



the guide

2008/9

Your ultimate guide to
living and learning
in Glasgow

YOUR DEGREE • GETTING INVOLVED

TRAVEL AND HOUSING • MONEY

HEALTH AND WELLBEING • GOING OUT

the guide

2008/9

*Your ultimate guide to living and
learning in Glasgow*

STUDENTS' REPRESENTATIVE COUNCIL
UNIVERSITY OF GLASGOW



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Introduction

If you've just opened this book, chances are you've very recently moved away from home for the first time. You're in a big, unfamiliar city, most of your friends are miles away, and mysterious beasts such as "shopping for groceries" and "applying for overdrafts" are starting to take on very harsh realities. You've got a million forms to fill in, one of your flatmates has already left a couple of dishes in the sink without washing them, and cult-like people in brightly-coloured t-shirts have stopped you every twenty minutes to demand that you come to "Cheesy Pop", whatever *that* is. Everything's new, lots of it is confusing and quite a few things are, well, pretty scary.

Here's where the Guide comes in. It's our job to convince you that, while all of the above is true, it's actually *not that bad*. In fact, things are *brilliant*. You've probably already met some of the best friends that you're going to have over the next four years and beyond, you've found yourself in one of the greatest cities in Britain, and if you do fall in to any kind of

trouble, the University has all kinds of systems put in place to help you out. The Guide is the first one of these. If we've done our job properly, then the book you're holding in your hand is the most useful tool you'll have for navigating your way through your time as a student. If you're confused about starting your studies, we'll tell you how it works. If you're bored, we've got a few suggestions as to what you can do. And if you need help, we'll tell you where to go to and who to talk to.

The Student Representative Council prints the Guide every year for new students. This may well be your first contact with them, but they really are one of the most helpful organisations in the universe. Like a trade union for Glasgow students, it's their job to make sure your voice as a student is heard at the upper echelons of the University and beyond, and also to supply services that you will almost certainly find invaluable during your time in Glasgow. They offer everything from a bookshop, through flat listings, to counselling



services and an award-winning newspaper, magazine, TV station, and radio station. Almost everything is run by students, who have almost certainly already been through exactly what you're going through, so if you need a hand with anything or you want to get involved, give them a shout.

We already said that Glasgow is one of the best cities in Britain, and we weren't joking. It's a vibrant, exciting, friendly city, steeped in history, and full of stuff to discover. Whether you're looking for some culture, a bit of shopping, a football match or just a good time down the local with some friends, Glasgow has you more than covered every time. The University is situated in the West End, and dominates the area, meaning that it's a haven for coffee shops, cheap pubs, little clothing boutiques and just about everything else a student could ever desire. If you're not having a good time here, you're probably doing it wrong.

We've split the Guide up into a few sections to help you out:

