plum wine and soda water. They also do a great line in sushi and bento boxes.

Mother India Westminster Terrace, Sauchiehall Street

Glasgow is recognised as the curry capital of the UK and this restaurant is one of the main reasons why. It's not the cheapest but it's probably the best — which is why you really have to book at least a day in advance to get a table. Fusing traditional Indian cooking with local ingredients (e.g. spiced smoky haddock), Mother India is not your average curry house.



The Bothy isn't normally this quiet but it is always this pretty.

The Wee Curry Shop

Ashton Lane

Owned by the same people as Mother India but about half the price, this tiny restaurant is all about simplicity. No fancy stuff here: just simple home-made grub the way it was supposed to be made. Look out for the 2 course lunch menu. At £5.80, it would be a bargain wherever it was, but on Ashton lane it's unheard of. You might have to book in advance, though.

The Bothy

Ruthven Lane

The faux-Scots menu makes it look like they're trying too hard, but the food is great: hearty Scottish meals in generous portions, spiced up with some contemporary flavours, like Irn-Bru. Really.

Ashoka

Ashton Lane (and other locations)

Part of the near-monopolistic Harlequin chain, the Ashoka restaurants are something of a Glasgow

institution. At the weekend its Ashton Lane branch is always crammed, hot and noisy but it's worth it for their fantastic curries.

Ubiquitous Chip

Ashton Lane

For a long time considered Glasgow's finest restaurant and still definitely up there amongst the best, the Chip is one for the special occasion. The emphasis is on good Scottish food and you certainly pay for the privilege. There's a surprisingly laid back atmosphere amongst the foliage and Alasdair Gray murals.

Stravaigin

Gibson Street

Two dining options at this relaxed but stylish restaurant/bar. The bar menu is the more affordable, serving up the best fish and chips in the West End and imaginatively flavoured home made ice cream. Downstairs is pricey and concentrates on fish, seafood and a great wine list. Beautiful food, just don't offer to pick up the bill.

Coffee Shops and Cafes

The West End is full of darling bohemian types and sophisticated students – or people that would like to think that they are – so it's full of little cafes and coffee shops to suit every taste and budget, from cheap and cheerful greasy spoons to super-sophisticated coffee joints where you can spend a fiver on a sandwich if you really want to. Here's some of the best.

Grassroots Cafe

St. Georges Road

Glasgow's best vegetarian cafe. Their fantastic and esoteric menu (ever tried aubergine spread on your burger?) puts off that craving for a decent kebab for another week and a friendly atmosphere and independent ethic make it a must-visit – even if you're a dedicated meat-eater, you should try and visit at least once. Despite the fact that their weird organic cola isn't half as good as the real stuff.

Offshore

Gibson Street

Bright, airy and open til 11pm, Offshore is a centre point for the West End's Literati culture. The beautiful and charming staff, great coffee, sofas you can disappear into for hours and free WiFi access all make this a popular hang out. Arrive early to make sure your sofa isn't taken by an idiot with a mullet and a Powerbook.

Il Cappuccino

Great Western Road

Simply the best sandwiches in Glasgow. Enough said.

Tinderbox

Byres Road

With its Vespa in the window and chrome furnishings, you get the feeling Tinderbox is trying a little bit too hard. It's always rammed, with people even sitting outside on one of Glasgow's busiest junctions, enjoying car fumes with their caramel latte. The reason? They serve bloody great coffee. Ideal for coffee aficionados and first dates.

TriBeCa

Dumbarton Road

A wee slice of NYC cafe chic. The full Manhattan breakfast (complete with 3 eggs and 2 Cumberland sausages) is the ultimate recovery solution. Otherwise there's the full range of eggs, french toast, pancakes, maple syrup, 5-egg omelettes, bagels and croissants. And you can wash it all down with a smoothie, an Italian soda or a cup of Oregon Chai Tea Latte.

University Cafe

Byres Road

A historic art deco greasy spoon just down the road from university that somehow hasn't been touristified. Their full Scottish breakfast, pie at lunchtime and Knickerbocker Glory made with homemade ice cream are all worth trying. This place is the real thing.

Bay Tree Cafe

Great Western Road

On first inspection, Bay Tree has the look and feel of a tea room but it is, in fact, an excellent vegetarian cafe. The friendly staff serve up Middle Eastern, Mediterranean and Eastern European food that ranges from tiny snacks to full meals.

Beanscene

Cresswell Lane (and other locations)

Wherever you go in Glasgow you seem to find these places – they're like a Scottish Starbucks's. Like the big green giant, they're not the cheapest, and they're not the best, but they're quite often the closest.

Tchai Ovna

Otago Lane

You'll probably find the best cup of tea in Glasgow in this well-hidden hippy teahouse. There's around 80 varieties of tea here, and their trademark Yogi Chai is as good a place as any to start. The Tchai Ovna effect is well documented: you drop in for a quick cup of tea and



It may be relatively dear, but Beanscene does make generous portions.

before you know it it's four hours later, you've collected enough pots and mugs to start your own china shop and you've lost all feeling in your legs.

Biblocafe

Woodlands Road

This place started up earlier this year, and it's becoming popular for its friendly service and great book-swap scheme (although you're more likely to find Jilly Cooper than Proust, despite its arty pretensions).

Coffee Etc.

Queen Margaret Drive

This cafe sits within spitting distance of Murano Street and serves dirt-cheap food with friendly service. The menu doesn't get much more adventurous than macaroni cheese, but their breakfasts are fantastic.

North Star

Queen Margaret Drive

Something of an undiscovered gem, North Star is usually full of artists and BBC types. The whole place feels like it isn't quite finished and you sense it never will be. Luckily, when they weren't decorating, they

were learning to cook. The Spanish influenced menu is laden with bean and sausage stews, and excellent sandwiches. The cakes come highly recommended.

Cafe La Padella

Woodlands Road

This European-themed cafe serves great all-day breakfasts (with a free cup of tea, as the Lord intended) and tasty pizzas. The odd decor and cheesy Europop give the place a slightly eccentric atmosphere.

Moka

Byres Road

A relative newcomer but already popular, Moka has shamelessly named one of its tasty range of sandwiches 'The West Ender'. How do these people sleep at night? Nice booths and lovely staff, though.

The Crypt (beneath Wellington Church)

University Avenue

It's a well known fact that the best soups in the world are available at church cafes, and here is proof. It's only open for a couple of hours over lunchtime, during the week but if you get the chance, it's wonderful.

A brief history of the Unions

The GUU was formed in 1885 as a gentleman's club, and raised funds for a venue in 1890, the same year that the QMU was founded. The QMU was the union of the all-female Queen Margaret's College (whose building now houses BBC Scotland), before it was amalgamated with the University.

Both unions remained single-sex until the QMU voted overwhelmingly to let men join in 1979, which in turn caused the GUU to accept women in 1980.

The two unions' long history means that in the past relations have often been rather frosty, leading to some of the more stupid members of each to engage in stunts upon the other, ranging from the puerile to the scatological. Thankfully, the unions are now a lot more friendly, and there have been moves on both side to allow students to join both. There have even been reports of rival members engaging in cordial conversation.

The Unions

You'll already have come across the unions by now. The Glasgow University and Queen Margaret Unions make a lot of noise in the first few weeks of term about joining up to one or the other. It's definitely worth doing. It doesn't cost anything and you'll get discounted entry and other perks at the union of your choice. You'll probably find out which one is for you pretty quickly but here's a run down of what's on offer.

Facilities

Both the QMU and the GUU have well-stocked shops that sell everything from stationery and discounted papers to sandwiches and sweets. QMU members also benefit from an off licence that's open until 2am at the weekend – the latest opening off-licence in Glasgow.

There are photocopiers, showers and laundry facilities at both, and the GUU also has a couple of study libraries available, perfect for that late night cramming session (if you can avoid the Beer Bar). Both unions now have (slightly temperamental) free WiFi access in their study areas.