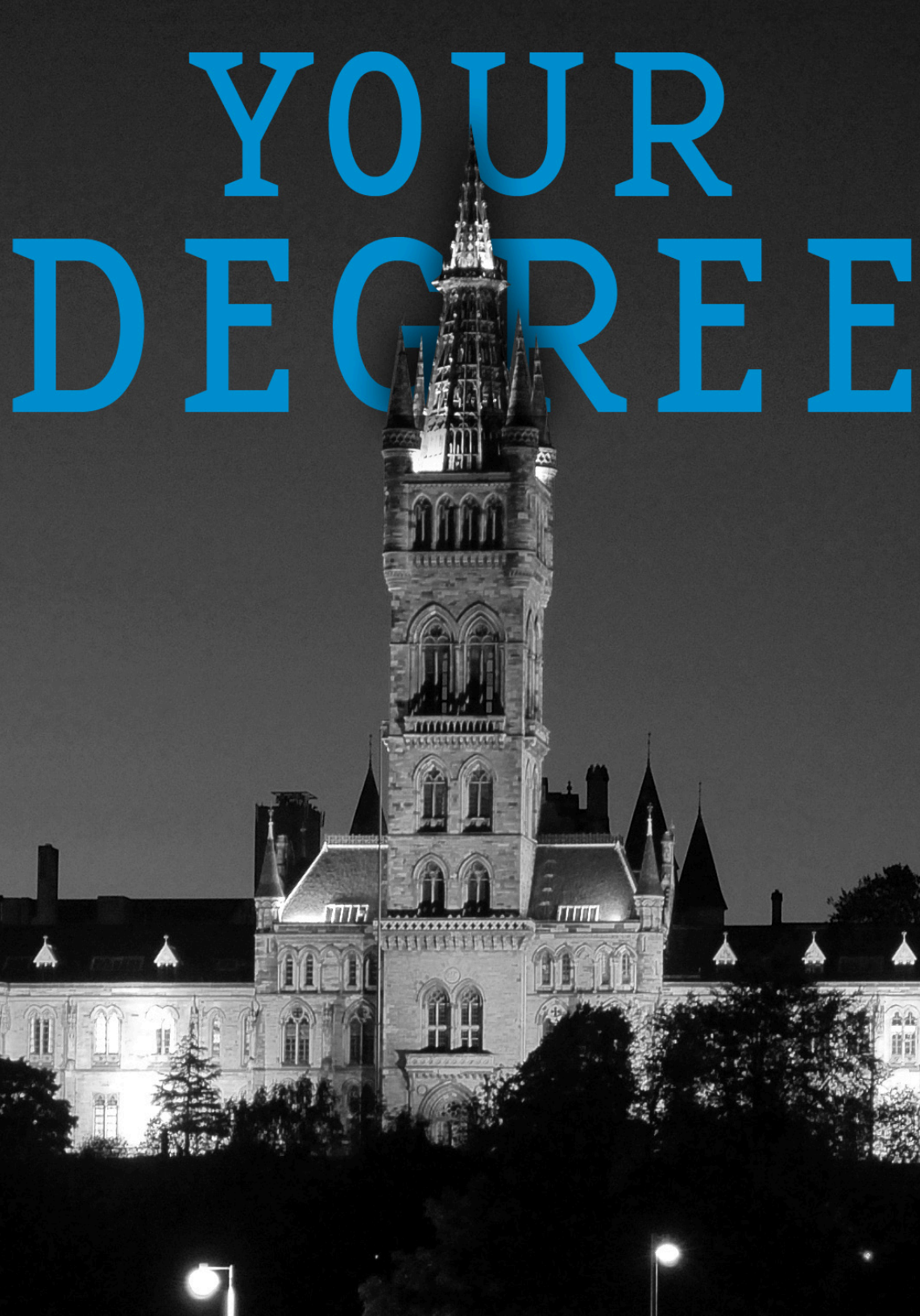
- **Your degree:** You're here to learn, right? Here's how to make the experience completely painless.
- **Getting involved:** Make the most of your time in Glasgow. Find out what you can do with the time

when you're not studying, from clubs and societies to volunteer work.

- **Money:** Learn how to get by without going broke.
- **Travel and accommodation:** Getting around Glasgow, and finding a place to live.
- **Health and wellbeing:** Staying happy and healthy in Glasgow.
- **Going out:** Unless you're planning on watching a lot of Neighbours, you're going to want to go out sometimes. From pubs and clubs to theatres and cafes, we've got some ideas for a good day or night out.
- **Appendix:** All kinds of invaluable information that doesn't quite fit anywhere else.

While the Guide is great, and we've tried to cram in as much information that may help you as possible, we've simply not got enough room to cover everything that you may need to know. Lives at University are varied and it's up to you to make sure you get the most out of your time here. Try looking up the websites suggested throughout the Guide, especially the SRC website (www.glasgowstudent.net) for loads of extra information. Most importantly remember, thousands of people have done this before, they survived, and chances are, they enjoyed themselves along the way. Make sure you do likewise.

YOUR DEGREE



Your DEGREE

Things can be daunting when you're starting your degree. They don't have to be - Glasgow is full of people and services designed to help you out. Here's a guide to the most important.

STUDY AND EXAMS P10

*How to learn everything you need,
then use it to pass your exams*

REPRESENTATION AND SUPPORT SERVICES P20

*If you're struggling in your degree for
whatever reason, these are the people
you need to see*

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 no matter what your specific situation, you're likely to discover a whole new set of challenges that you haven't faced before. Just remember that that's exactly the reason that you came to University, and if you have a problem, there's almost certainly someone here 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 Points are good first points of call.

WebSURF

You'll already have used WebSURF as part of your registration process. WebSURF 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 make sure that what you've chosen will help you achieve what you want at University.