Food

Both the QMU and the GUU offer school dinner-style grub in their canteens. It's not always gourmet quality, or the healthiest around, but it'll fill you up and it's usually tasty. The QMU also offers a coffee shop which serves hot snacks and a baguette bar which is pretty tasty, but watch out – they close as soon as their bread runs out, which can be quite early on busy days. The GUU opened franchises of Subway and Costa Coffee last year, if you're bored of lasagne and chips for the fourth day in a row.

Bars

Drinking has traditionally been a student union's forte, and not much has changed recently. Both unions provide for all that you could hope for, be that a quick pint at lunch or a fully-fledged hardcore drinking session.

The GUU's Beer Bar is a traditional drinking den with excellent guest ales and plaques on the wall commemorating drinking games past. Jim's Bar in the



Playing pool may well consume a large portion of your time at uni. Luckily both Unions give you the privilege for a mere 50p.

QMU has rather more trendy aspirations, but beneath its sheen of chrome and fake leather, it's cosy and has a good (albeit expensive) jukebox. Both unions host their quizzes in these main bars.

Elsewhere the GUU has the Playing Fields sports bar for live events on the big screen and its non-smoking bar, Altitude. Deep 6 features open mic, karaoke, and the occasional battle of the bands on its small stage.

The QMU's Games Room is filled with pool tables, arcade machines, and gamblers, and has a small bar in the corner to save you the trip back to Jim's. It's not quite so spectacular as the GUU's enormous Billiards Hall, though.

Clubs and Gigs

The QMU has always relied on live music and club nights to keep its members happy and its main venue

Qudos has certainly seen some big names in the past, from Franz Ferdinand to Roni Size, and recent gigs include Gary Numan and the tight-trousered NME tour. The QMU safe still holds a Nirvana setlist with Kurt Cobain's footprint on it.

The QMU's regular club nights range from metal to indie to funk, and it throws goth and dance nights on occasion, too. Cheesy Pop needs no explanation, but is very much a Friday night institution. There is also a regular open mic night on Sundays, with a pretty open agenda – you can play a song, recite a poem, or even tell a joke if you like.

The GUU are normally happy enough with a liberal amount of chart and cheese, but they are making moves towards putting on some more varied nights to try and win back the Bamboo and Garage crowd. They occasionally throw decent gigs in the Debating Chamber – Ladytron, Arcade Fire and DJ Yoda have played in the last year.

Bars

As a new student, finding a new favourite drinking hole may well be a priority. Luckily, Glasgow has more than enough pubs to suit every taste and budget, and there's really more than necessary in this part of the world. The brave might be tempted to try the sub-crawl – stopping at every stop on the Subway and drinking in the nearest pub each time – but it's certainly not for the fainthearted and probably isn't recommended by any good doctor.

Brel

Ashton Lane

There's no better place to spend a summer afternoon than on the grassy slope behind Brel. Unless, that is, you have any concept of money: half-pint bottles of beer can run to as much as three quid. It's worth it, though, to see the jealous looks of students trudging past on their way to their business studies lecture.

Ubiquitous Chip

Ashton Lane

Unlike Ashton Lane's other pubs the Chip has somehow avoided becoming yuppified and remains one of the West End's best pubs. The small selection of draft beer and cider is excellent and a bit more interesting than your standard Glasgow fare. Friendly staff and regulars (including a number of dogs) create an atmosphere that defies the well-judged absence of music. With an open fire in winter and an airy balcony in summer, this is a great place to disappear for an hour or two.

Vodka Wodka

Ashton Lane

As the name suggests, Vodka Wodka concentrates on Russia's most famous export. With a vast array of flavoured and specialist vodkas behind the bar (and an imaginative cocktail list on top of it) there's something to everyone's taste in here. Of course you'll only be able to order them if you're lucky enough to get inside: this is one of Glasgow's smallest bars, so don't expect to

wander through the door at 10pm on a Saturday night without queuing first. There's normally more students in Vodka Wodka than in most style bars so you're bound to bump cocktail jugs with someone you know.

Curlers

Byres Road

You wouldn't know it to see it now but this is the oldest pub in the West End. Once a hang out for bikers (most of whom can now be found in the Chip), Curlers is now part of the 'It's A Scream' chain. It's aimed squarely at the student market, and is a haven of cheap drink and cheap food. During the day you can usually find yourself a leather sofa or pool table to lounge on while enjoying your burger and pint combo. At the weekend you'll have to fight your way to the bar, mind.

Tennents

Byres Road

This staunchly traditional pub provides welcome respite from the unstoppable deluge of style bars marching its way across the West End. While it initially seems rather hostile to students, it's anything but – most of the staff there are students or ex-students, and swap work with the staff downstairs in the Basement. The food is cheap and modestly cheerful, and it has some good guest ales.

Nice 'n' Sleazy

Sauchiehall Street

The place where hipsters and art-school darlings go to be beautiful. Somehow, though, this doesn't stop it from being a friendly little dive, handy enough for a quick pint before a gig and cheap enough for an extended drinking session. It does tend to get busy (we're talking no standing room busy) sometimes, but it has a lovely chilled atmosphere on quieter days. It has a nice line in food, too: the Sleazy Burger may sound like something you'd avoid in a pub, but it's surprisingly tasty.



You may turn your nose up now, but by Christmas you'll be swilling down Tennent's with the best of 'em

Basement **Byres Road**

Underground in both senses of the word the Basement is a haven for West End clubbers, musos and general scenesters. At the weekend you'll need to arrive pretty early if you want a seat but then sitting down isn't really what the Basement is about. Everyone seems to know everyone else here and the cramped environment means you'll quickly get to know those you don't. But this is by no means a style bar: club posters jostle for position on the walls, pints rest on barrels and a fantastic blend of hip hop, soul, funk and jazz pounds out of the soundsystem.

Three Judges **Dumbarton Road**

Voted one of Scotland's finest pubs on numerous occasions, Three Judges boasts one of the finest array of guest ales in the city. The staff will let you try before you buy and the regulars always have plenty of advice for you (though not always to do with the beer). On a

Sunday the in-house jazz band gets going early.

Brunswick Cellars **Sauchiehall Street**

This blink-and-you'll-miss-it gem sits (guess what!) underground on Sauchiehall Street, Glasgow's main drinking street, and somehow manages to get ignored by the majority of Glasgow's boozing population. It's indie orientated without being overbearing or pretentious, and it's dirt cheap – we're talking union prices. It has a good pub quiz, and a fish tank.

Uisge Beatha **Woodlands Road**

It's a Scottish-themed pub in Scotland, there's tartan hanging off every available surface and stag heads attached to the wall – it sounds like every American tourist's dream, and any serious drinker's nightmare. However, it carries off the gloriously dingy feel that any good pub aspires to. It's full of students every night, and many clubs and societies holding their meetings

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The chance to grab a pint outside in Glasgow is a rare and beautiful opportunity.

there (its large tables are perfect for big groups). They also have live folk music on Tuesday and Sunday nights.

Arlington

Woodlands Road

A tiny and surprisingly cheerful little pub just down the road from Charing Cross. It has no pretensions towards any kind of style, content instead to supply traditional entertainment in the form of good beer, sport on the telly and a group of ancient, bearded men with folk instruments in the corner who seem to communicate through a series of clicks and whistles.

The Strathmore

Maryhill Road

Its exterior makes it look like the kind of place where you'd go if you wanted someone killed, but this pub – right across the bridge from Murano Street – is actually pretty student friendly and a fairly decent place to spend an hour or three. They even occasionally throw student-orientated events, like karaoke nights.

The Halt

Woodlands Road

This august establishment is split into two – Halt One for more of an old-man pub atmosphere, and Halt Two,

where everything is covered in marble and leather. Either provides a fairly noisy, raucous atmosphere at any time of day. The recent Tennent's "Voodoo" advert was filmed here. Apart from the bits in the Caribbean.