It's worth developing a good relationship with your Adviser: 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 give you a reference 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 this happens, don't panic, and don't hesitate to get in touch with your faculty. It's possible to change your course to another if you make it clear that you feel you've made a mistake.

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, you can probably get away with missing a few here and there if you have to, 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 will put you at a disadvantage. Missing labs and tutorials without a good reason is even more serious: **some of their content is usually assessed and you may be refused credit** or asked to leave the course if you do it consistently.

The University's official policy on attendance can be found at www.glasgow.ac.uk/services/registry/students/absence.

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 to the doctor 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.



“

The University prides itself on listening to what students want out of their degree: make sure you have your say by talking to the student representatives on your course.

”

Jame Wightwick
SRC Vice President
(Learning and Development)

STUDY AND EXAMS

DEVELOPING GOOD STUDY TECHNIQUE IS VITAL IF YOU WANT TO DO WELL AT UNI. HERE ARE SOME GOOD POINTERS ON HOW TO GET STARTED.

Study

You'll discover soon after starting your course that studying at University is very different from studying at school. You're left to do a lot more for yourself: you're not going to get chased up if you get behind on your reading or if you miss a deadline, so learning how to motivate yourself to get work done is your first priority. You'll often be expected to find your own sources of information and regurgitate them at will, so learning how to use the library properly is a must. Everyone studies differently, and what might work for one person won't work for another, so it's impossible to give specific advice on how to work. Still, here's some pointers that will get you on the right track.

One good tip is to set a specific time in your week to study: say, two hours in the library after your English lecture on Thursday. It'll help you get into the habit of motivating yourself to work, and it's a much more reliable way of retaining information than cramming the week before your exams. Also, whatever you're doing, take notes. Take notes when you're in a lecture, when you're reading, when you thought of something profound on the toilet. Taking notes forces you to concentrate on what you're studying, which means it's much more likely to stick in your head afterwards.

Keeping your body and your brain healthy is vital. Make sure that you eat well, and take regular breaks every hour or so: your brain is only capable of concentrating for so long. Make sure you get plenty of sleep. A good night's sleep is often more helpful than an all-nighter.

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. Even so, at exam times it can be near impossible to get a seat, so it is worth considering the alternatives. The GUU and QM have small libraries and study rooms, open to members all night long. They're quiet and you can study with a pint at your side, but the lure of meeting your friends in the bar can be hard 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 which offer quiet study retreats and access to specific texts and journals.

If you prefer somewhere with a little more life to it, try the Hillhead and Partick public libraries and the Mitchell Library at Charing Cross, which all have plenty of study space. They tend to feel a bit less doom-laden around the exam period, too. Many students also study in a coffee shop for a relaxed atmosphere and a steady drip-feed of caffeine.

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.



Designating a distraction-free area for studying is a must.

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 for short answer questions. Equally, 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.

Before your exam

Find out where your exam hall is. There's nothing worse than running round five minutes before your exam starts because you have no idea where Turnbull Hall is. See *Campus Map* [p171].

On the day

Arrive in plenty of time but make sure you've had an early night. Cramming all the previous night is a great way to guarantee a poor performance. Arriving early will give you one last chance to read over your notes

and give you a minute to calm yourself down. 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 two questions.

Missing an exam

If you can produce a medical certificate or proof of personal problems, then your department should be able to help you if you miss an exam. 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 lead to you needing to re-sit an exam can greatly affect 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 flop, 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 able to let you in under any circumstances.

Kinds of books

Main collection

There are hundreds of thousands of books in the main collection, 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. Five 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 level 2 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 borrowed after 4pm weekdays, or 1pm weekends. Beware that in some cases there may only be one copy of an item. 4 hour and 24 hour loan items are issued on a first come, first served basis. You'll know how long you're allowed to keep them for by a big sticker on the front – pink for 4 hour, yellow for 24 hour.

As an undergraduate you can borrow up to 10 one week loan books; postgrads are allowed 20. Five renewals are permitted. Only two 4hr or 24hr loans may be borrowed, and you can't renew them.