Liquid Ship

Great Western Road

It's run by the same people who made the Stravaigin, but it's remarkably relaxed and student-friendly. It's the perfect place for a cool Summer pint, with its airy atmosphere and newspapers to read. Its bar snacks tend to run more towards marinated olives than pork scratchings, for those of a more sophisticated palate.

Bar Bola

Park Road

A quiet little place with an odd, understated Australian/Caribbean theme. It's got good, reasonably priced food and drink, and free WiFi.

Bar Transit

Old Dumbarton Road

This quiet hidden away pub is packing crate themed to the extent that it moves once every few years, and it's well worth checking out while it's here. Very chilled out with great music, great food (from nearby Seb's Cafe) and an outstanding selection of drinks.

Music

One of the best things about the Glasgow scene is the complete absence of any kind of "Glasgow sound". Unlike Manchester fifteen years ago, or London, er, any time you'd care to mention, there is a refreshing lack of a "me too" attitude about Glaswegian artists. There was no influx of twee indie cardigancore after Belle and Sebastian released *If You're Feeling Sinister*; sharply-dressed dance-punkers were generally conspicuous only by their absence in the wake of Franz Ferdinand.

Displaying admirable constraint, Glasgow artists tend to just get on with whatever the hell they feel like. One recurring theme in Glaswegian bands is a refusal to take themselves too seriously. The self-deprecating Scottish sense of humour carries across well into its music, and while it's possible to find more than enough preening scenesters, it does give you a decent way to know which bands to avoid – the better bands tend to concentrate more on their songs than their hair.

Live venues

Nice and Sleazy

Sauchiehall Street

Anyone who's anyone has played Sleazy's excellent little basement stage at some point, which plays host to the better local bands and a huge range of international cult acts as well as a fantastic Monday night open mic night. Recent gigs have included everything from violin virtuoso Final Fantasy to crazy noisy bastards Liars. The recent renovation has done wonders for the place, unlike upstairs.

Barfly

Clyde Street

The former home of the Thirteenth Note – has put on a huge number of bands over the years that have gone on to great things. It tends to cater for punk and garage rock bands, but it's not afraid to diversify sometimes.

Barrowlands

Gallowgate

The glitzy neon lights and knowing tackiness only add to the status of this legendary venue. It's a venue that has been graced by some of the most important bands of the last 20 years and has been the scene of innumerable unforgettable performances. New Order, Underworld, and Mogwai spring to mind, but there have been countless other unforgettable moments at this strange and delightful music hall.

ABC

Sauchiehall Street

It looks shiny and corporate, but it's making a great impression on the live scene, despite having opened a year ago – the ABC1 puts on the bigger acts, and the ABC2 hosts the rising stars, like Sunn O))) and Pelican. It's a rare thing nowadays – 2 venues with class.

Carling Academy

Eglington Street

Despite its relative youth, the Carling Academy has already seen performances from the likes of Public Enemy, James Brown, Basement Jaxx, Nick Cave and Franz Ferdinand, to name but a few. Its ludicrously high ceiling and wide stage give it a churchlike quality, which is probably intentional. The bar is located right next to the dance floor, so you don't have to miss the band while you get a beer.

The Cathouse

Union Street

Glasgow's punk and nu-metal Mecca is perhaps better known as a slightly dodgy but entertaining rock club. However, bands play regularly to packed crowds who want to rock.

The Halt

Woodlands Road

A friendly, chaotic pub in the West End. The tiny stage



The Pipettes take to the stage in King Tut's and make everyone else in the room feel slightly uglier.

in the trendified Halt Two has been the first step on many bands' road to fame, or obscurity.

King Tut's Wah Wah Hut **St. Vincent Street**

This 300-capacity venue makes some matchboxes feel a bit roomy, but it's atmospheric, friendly, steeped in history (Oasis threatened to burn it down to get their breakthrough gig), and has a habit of putting on some of the biggest bands around just before they get famous. It's often voted the best venue in the UK, and for good reason.

SECC **Finnieston**

If you really want to spend £30 to see Will Young dress up like Tom Cruise in Top Gun, this'll be the place to do it. Hey, it's your money.

13th Note **King Street**

The venue downstairs in the 13th Note is barely more than a converted beer cellar, but it's got a great leftfield atmosphere and a generally fantastic lineup of bands. Come see a band here, then smugly inform your friends that you saw them in the Note when they play at Sleazy's for a fiver more three months later.



“

Any city where bands like Mogwai and Gay Against You can drink in perfect harmony in the same pub is worth seeking out. Look out for the best gigs on the walls of pubs like Nice 'N' Sleazy and Mono.

”

Iain Canning
Biology

Clubbing

With a club scene to rival London's, Glasgow is the place to be for almost every kind of music imaginable, from cheesy scouse house to high-brow weirdout. Here are just a few of the best. Keep an eye on the flyers though. That's where the real information is.

Pressure

Last Friday of the month

The Arches

Glasgow bothe boys Slam make things go bang. So do their mates – people like Jeff Mills, Green Velvet and Laurent Garnier make yearly pilgrimages to this monthly mega-club. But the Slam empire extends beyond stadium techno. Slam are the people behind Glasgow's most important underground record label, Soma, the label that launched Daft Punk and now puts out cutting edge electronica of all flavours from the likes of Alex Smoke, Vector Lovers and Ewan Pearson, alongside Slam's own productions. At Pressure, Slam attempt to balance musical credibility with populist big-name line-ups. The tax tends to be a wee bit steep, but when it works, nothing in Glasgow can touch it.

Subculture

Weekly Saturdays

Sub Club

Underground in every sense of the word, the Sub Club is the home of house music in Scotland, and it's loved by everyone – Derrick Carter, Carl Craig, Stacey Pullen and Mark Farina have all spoken in the past about how much they love the place. Subculture is fiercely underground and musical credibility is all. Long standing residents Harri and Domenic have never taken their ears off the musical pulse, and are commonly referred to all over the world as two of the most gifted DJs ever, despite their concerted and largely successful effort to remain anonymous. Never relying on big names to get people in, Subculture is the place to hear the music and the DJs that are shaping the electronic music of the future.

Optimo (Espacio)

Weekly Sundays

Sub Club

'You won't like it sugar', the posters warn us. And certainly Optimo is not to everyone's taste, tending to straddle the thin line between achingly cool and irresistibly subversive. Ranging from the musically breathtaking to what can only be called completely horrible, residents Twitch and Wilkes are wilfully impossible to pigeonhole. Perhaps their greatest talent is finding incredible songs that no one could imagine dancing to and turning them into dance anthems – from heartbreaking country songs to mindless sixties pop. They tend to favour live acts rather than DJs as their guests. In the past, they've played host to Franz Ferdinand (before they were famous), The Go! Team, Sons and Daughters, ESG, The Bug, LCD Soundsystem and a multitude of weird-as-it-gets bands. You've been warned. Twitch and Wilkes also throw a semi-secret clubnight called The Black Rabbit Whorehouse, specializing more in electronic music.

Utter Gutter

Last Friday of the month

Riverside Club

Glasgow's best underground gay/mixed club night is a riotous celebration of hedonism and attitude. Mdm. Sanex and Hushpuppy play dancing music through the ages – from disco and new wave, to electro and garage rock. Glasgow's gay scene tends to be pretty cheap and slutty in the wrong ways, but Utter Gutter is cheap and slutty in all the right ways. As such, Utter Gutter attracts Glasgow's artists and alternative types as well as the more clued up club kids, both straight and gay.

Freakmoves

Weekly Thursdays

Art School

Thursday night at the Art School has become a bit of an institution – this year, the Freakmoves DJs Dema



It's the unique one-off nights like this one in Whiteinch that make Glasgow clubbing special.

and Nice are celebrating their ten-year anniversary as a DJ duo (so bring a card). As well as being dirt cheap (couple of quid in, pints a pound) it is also one of Glasgow's most credible hip-hop nights, playing host to the likes of Cash Money and Q-Bert. Downstairs Hushpuppy plays party anthems from disco to house and electro, with a bit of rock thrown in.

Funhouse

Weekly Fridays

Barfly

DJs Paul Needles (of the excellent Glasgow band The Needles) and Vic Galloway (of the Session in Scotland) run one of Glasgow's most popular indie nights. What's good about their night is that it manages to attract people with hugely different tastes. Whilst ostensibly an indie night there is a more rebellious feel to the proceedings and there's usually a healthy smattering of punk, garage rock and even country. It keeps things sounding fresh and helps to keep your mind off the fact that your shoes are sticking to the carpets.

National Pop League

Last Friday of the month

Woodside Social

The ultimate indie night in Glasgow. Frequented by the likes of Belle and Sebastian and other indie legends it often feels like a bit of a time warp. They play the new stuff but the real emphasis is on classic indie, with The Smiths being a particular favourite. The crowd is a real mixed bag but it has one of the most relaxed club atmospheres in the city.

Mungo's Hi Fi

Second Friday of the month

Woodside Social

Glasgow's best reggae crew run nights across the city but this is where they've always been most well known. As well as DJing, these guys produce everything from dub to dancehall and work with some of the best vocalists around. Their night is as relaxed as you would expect but once their soundsystem starts blasting out the riddims it's impossible not to move your body.



At most Glasgow clubs, dancing like an idiot is de rigeur.

The Garage
Sauchiehall Street
7 nights a week

It's probably the most famous student club in Glasgow, and it's inevitable that you'll end up there at some point. It's absolutely huge (about 2000 capacity at the weekend) and you'll almost certainly lose your friends if you over indulge in the outrageously cheap drinks promos. The music is straight up chart and cheese in the main room (although different nights claim to have different policies), but there is an indie room and an RnB room both of which open up if it gets busy.

Bamboo
West Regent Street
7 nights a week

A slightly classier affair than most clubs aimed at students, the emphasis here is more on RnB and house than chart music. It's still fairly mainstream but the front bar is a good place to chill out before it gets busy and your drunken friend screams something unintelligible in your face and drags you on to the dancefloor. At the weekends it's mobbed so you'll need to turn up early for a chance of getting in. Still, it's usually not too hard to get your hands on a free pass from a PR bod, so keep an eye out.

Blanket
Sauchiehall Street
7 nights a week

As far as urban music goes there are definitely more exciting nights, but Blanket does a solid job of keeping the dancefloor bumping and grinding to the likes of 50 Cent and Nelly and they occasionally run MC and DJ battles.

Rubermensch
ABC
Weekly Thursdays

An indie night aimed firmly at the student end of the market. The music they play tends to be rather undemanding, but it's free to students before 11.30 and the dancefloor hasn't had the chance to get too grubby yet.

The Buff
Bath Lane
Weekly Fridays

It's big, it's camp and it's ever so gloriously trendy: it's the Buff. It brings the best soul, jazz and funk every week complete with flock wallpaper. And just imagine the hilarity when explaining to your friends over the phone that you're in The Buff.

Everything Else

Of course, everything mentioned above doesn't even begin to cover everything that happens in Glasgow on any one day. Here's a few ideas that you could try when you think that you've seen everything that you can see and eaten everywhere that you could eat.

Botanic Gardens **Queen Margaret Drive**

Approaching its 200th anniversary, this beautiful garden contains some wonderful examples of plants from across the globe, both outside and in a series of glasshouses. Everything feels old, august and friendly, like your grandma's back garden times a million. A lovely place to spend a Summer's afternoon.

City Sightseeing **George Square**

Sightseeing tours have a bit of a bad reputation, but Glasgow's is actually very interesting, covering most of the major sights in the city, with all kinds of information about its past and present. Tours set off every 15 minutes from George Square, and cost six quid. It's worth it to find out a little bit about the place you're going to live in for the next four years.

Ancient Forest **Victoria Park**

How exciting can a bunch of old tree stumps be? Well, how about a bunch of really, really, really old tree stumps? Victoria Park houses eleven fossilised tree stumps, apparently from an extinct species of plant called giant clubmosses which grew in tropical forests. It's open from April till late September, and it's free.

Go Potty **Great Western Road**

Ever fancied making a pot? Or painting a plate? Of course you have! Only a madman wouldn't. Go Potty can supply you with the pottery and the expertise, and you set to work creating your own masterpiece – either

painting a pre-made object, or attempting to make your own at the wheel. For the less artistically minded, you can also commission a work from one of the staff.

Mitchell Library **North Street**

It's big, it's old and it's full of books: it's a library! Housed in a beautiful neoclassical building, it prides itself on being one of the biggest public libraries in Europe, holding 1.3 million items. It also holds the city archives; useful for if you want to know what happened in the April 7th, 1977 meeting of Glasgow City Council.

Loch Lomond

The next sunny day, take a train there and bring a picnic. If you go to Luss, on the shore, stop by the gift shop and pick up some shortbread, or a suit of armour.

Glasgow Necropolis

The Necropolis is a memorial to the Victorian merchant patriarchs of the city, and contains the remains of every eminent Glaswegian of its day, including monuments designed by Alexander Thompson and Charles Rennie Mackintosh. Tours are available, thankfully free of out-of-work actors leaping out from behind gravestones and going "Woooooo".

Glasgow Cathedral **Cathedral Square**

Founded in 1197 in the presence of King David, this is the oldest Scottish medieval church still standing. It's also lovely.

Partick Thistle **Firhill Road**

Go watch your local football team play: you can avoid the unnecessary excitement of watching someone who might stand a chance of winning, and it's the best way to avoid bar fights.



appendix

all the extra information you'll ever need

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The University of Glasgow can look very attractive but it's also full of some really nice and interesting people. Make the most of your time here and get to know as many of them as possible.

People

Meeting people is one of the best things about university life. You'll make some friends for life and probably make a few enemies too. But that's all part of the fun.

There are few people, however, that it's definitely worth being aware of. They make a lot of the decisions that affect your life as a student at Glasgow, so getting to know a bit more about them can be useful.

Over the next few pages you'll be introduced to the Principal and the Rector of the University and the SRC Executive.

The latter are the only ones you're actually likely to meet. They'll be happy to see you and discuss any ideas or problems you have.

It's these guys who put pressure on the University to change the way it operates, so if you don't like what you see then they can try and sort out a solution for you.

They're paid to work at the SRC full time for a year but they're still technically students so don't worry about just dropping by for a chat. The executive offices are on the first floor of the John McIntyre Building and you should feel free to pop in and see them, they're all really nice.

More information on the Rector, the Executive and the rest of council can be found on **www.glasgowstudent.net**.

You're unlikely to bump into the Principal until you graduate but if you do get invited to his office be sure to grab yourself a few biscuits as they always have good ones up there. That's why the SRC Executive are always up there 'complaining' about the state of the University.



Mordechai Vanunu

Rector

The Rector is the highest level of student representation. The position has been held by, amongst others, Benjamin Disraeli, Winnie Mandela, William Gladstone, Richard Wilson and Greg Hemphill.

The Rector can take matters to the highest level of university decision making - Court. In the past they have fought for a better deal for students on accommodation, funding and exams.

In 2004 students elected Mordechai Vanunu as Rector. Most famous as the whistle blower on Israel's nuclear weapons programme, he has since become a vocal peace activist and anti-nuclear campaigner.

Mordechai remains under house arrest in Israel and is technically banned from speaking to foreign press but has managed two interviews with campus papers since his election and is in regular contact with the SRC.

He has made it clear that he will undertake his duties in Glasgow if and when he is released.



Sir Muir Russell

Principal

The office of Principal dates from the early days of the University but its function has changed many times over the centuries. The role of Principal in today's world can be likened to that of a chief executive. He is appointed by the University Court and is responsible to it for the effective management of the University, its staff, and its finances.