Reference material

The Library stocks various collections of reference material which can't be borrowed. On Level 3 you will find past exam papers, encyclopedias, newspaper back issues and current periodicals. The Level 12 Special Collections Department hosts PhDs, theses and ancient, valuable manuscripts. Recorded music, videos and DVDs can be found on level 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's rumoured to be 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



Unless you're a fan of late 60s brutalist architecture, the Library isn't a particularly welcoming-looking building. Most students develop an attachment to it by their fourth year, though, albeit quite often due to Stockholm syndrome.

category and its call number (e.g. 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 by email through your student account 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 e-mailed 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 Information Point on level 2 or 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 Printing & photocopying

Books can be borrowed at the Lending Desk or the Self Service machines on the ground floor. 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 14 digit barcode number on your registration card, then simply choose the items you wish to renew; or
- Take the book to the self-service machines; or
- Contact the library by phone 0141 330 6701 or e-mail lending@lib.gla.ac.uk.

If someone else has requested an item online, or if it's a short loan item, you won't be able to renew it.

Returns

The quickest way to return books is to use the book drop chutes. There are three – one outside the building, one just inside the entrance and one at the far end of the Lending Desk. Items from the short loan collection should be returned using the self-return machines. If you want to take new books out immediately you should always return your books at the Lending Desk. This way your borrowing record will be updated straight away.

Fines

If you keep a book past its due date and have not renewed your loan, then you will have to pay a fine. The rates vary from 5p per day for low-priority books to 50p per hour for books from the Short Loan Collection.

If you owe the Library £2 or more 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 it quickly adds up if you forget about a couple of books for a week or two. Lost books cost a standard charge of £25, even if they are only a small paperback.

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 in the West End, the SRC provides a great service. Copy cards are available from reception during office hours and require a £2 deposit.

	A4 B/W	A4 colour
Cash	5p per copy	50p per copy
£5 card	4p per copy	4p per copy
£10 card	3.5p per copy	35p per copy
£20 card	3p per copy	30p per copy

A3 copies are twice the price of A4. For more info see SRC [p32].

Library and University clusters

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

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

QMU photocopying (ground floor)

Copy cards are available from reception and the shop.

	A4 B/W
£0.75 card	5p per copy
£1.35 card	4.5p per copy
£2.55 card	4.25p per copy



One of the many quiet corners of the library, complete with comfy seats and a great view.

Food

While food and drink is banned in most of the library, you will probably get away with water and a few sweets. There is a refreshment area on level 2 for vending machines with sweets, drinks and (disgusting) coffee.

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 on Great Western Road, on Byres Road, or at the Unions. 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, and there's always the possibility that your stuff will be stolen while you're away.



“

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 during my first years at Uni.

”

Joe Evans
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's about 24,000 students at Glasgow, competition can be pretty fierce, especially towards the end of term when everyone has essays due.

All computers have the standard CSCE (Common 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.

Even with the ability to book computers for use in the Library, you'll often find during busy periods that it is literally impossible to find a spare one. Bear in mind that 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. While staff generally turn a blind eye to playing games in the main library, it's frowned on here, so don't do it.

IT Education Unit

The ITEU runs a series of free courses throughout the year to help students improve their IT skills. Still, if you're having trouble making a presentation or a spreadsheet, these are the guys to turn to. Full details can be found on their website at www.iteu.gla.ac.uk.

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, as well as talk with students and lecturers on your course on the forums.

Buying

It's becoming more and more vital 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. Many students choose to get a laptop rather than a desktop nowadays: they're much cheaper than they used to be and you can take your work with you wherever you go.

Buying a computer is fairly cheap if you are careful about where you buy from and plenty of computer companies are more than eager to take your student loan away from you, offering a range of discounts. The University of Glasgow has joined forces with Dell to offer students campus-ready laptops and desktops at 25% off normal 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.

Apple offer student discounts on their systems of around 15% depending on the computer. You can get the discount at the Apple store on Buchanan Street or



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

online at <http://apple.procureweb.ac.uk/> (only accessible from computers on campus). Priceless Computing at 974 Argyle Street is one of the best places 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. It's worth shopping round, though: Laptops Direct on Dumbarton Road also comes recommended.

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'll sort you out. Both the Unions and many of the pubs and cafes in the West End also provide free or cheap wireless, so it's always worth asking.

Wireless access

The University of Glasgow has worked hard recently to make as much of campus as possible hooked up to wireless internet access. Most of the main buildings and many of the departments are all wireless enabled, providing fast, free internet access pretty much wherever you are on campus.