The Principal has a seat on Court and is also President of the Senate. In modern times he also fulfils the role of Vice Chancellor and carries out the task of conferring degrees in the Chancellor's absence.

Sir Muir Russell took up office in October 2003. He is a graduate of the University of Glasgow, a Fellow of the Royal Society of Edinburgh, a Fellow of the Institute of Physics and an Honorary Fellow of the Royal College of Physicians and Surgeons of Glasgow. He holds honorary degrees from the Universities of Glasgow and Strathclyde and is a Deputy Lieutenant of the City of Glasgow.

Prior to his appointment, Sir Muir worked as the Permanent Secretary to the Scottish Executive.



Shona Morrison

SRC President

president@src.gla.ac.uk

Are you the boss then?

Yes, I'm in charge, everyone has to do what I say. Actually, I like to think of us as a team, but it's my job to oversee what everyone else is doing. I'm also the main representative for students at many levels from university committees, University Court, to external organisations.

What's the biggest thing the SRC's going to face this year?

One of the biggest problems we're always going to face is making sure students know they can come to us for help, be it through our services or our student officers. We need to build on systems already in place to ensure all students know that the SRC is relevant to them,

Can you say one small, but effective thing that you will get done?

I'd really like to get the University to implement a text messaging service so that if a lecture isn't going to happen, or if the room has changed, then students can be told before they come all the way on to campus. I've not looked into if it's even possible yet but I think it would be a really helpful tool for students.



Mhairi Wilson

SRC Vice President

(Learning & Development)

vp-learning@src.gla.ac.uk

You seem to have a varied remit, what's the focus of your job?

There are two sides to my job. 'Learning' includes any educational issues like liaising with the University about academic matters or course representative training. 'Development' deals with organizing Freshers' Week and looking after clubs and societies. It seems varied, but it kind of reflects what university is like - a balance between your degree and your social life.

What do you think are the biggest problems with students' studies?

Everyone has different problems and it's not really that any problem is biggest. What matters is that if anything is affecting your ability to study, then it is important. That's why I'm here, so you have someone to help out with whatever problems arise.

What makes Glasgow University special?

There is so much to do in and around the campus, like the unions, GUSA, the student media, as well as all of the clubs and societies. I also love being in Glasgow, there's always so much going on, and the Westend is a lovely place to live. It's a fantastic place to study.



Dave Lamb

**SRC Vice President
(Media & Communications)**
vp-comms@src.gla.ac.uk

Are you some sort of Media Czar then?

I oversee the SRC's student radio, TV, newspaper and magazine, but my role is also about promoting the many services the SRC provides. We don't have a bar, but we can give you help with issues from accommodation trouble and academic appeals to finding a job or a flatmate.

So do you just put a spin on everything the SRC does?

Not at all. Our media are editorially independent, so I'm just here to ensure they don't do anything illegal. They play an important role in keeping the SRC and the University in check.

If you could only have one of the student media, which would it be?

All four of them won national awards last year. They can all give you important skills unique to that media — scrapping any of them would be a big loss.



Kat Borrowdale

**SRC Vice President
(Student Support)**
vp-support@src.gla.ac.uk

In what sense do you support the students?

There are millions of things that can affect your University experience apart from what you learn in a lecture theatre, and the kind of support I can give is all about making student life better. I work on behalf of students on all kinds of issues, such as health, safety, employment and the environment, and promote the help the SRC offers.

What's the SRC campaigning for this year?

We'll be doing an accommodation survey at some point this year, which will let us find out what issues students want the SRC to take action on. I think it's important not to have too restricted an agenda, however, so that we can respond as and when problems arise.

What one piece of advice would you give a new student?

Don't be afraid to ask questions if you think your rights aren't being respected. Sometimes people don't take students seriously or think that they won't challenge unfair situations, but you can change that by being confident and informed. If you're not sure if you're being treated fairly, feel free to come for a chat.

Glossary

Anatomy Museum

The museum is part of the anatomy department and includes massive penises and collections such as The Nervous System and Organs of the Senses.

Advisor of Studies

Most students are assigned an Advisor of Studies although some Faculties arrange things differently so it's best to check with your Faculty Office to make sure. Chances are by now you will have met with them to arrange your courses and get your matriculation form and you are meant to meet up with them every once in a while to check your process. But remember that you can contact them at any time, they should be your first reference point if you have any academic problems or have anything to discuss about coping with university.

Bedellus

The office of Bedellus or Beadle dates from the foundation of the University in 1451. Although historically this job has varied greatly, including the organising of bonfires on campus, the work of the modern Bedellus includes the planning of day-to-day janitorial duties and the administration the examination venues. His most prominent role continues to be on ceremonial occasions, leading the academic procession carrying the fifteenth century University mace. At commemoration day and graduations, the Bedellus places the hood over each graduand's head after they have been capped.

Chancellor

The Chancellor is the titular head of the University and is elected to the post for life by the General Council (all graduates and established academic staff). The Chancellor confers degrees upon those who are presented to him by the Senate. He appoints a Vice-Chancellor to do this in his absence: this is currently the Principal. At the moment this post is held by Professor Sir Kenneth Calman.

Chewton Way

On many web maps if you look for directions to or from the University, you will be given directions to Chewton Way, which no-one has ever heard of. It appears to refer to the area in front of the main gate. This seems to be the case with many roads, if you're interested check maps.google.co.uk.

Clerk of Senate

The Clerk of Senate has status equivalent to that of a Vice-Principal, and responsibility for matters to do with: the regulation of academic policy and practice; and the provision of advice and judgement on matters of an academic nature. The position is currently held by Professor Andrew Nash.

Cloisters

The large pillared area between the quadrangles. When you graduate make sure to drink some Bucks Fizz there.

CSCE

The Common Student Computing Environment is a standard computer set up so that wherever you are on campus, you will have access to the same sort of programs and set-up, so that when you use your files, everything will work well. The current CSCE includes Windows, Word, Minesweeper and Internet Explorer.

Department

Faculties are divided into departments who concentrate on a specific area of study, this often defines the final degree a student receives. i.e. a student who studies in English Literature within the Arts Faculty then they will graduate with a degree in English Literature.

ELIR

The Enhancement Led Institutional Review is a review of Universities that happens every four years. The last one at the University of Glasgow was completed in April 2004 and found that 'broad confidence' could be placed in the soundness of University's procedures for the present and likely future management of the quality of its programmes and academic standards.

Faculty

Faculty is the collective name for a group of Departments, Divisions or Schools that are administratively linked. The University of Glasgow is made up of the following faculties: Arts, Biomedical & Life Sciences, Education, Engineering, Information and Mathematical Sciences, Law, Business and Social Sciences, Medicine (including Dentistry and Nursing), Physical Sciences and Veterinary Medicine.

First

The highest class of Undergraduate degree. Equivalent to getting an A.

Fresher

A student in their first year at University.

Gilmore Hill

Gilmore Hill is the hill on which the University campus is built. It is also the name of the Theatre and Film Studies building, which is across the road from the GUU.

The Gilbert Scott Building

This is the real name of the building most people refer to as the Main building.

Glasgowstudent.net

The SRC's official website and your portal to all sorts of exciting things.

Gla.ac.uk

This is the url for the Glasgow University Website, the first point of call when it comes to your studies, providing links to a wealth of information.

GPA

Because courses at university all account for different amounts of work, your Grade Point Average provide a formula to see what marks you are actually getting depending on how well you do and how much work the course takes.

Granite Vagina

This is the common name for the large stone sculpture

in front of the Gregory Building. It is common for drunken students to be birthed through it and get their photo taken.

GUSA

The Glasgow University Sports Association organises anything sports related at the University in conjunction with the SRS. See *Succeed* [p26]

GUU

The Glasgow University Union is one of the two student Unions on Campus. See *Succeed* [p22]

The Hub

Before its closure in 2004 the large concrete building opposite the Library was for a long time the main eatery on campus, it also contained a shop, bank and other service. Plans are still afoot to redevelop the site to create a similar complex.