It's a bit of a hassle to get it started: you have to download a program called VPN from their website (www.gla.ac.uk/services/it/forstudents/networkaccess/downloadclient/) and get it set up correctly before you're allowed to access non-university websites. Full instructions are provided at <http://www.gla.ac.uk/services/it/forstudents/networkaccess/howto/>.

For a full list of wireless locations on campus, go to <http://www.gla.ac.uk/services/it/forstudents/networkaccess/wirelesshotspots/>.

Appeals and discipline

It's unlikely, but there's a chance that at some point during your degree you might find that you need to appeal an essay or exam mark, or find yourself in a disciplinary hearing. While going up in front of the University can seem daunting, there are people who can help you: most notably, 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, if necessary.

The Advice Centre can be found on the ground floor of the John McIntyre Building on University Avenue. Opening hours are: Mon 10.30am-4pm, Tues-Thu 10am-4pm, Fri 10am-3.30pm (3pm holidays). See SRC [p32], or check www.glasgowstudent.net/advice, to find more information on the services they can provide.

Academic appeals

If you believe that illness or other mitigating circumstances affected your academic performance in any piece of assessment or examination, don't 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 be unable to help. Most problems can be dealt with before your academic performance suffers, but only if they are dealt with early on.

The University Calendar states that if you feel you have been prevented by good cause from completing an assessment or if your performance has been seriously harmed 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 of 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 don't tell anyone of your problems before your assessment is completed you can still appeal, but you must explain why you didn't speak to your Department earlier. In the first instance of a problem, you should aim for an informal solution with your Department. Contact the Course Co-ordinator, Head of Department, or Departmental Secretary and explain your circumstances. If an informal resolution isn't achieved, then you may pursue a formal Academic Appeal.

If you choose to appeal, there are two letters you must write. The first is an 'intimation of intention to appeal' which must be sent to your Faculty Secretary within 10 working days of the decision you are appealing against. This is a simple short letter; examples are available at www.glasgowstudent.net/advice/academic/appeals.

You then have a further 20 working days to get your full appeal letter together, including supporting evidence. The full appeal letter should be much more detailed; you can get help with this from the SRC Advice Centre staff and from their website. Your faculty may consider your appeal without holding an appeal hearing, but if a hearing is necessary, the Advice Centre staff may also be able to accompany you and provide representation. All the rules and regulations about assessment can be found in the University Calendar, which can be found at <http://senate.gla.ac.uk/calendar>.



While using the books and other resources available in the library is a great way to improve your marks, make sure that you are not plagiarising.

Discipline

There are a variety of acts which are deemed to be a disciplinary offence, including cheating in exams, damaging University property and plagiarism. The full list can be found at <http://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, you should seek immediate assistance from the SRC Advice Centre. In most cases the Advice Centre staff should be available to accompany you to the hearing and help you present your case to the disciplinary panel.

Plagiarism

The University is very strict about plagiarism, and even if you don't mean to it's very possible to accidentally plagiarise someone's work, so it's worth making sure you understand exactly what is deemed to constitute 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, or direct copying or transcription.

With regard to essays, reports and dissertations, the rule is: if information or ideas are obtained from any source, that source must be acknowledged according to the appropriate convention in that discipline; and any direct quotation must be placed in quotation marks and the source cited immediately. If you're unsure of what counts as plagiarism, get more information from your department or from the Student Learning Service at www.glasgow.ac.uk/services/sls.

What if I am accused of plagiarism?

If you are accused of plagiarism in any piece of work, your case will be investigated by either your department or, in cases of severe plagiarism, the Senate Assessors for Discipline. They will almost certainly ask you to a meeting, where you will have to explain your side of the story. You may wish to consider writing a personal statement that will help those conducting the meeting to understand the facts and decide whether you deliberately cheated or made an honest mistake.

For more help with issues concerning plagiarism, either contact the SRC Advice Centre (see *SRC* [p32] or www.glasgowstudent.net/advice), or the Student Learning Service. (see *Student Support* [p24]).

SUPPORT SERVICES

WHATEVER YOUR NEEDS, THE UNIVERSITY
AND SRC ALMOST CERTAINLY HAVE SOMEONE
TO HELP YOU WITH YOUR STUDY.

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

The SRC runs an advice centre staffed by professional, experienced advisers and offers free and confidential advice and information on a wide range of subjects. If you think you might need support in any area of University, you can drop in at any time during when they're open, with or without an appointment. **Opening hours** are: Mon 10.30am-4pm, Tues-Thu 10am-4pm, Fri 10am-3.30pm (3pm holidays). For **more information** see *SRC* [p32] or get in touch at 0141 339 8541, **advice@src.gla.ac.uk** or **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 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.

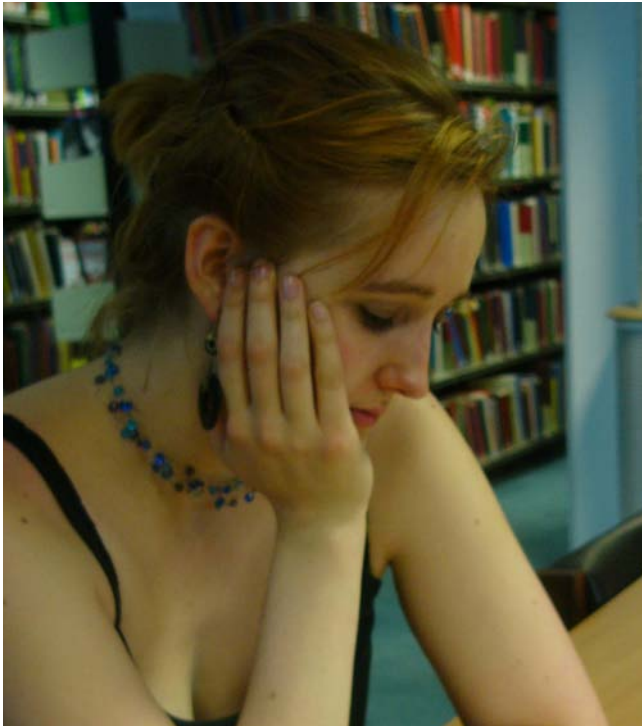
The Disability Service is based on the ground floor of the John McIntyre Building and is open 9:30-4:30 Monday to Friday. Their website can be found at **www.gla.ac.uk/services/studentdisability**.

Disabled Students' Allowance

The Disabled Students' Allowance (DSA) exists for students in higher education with a disability, to help meet additional costs 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 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



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

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 University can help with the cost of the assessment but students are expected to 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 outdated or inadequate assessment and who require an updated assessment to confirm their needs throughout their course in higher education.



“

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

”

Joanne Evans
Languages

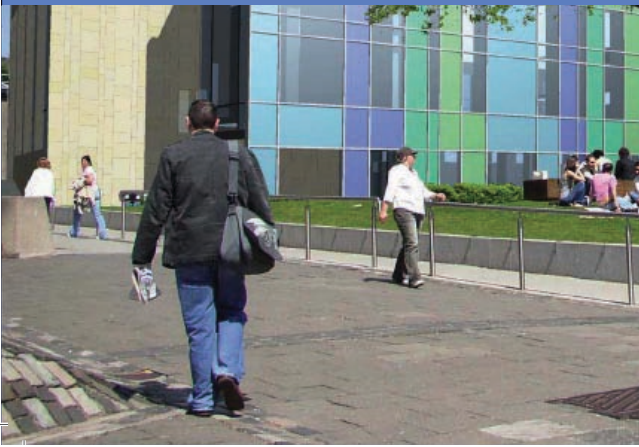


University of Glasgow | The HUB

From January 2009 the Registry, Careers Service, Recruitment, Participation & Admissions Service, and International & Postgraduate Service will be integrated into a new central student services building, the HUB.

Located opposite the library, this new 'one stop shop' will deliver student services from a central single location. There will be more catering facilities, a book shop and even a GP surgery.

For more information - www.glasgow.ac.uk/hub





If you're finding study a lonely and desperate pursuit, there are people who can help you to get the best results possible.

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 best.

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, contact the Disability Service.

If you want 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 Assistive Technology Room is open during University Library hours. Further information is available by phoning the Disability Service on 0141 330 5497.

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 and taught postgraduate 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 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're paired up with a mentor who has already completed the course you are about to start, so you can ask 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. Find out more at 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.

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 orientation programme at the beginning of the academic year as well as information sessions and workshops throughout the year, along with activities for students who are accompanied by their families. They will let you know about upcoming events through their regular International Messages e-mail. The International Student Advisers currently work in the International and Postgraduate Service at No. 1 The Square, but will be moving to the HUB when it is finished in January 2009.