The Hunterian Art Gallery and Museum

The Hunterian Art Gallery is next to the Library and contains many important pieces of art including works by Whistler, The Scottish Colourists.

The Hunterian Museum, situated within the Gilbert Scott Building is full of interesting oddments from throughout history and is a fantastic way to while away an entire afternoon when you should probably be studying.

John McIntyre Building

The building by the main gate which houses the SRC and student media offices, the Book Shop and the advice centre. In the past it has also housed the QMU and the GUU.

Lectures

Lectures are the primary mode of teaching in most courses. They generally consist of a group of students, often over a hundred, receiving a talk or lecture that works through course content as well as other relevant information. Lectures begin at five minutes past the hour and end at five minutes to the hour.

The Mackintosh House

Built onto the side of the Hunterian Art Gallery, this is an exact recreation of Charles Rennie Mackintosh's house following its demolition in 1963.

McMillan (Round) Reading Room

The McMillan Reading Room is situated across the road from the Memorial Gate. It is full of computers that you can log onto and use, as well as SID and other useful services.

The Main Gate

The Main Gate is the Arched Gateway opposite the road to the library, not the gate opposite the Reading Room which is the Memorial Gate.

The Memorial Gate

Commonly confused with the Main Gate, The Memorial Gate is the ornate gate opposite the McMillan Round Reading Room

Matriculation

Doesn't exist anymore, see Registration

Millie The Dinosaur

Built as a temporary publicity tool for the Walking With Dinosaurs exhibition at the Hunterian Museum in 2001, Millie quickly became a Glasgow landmark, attracting students to The University and even appearing in colouring books. She was demolished in 2005 despite significant protests from students, as repair costs were so high.

Postgraduate

A student who is studying for additional qualifications following their first degree.

QMU

The Queen Margaret Union is one of the two student Unions at Glasgow University. See *Succeed* [p24]

Quadrangles

The main building is built around two squares of grass known as the East and West Quadrangles.

Rector

The Student's representative on University Court, this position is elected once every three years and is currently held by Mordechai Vanunu who will leave office in 2008. [see page 173]

Registration

This might also be referred to as matriculation and is the official process of joining the University. All students register annually but in first year you must register in person in order to access the Library, sit exams, arrange a student loan and make use of University facilities. At registration your personal details are checked, payment of tuition fees are dealt with, this book is handed out and registration cards are issued.

Registration Card

This is also known as a Student or Matriculation Card and is proof of your student status. Your card will be required for identification when collecting award cheques, sitting examination, accessing the library and sports facilities.

Registration Number

Every student has a unique seven digit registration number. This is allocated when you first register and will remain the same throughout your time at university. You will normally be asked to quote this number when filling in any forms from the University. It also forms part of your login to the University computers and your university e-mail address: your electronic mail address is comprised of your matriculation number and first letter of your surname, followed by the mail domain. i.e. 03070882j@student.gla.ac.uk

Registry

This service is responsible for Registering, examinations, distribution of grant and loan cheques, financial aid, tuition fees and graduations. The Registry is based on the north side of the West Quadrangle.

Semester

The University's teaching year is split into two sessions called semesters running from September to January

and January to June although there are winter and spring vacations during this period.

Seminars and Tutorials.

These are small group discussion sessions led by a lecturer or postgraduate student. These sessions often follow topics from a lecture in a format which allows more questioning and the sharing of ideas between students.

SID

The Student Information Desk, housed in the McMillan Reading room, staffed by students this is a great place to get signposted to where to get help.

The Square (Professor Square)

Just to the west of the Main building, this is a square of buildings which includes the Law and Divinity departments as well as the Principal's lodgings and several other important buildings.

SRC

The Students' Representative Council, your voice to the University and one of the best points of contact for any problem you have as a student. See Succeed [p]

Third

Confusingly the fourth class of Undergraduate degree. Equivalent to getting an D.

Two One (2:1)

The second highest class of Undergraduate degree. Equivalent to getting a B.

Two Two (2:2)

The third highest class of Undergraduate degree. Equivalent to getting a C.

Undergraduate

A university student who is yet to obtain a degree.

Unions

There are two, the Glasgow University Union and Queen Margaret Union and they provide for the social

and cultural needs of students. See *Succeed* [p22-25] and *Play* [p146]

University Avenue

The main University thoroughfare, running from Gibson Street to Byres Road. Occasionally referred to as ChewtonWay.

University Gardens

A leafy concourse to the north of University Avenue. Many departmental offices as well as the Hetherington Research Club and The QMU. Interestingly the University owns the ground in the middle of the Gardens, meaning that you need a University Parking Pass there but not round the edge.

University Gardens Lane

The official name of the short lane between University Gardens and The Library.

WebSURF

The Web based Student Updateable Records Facility is available at www.websurf.gla.ac.uk. WebSURF allows you to view and change personal details as well as view your previous educational history, academic record, courses and examination results.

Wikipedia.org

Wikipedia is an online encyclopedia that contains millions of articles on almost every subject imaginable. It has fast become a very useful study tool but beware, articles can be edited by anyone so there is no guarantee on the quality of what is written, and remember that your lecturers will read it too.

WILT

The Western Infirmary lecture theatre is a building containing large lecture theatres and seminar rooms. It's within the grounds of the Western Infirmary.

Zoology Museum

This is a museum filled with all sorts of interesting dead animals. The Zoology Museum is located in the Graham Kerr Building and is open 9am-5pm on weekdays.

Key to campus map

This map is available in larger size with a full key from the student information desk in the Round Reading Room.

- Accommodation Services - D14
Accounting & Finance - E12
Adem Smith Building - D8
Adult & Continuing Education - E14
Advice Centre, Student - A22
Aerospace Engineering - A1
Anderson College - C1
Archaeology - D2
Arts Faculty Office - D15
- Bower Building - B7
Boyd Orr Building - D1
Business School - A6
Bute Hall - A13
- Careers Service - D15
Catholic Chaplaincy - E11
Celtic - D5
Central & East European Studies - D10
Chapel - A8
Chaplaincy - A24
Chemistry - B4
Children's Panel Training Group - E14
Civil Engineering - E7
Classes - E13
Clinical Physics - B9
College Club - A9
Computing Science - D16
Computing Service - A2
Concert Hall - A12
Counselling Service, Student - E10
- Davidson Building - B1
Dermatology - C2
Dining Rooms - A9
Disability Service - A22
Divinity, School of - A20
Drugs Misuse Research, Centre for - C9
Earth Sciences - D2
- Economic & Social History - D15
Economics - D8
Education Faculty - E14
Electronics & Electrical Engineering - E7
Engineering Faculty Office - A1
English as a Foreign Language - D18
English Language - D15
English Literature - A6
- Financial Studies, School of - E12
Florentine House - E4
Fore Hall - A8
Forensic Medicine & Science - B4
French Language & Literature - D5
- Gardner Institute - C6
GAU1 - E13
Gatehouse Main - A21
Geography & Geomatics - A5
George Service House - D7
German - D5
Gilmorehill Centre - E9
Glasgow University Union (GUU) - E8
Graham Kerr Building - B3
- HATIL - D7
Health Service - E10
Hetherington Building - D10
Hetherington House - D6
Hispanic Studies - D10
History - D15
Hunter Halls - A14
Hunterian Art Gallery - D12
Hunterian Museum - A15
- Information Desk, Student (SID) - E1
Institute of Biomedical Sciences - B2
Immunology and Bacteriology - B9
IT Education Unit - E1
Italian - D10
- James Watt North Building - A2
James Watt South Building - A1
John McIntyre Building (SRC) - A22
- Keivin Building - B8
Keivin Gallery - A7
- Laboratory of Human Anatomy - A3
Language Centre - D10
Law (School of) - A19
Library - D11
Llybank House - D9
- Mackintosh House - D13
McMillan "Round" Reading Room - E1
Gilbert Scott "Main" Building - A10
Mathematics - D4
Mechanical Engineering - A1
Media Services - E5
Medical Faculty Office - C10
Medical School Building, Wolfson - C10
Modern Languages Building - D5
Music - D15
Nursery - D19
Nursing & Midwifery School E10
- Officer Training Corps - B5
- Pearce Lodge - A4
Philosophy - E10
Physics & Astronomy - B8
Politics - D8
Pontecorvo Building - C3
Postgraduate Club - D6
Principal's Office - A10
Print Unit (Gilmorehill) - A1
Psychology - D18
Queen Margaret Union (QMU) - D3
Quadrangles - A5 & A6
- Radiation Protection Service - B8
Randolph Hall - A10
Rankine Building - E7
Registry - A10
Research & Enterprise - A19
Robertson Building - C2
- Scottish Literature - D15
Security (Central Services) - A21
Senate Office - A10
Slovonic Studies - D10
Social Sciences Faculty Office - D8
Sociology & Anthropology - D8
Southpark House - E5
Sport & Recreation Service - E6
Sports Association (GUSA) - E13
Stair Building - A19
St. Andrew's Building - E14
Statistics - D4
Stevenson Building - E6
Student Information Desk (SID) - E1
Student Recruitment & Admissions - A20
Students' Representative Council - A22
- Teaching & Learning Service - E4
Theatre Film & TV Studies - E9
Theology & Religious Studies - A20
Thomson Building - A3
- Urban Studies - D17
Visitor Centre - A11
- West Medical Building - B2
Western Infirmary Lecture Theatre - B9
Widening Participation Service - E11
Wolfson Building - B10
Wolfson Medical School Building - C10
Zoology Museum - B3