See *Clubs and Societies* [P54] to find clubs that may be able to help you improve your language skills in an informal setting. The University offers more information for international students at www.gla.ac.uk/studying/international.

Nursery

The University has a nursery for staff and students that can help balance looking after a child with university life. Running Monday to Friday from 8am to 6pm for almost the entire year, there is provision for children below school age at the nursery on Hillhead Street.

Competition for places is stiff so it's a good idea to put your child 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 shorter for 2-5 year olds, though you should be prepared for the possibility of a reasonable wait.

The Nursery costs about £22.46 per day, but it is possible to apply for subsidies through the University Court which can help with the costs. More information can be found at www.gla.ac.uk/nursery.

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STUDENTS' REPRESENTATIVE COUNCIL
THE ADVICE CENTRE



the advice centre

free confidential advice
info & representation



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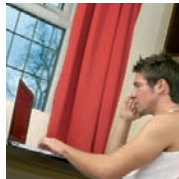
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GETTING
INVOLVED

Getting **INVOLVED**

There's a whole wealth of opportunities at the University of Glasgow aside from your degree. Here's how to get more from your time at uni.

STUDENT BODIES

P30

The SRC, the GUU, the QMU, the Research Club and GUSA

STUDENT MEDIA

P46

From magazines to radio stations, the best student-run media in Scotland

CLUBS, SOCIETIES AND VOLUNTEERING

P54

Enthusiast clubs and volunteering schemes to suit every taste

STUDENT BODIES

FROM REPRESENTING YOUR INTERESTS TO ORGANISING SNOWBOARDING TRIPS, YOUR STUDENT BODIES ARE THERE FOR YOU.

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 fulfil your sporting needs, the SRC protects and advocates the rights of all Glasgow University students. This applies to everything else that could bother you while you're studying, so they can help with everything from health, finance and personal safety to ensuring fair deadlines for work and getting enough feedback on essays.

The SRC's council, a group of elected students, acts as the main representative body, raising awareness of issues and promoting your needs to the University. Four students take a year away from their studies to work full-time for the SRC, and become the President and Vice-Presidents who lead the Council's work. These people co-ordinate campaigns, events and consultation to make sure that students are properly represented. The SRC also tries to ensure that you get the most out of your time at University by providing services, hosting student media, and providing funding and support for many clubs and societies.

Council

As the name suggests, the Students' Representative Council 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 the SRC Council itself. Each and every student's views are valuable in shaping the way the University works and the student experience as a whole.

Some of the SRC's recent achievements include committing to Climate Change initiatives, supporting fair tuition fees for asylum seekers, and successfully campaigning to abolish the graduate endowment.

Getting involved

Council is made up of around 30 elected members, who can be divided into welfare and equal opportunities officers and academic convenors. If you are interested in welfare issues, charity fundraising, or eradicating discrimination then you might consider standing for a welfare and equal opportunities position.

Welfare Officers include a Mature Students' Officer, Women's Interests Officer, International Students' Officer, Students with Disabilities Officer, Minority Ethnic Officer, LGBT Students' Officer, Charities Officer, Clubs and Societies Officer and a Part-Time Students' Officer.

The officers must identify with the needs of those they will represent, and seek to ensure that these students



Glasgow students campaigning for an end to the lecturer's strike.

are being treated fairly during their time at University. Any student can stand for these positions in the SRC elections, and if they win will take office for one year.

If you have more of an interest in the academic side of University, such as fairness in marking and teaching, ensuring students get a say in how their course is structured, and the quality of their degree, you could become a Faculty Convenor. There's one for each of the seven faculties (Arts, LBSS, Education, Science, Veterinary Medicine, Medicine and Engineering) and a Postgraduate Convenor. Obviously, you have to be in the faculty in order to become the SRC convenor.

You can also stand as a general representative, which is good if you want to get involved in the general workings of Council. There are specific positions for first years and postgraduates to ensure everyone's fairly represented.

Student representatives

The SRC represents students on many different levels throughout the University, and if you are considering getting involved, your first step could be to become a student representative for your course.

Student Representatives allow students to air their views to the academics that run their department on issues such as 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 further action on behalf of the students.

Every class should have a student representative whose job is to try to 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 deal with problems about timetabling of lectures or essay deadline clashes and will also be involved in trying to improve the quality of teaching and learning.