Key to city map

The map above is not fully detailed and is not the whole of Glasgow, it is intended to give a rough outline of where some of the places mentioned in this guide are and how easy it is to get to them. We recommend that you buy an A-Z guide of the city for a fiver for actual direction finding. For info on most of the places listed below see Play [pg1 38-141].

- 01 - The Burrell Collection
- 02 - Gallery of Modern Art
- 03 - Glasgow Science Centre & IMAX
- 04 - Centre for Contemporary Arts
- 05 - Hunterian Museum & Gallery
- 06 - The Lighthouse
- 07 - The Tramway
- 08 - Museum of Transport
- 09 - Kelvingrove Museum & Art Gallery
- 10 - SECC
- 11 - Oran Mor
- 12 - The Arches
- 13 - Citizens Theatre
- 14 - Cottiers Theatre
- 15 - Gilmorehill G12
- 16 - Kings Theatre
- 17 - Theatre Royal
- 18 - The Tron
- 19 - The Barras
- 20 - The People's Palace Museum and Winter Gardens

Glasgow Subway



The Glasgow Subway system opened in 1896 making it the third oldest in the world behind London and Budapest. Unlike London and Budapest though, the Glasgow Subway has never expanded past its original route - a circle. This does however make it very easy to use and you can't get lost, only end up going round the long way.

Stations

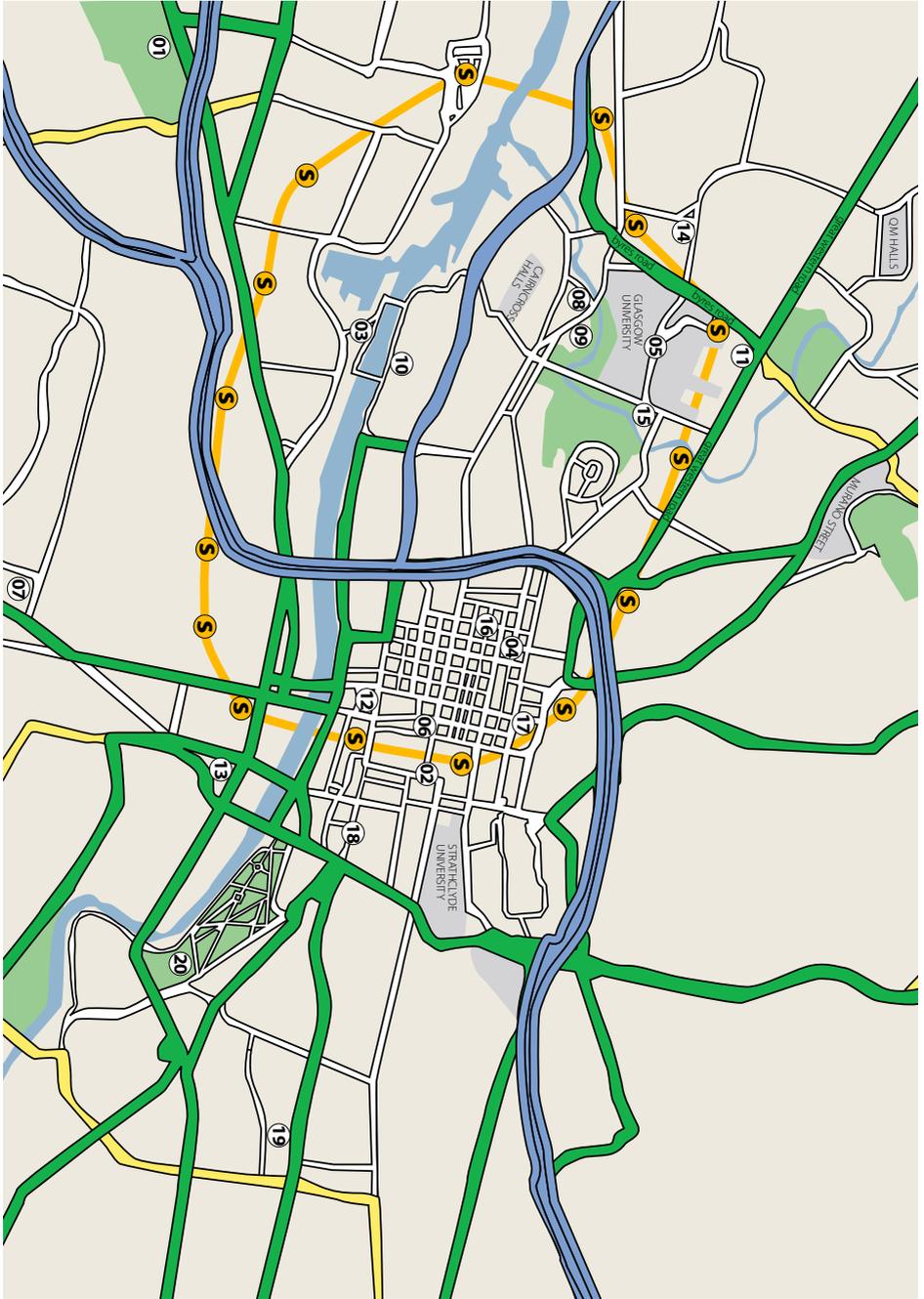
The nearest Stations to uni are Hillhead on Byres Rd, Kelvin Bridge on Great Western Rd and Kelvinhall on Dumbarton Rd.

Times

There's a train every four to eight minutes
First and last trains: Mon-Sat 0630-2330 and Sun 1100-1740

Cost

Single journey - £1, All day unlimited - £1.90, month pass £26



Buses

Glasgow bus drivers only accept exact change so if you're out for the night it's worth holding on to some cash for the journey home. Remember that buses stop around midnight and restart at 5am, except some routes which offer a night service on Thursday, Friday and Saturday nights only.

Most buses will drop you in town, either on Union Street (almost all of them), George Square (11, 51) or Buchanan bus station (the ones which say "Buchanan Bus Station" on the front).

Bus stops will have a sign with the numbers of the buses stopping there on it - this is particularly important in the centre of town where buses will stop at just one out of a group of stops.

Just stick out your hand and the driver will pull over to let you on. If you're not sure where you're going then just ask.

Below is a rough guide to some of the most useful buses for students. For more detailed info, a mapmate fold up bus map (£1 each) and timetables are available from SPT Travel Centres - there's one in Hillhead Subway station. Also check out the First Bus website, easiest found by searching for 'first bus glasgow'.

No.40

where - Town via Maryhill Rd, Wolfson & Murano St
when - Regular during the day. Every 20-30 minutes in evenings. Night service every 30 minutes.
destination [going to town from the West End]- Easterhouse
destination [coming back from town]- Clydebank
where to get it in town - Trongate, outside the Sub Club, Hope St
alternatives - 109, 119, 61

No.66

where - Great Western Rd (as far as Anniesland Cross) to town
when - Regular daytime service. 20-30 minutes in evenings. Night service every 30 mins.
destination to town- East Kilbride
destination from town- Mountblow
where to get it in town - M&S (Glassford St), Tourist Info in George Square, top half of Hope Street
alternatives - 20, 51, 59

No.44/44A

where - University Avenue to town/South Side
when - Every 10 mins during the day, 20-30 mins in the evenings, no night service
destination to town- Newton Mearns
destination from town- Knightswood
where to get it in town - Bottom of Hope St, Bath St
alternatives - 11

No.62

where - Partick to town, past the bottom of Byres Road and Cairncross house
when - 24 hr. 10-15 minutes evenings, 60 mins at night (15 at the weekend)
destination to town- Baillieston
destination from town- Faifley
where to get it in town - Trongate, Sub Club, bottom of Hope Street, St Vincent Street
alternatives - 9

No.18

where - Maryhill Rd to town via Queen Margaret Dr, Byres Rd and Sauchiehall St.
when - Every 15mins daytime, 30 mins evening no night service
destination to town- East Kilbride
destination from town- Summerston
where to get it in town - Trongate, Sub Club,

Credits

Copy and Design

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Tony Foster at www.studentagency.org

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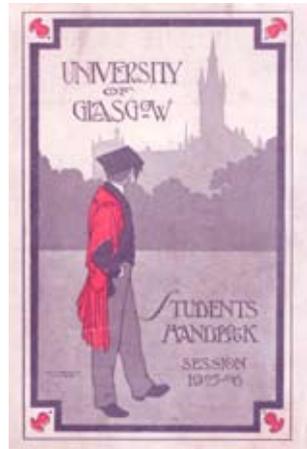
Bakeprint

Web Version

Joe Evans

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Alan Cross at 102.1, Subcity.org listen again, oGame.org, Govan, Gash, Gumbofest, Unlimited cards, Cloudo, the pubs. camera and the G5, the Plus 1s, Drum, anyone stopped in the street for photos. the fan, Il Capuccino, Boots, Christine Collins, Wendy Munro and the High, Youth Festival '06, Adobe Systems Inc; Apple Computers; Google Labs; Greggs of Scotland; Security; A.G. Barr plc, Matthew Clark Cider, Kopperburg, Frogs



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The Guide is produced by Glasgow University Students' Representative Council

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www.glasgowstudent.net

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Useful Contacts

Student Services

Students' Representative
Council (SRC) 0141 339 8541
enquiries@src.gla.ac.uk
www.glasgowstudent.net

Advice Centre 0141 339 8541
advice@src.gla.ac.uk
Nightline 0141 353 1050

Guardian
guardian@src.gla.ac.uk
GUM
gum@src.gla.ac.uk
GUST 0141 341 6216
gust@gust.tv
Subcity 0141 341 6219
enquiries@subcity.org

Glasgow University Sports
Association (GUSA) 0141 330 5342
gusa@gla.ac.uk
Glasgow University Union 0141 339 8697
info@guu.co.uk
Queen Margaret Union 0141 339 9784
info@qmu.org.uk

Stevenson Building (gym) 0141 850 4540
Garscube Sports Complex 0141 330 5363
sport@gla.ac.uk

University Switchboard 0141 330 2000

University Library 0141 330 4283
Undergraduate and Lending
Service 0141 330 6701
library@gla.ac.uk
Student Health Service 0141 330 4528
Chaplaincy 0141 353 5419
chaplaincy@gla.ac.uk
Accommodation Service 0141 330 4743

Registry

General Enquiries 0141 330 5911
Examinations/Timetables 0141 330 6889
Fees 0141 330 5378
Graduations 0141 330 3540
Registration/Student
Records 0141 330 6468
Student Financial Aid 0141 330 2216
Student Loans Office 0141 330 2216
registry@gla.ac.uk

Halls

Cairncross House 0141 221 9334
Kelvinhaugh Gate 0141 221 6124
Kelvinhaugh Street 0141 221 9334
Murano Street Student
Village 0141 945 5976
Queen Margaret Residences 0141 339 3273
Winton Drive 0141 339 3273
Wolfson Hall 0141 330 3773

Enquiries, Helplines and Clinics

Inland Revenue 0845 070 3703
National Rail Enquiries 08457 48 49 50
SAAS 0845 111 1711
Student Loans Company 0800 40 50 10
AIDS Information 0800 576 123
Alcoholics Anonymous 0141 221 2214
Citizens' Advice Bureau 0141 552 5556
Family Planning Service 0141 211 8130
LGBT 0141 221 7203
National Drugs Helpline 0800 776 600
Samaritans 08457 909 090
Victim Support 0141 553 1726
Rape Crisis Centre 0141 248 8848
Women's Aid 0141 553 2022
NHS 24 08454 24 24 24
Trading standards 0141 287 6681
Environmental health 0141 287 7572
Housing Benefit 0845 600 8040
BBC Information 08700 100 222

MONTH	DAY	DATE	EVENT	HOLIDAY
September	Monday	25		University Holiday
	Tuesday	26	Semester 1 Begins	
October	Tuesday	31	Autumn Council Elections	
December	Monday	18		Winter Holiday Begins
January	Friday	7		Winter Holiday Ends
	Friday	19	Semester 1 Ends	
	Monday	22	Semester 2 Begins	
March	Wed-Thu	7-8	Spring Council Elections	
	Monday	19		Spring Holiday Begins
April	Monday	9		Spring Holiday Ends
	Tuesday	10	Honours Exams Start	
May	Monday	7		May Day Holiday
	Tuesday	8	Non-Honours Exams Start	
	Monday	28		Queen's Birthday
June	Friday	1	Semester 2 ends/ Exams End	
	Thursday	28	Graduations Begin	
July	Monday	6	Graduations End	

the guide

STUDENTS' REPRESENTATIVE COUNCIL
UNIVERSITY OF GLASGOW



The guide provide a starting point for learning, living and surviving in Scotland's most dynamic city, suggesting avenues and ideas that will allow you to get the most from your time at the University of Glasgow. There is information about the abundance of opportunities available on campus, practical living advice, points of call for any academic or welfare problems, and suggestions for places to eat, drink and be merry around the city.

For ease of reference the Guide is split into five main sections:

Succeed – This section details the wealth of opportunities available on campus in addition to your degree, there's information on all sorts of groups you may want to be involved in. If you want to get into award winning media, help in the community or set up your own club then this is the place to start.

Learn – You're here to get an education and this section is full of practical information to make this as easy as possible. If your problems are as small as where to get cheap photocopying or as big as needing to appeal a mark, then this section will be able to help.

Live – There is a high chance that you'll have a mite more independence now than you've had before and this section is full of practical advice for living as a student covering all the bases from making soup to getting your flat deposit back.

Play – This is the fun part of the guide, providing a starting point for getting out and enjoying Glasgow when you're not hard at your studies, whether that means going to a museum, sitting back with a latte or dancing the night away, there'll be something in here.

Appendix – The Appendix contains everything that we couldn't fit anywhere else. There are some important folk about the Uni (including your student representatives), maps, a Glossary of additional information, an index, phone numbers and some useful dates

Much of the information will be relevant today, but some won't be for a couple of months or even years, so keep it handy throughout your time at university so that you can look it up when you need that vital piece of information.