Student Reps are supported by the SRC. They receive training and can turn to the SRC for advice and support on more serious 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 ideas on how to improve it then your student rep should be your first port of call. Any student can nominate themselves for the Student Rep election, which takes place in class during the first few weeks of each semester. For more information visit www.glasgowstudent.net/about/studentreps.

Services

While the SRC is a representative organisation, it also provides a whole heap 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, email enquiries@src.gla.ac.uk or visit the John McIntyre Building next to the Main Gate.

Advice Centre

The Advice Centre is an advice, information and representation service provided by the SRC for all students and prospective students of Glasgow University. It's **totally independent from the University**, ensuring that the SRC provides a confidential and objective service.

The Advice Centre is staffed by professional, experienced advisers and offers free and confidential advice and information on a wide range of subjects, such as academic problems, bank charges, benefits and tax credits, council tax, debt, employment rights, health issues, housing issues, income tax/National Insurance

and 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 and plagiarism hearings.

The Advice Centre is located on the ground floor of the John McIntyre Building and is open from Mon. 10.30am – 4pm, Tues. – Thu 10am – 4pm, Fri. 10am – 3.30pm (Opening hours during the holidays may vary).

You can call in to the Advice Centre any time during opening hours. You don't have to make an appointment, but you can if you think it's going to take a while. All discussions with the advice workers are in complete confidence. To get in contact, call **0141 339 8541**, email advice@src.gla.ac.uk or visit www.glasgowstudent.net/advice.

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 who can. You will also find a variety of leaflets and claim forms available in the Advice Centre waiting area.

Student Information Point (SIP)

The SRC runs a Student Information Point at the reception on the first floor of the John McIntyre Building. SIPs are designed as central points of information for all student needs throughout the year. You'll find a couple more of them set up around campus, signposted by a large banner, so keep an eye out.

Photocopying, printing, faxing and binding: cheapest 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 has developed a pricing structure designed to specifically benefit students' usage patterns with costs as low as 3p per A4 print. They have two brand new colour photocopiers with a PC attached so that you can print straight from your University computing account or your portable media device. Copy cards are available from reception during office hours and require a £2 deposit.



The SRC gave cans of baked beans to members of the Scottish Parliament last year to encourage them to scrap the student endowment.

	A4 B/W	A4 colour
Cash	5p per copy	50p per copy
£5 card	4p per copy	4p per copy
£10 card	3.5p per copy	35p per copy
£20 card	3p per copy	30p per copy

A3 copies are twice the price of A4.

Volunteering opportunities

Through Student Community Action the SRC provides a whole host of volunteering opportunities. Whether you're interested in working with homeless people, the elderly, children and young people at home or abroad there are opportunities for you. For more info see *Volunteering* [P62].

Clubs and societies

The SRC provides small grants, free minibus rental and room hire to Glasgow University student Clubs and Societies. You can find out about the current clubs and societies through their website at www.glasgowstudent.net/clubs or, if you are interested in establishing your own club/society, contact the SRC reception for details.



“

The SRC is here for you - whether you use our services like the Advice Centre, JobShop or second-hand bookshop; join a club or society, get involved in student volunteering or get elected onto Council to represent students throughout the University. We represent you so get in touch and let us know what you think!

”

Gavin Lee
SRC President

Getting involved – Student bodies

GUSRC

**John McIntyre
Building
University Avenue
GLASGOW
G12 8QQ**

Tel: 0141 339 8541
Fax: 0141 337 3557
Email:
enquiries@src.gla.ac.uk

Facilities

Bookshop: Mon & Wed-
Fri 9.00am-5.30pm, Tue
9.30am-5.30pm, Sat
9.00am-1.00pm

Second-hand bookshop:
Sem 1: Mon-Thu 10am-
4pm, Fri 10am-3pm.
Sem 2: Mon-Fri 10am-
3pm

Café: Mon-Fri 8.30am-
4pm, Sat 10am-3.30pm

Advice Centre: Mon
10.30am-4pm, Tue-Thu
10am-4pm, Fri 10am-
3.30pm term-time, Mon-
Fri 11am-3pm summer
holiday

Printing and
photocopying facilities
JobShop
Advice Centre

JobShop

JobShop provides information with access on a wide range of full time, part time, casual and seasonal work in and around Glasgow and beyond. As well as advertising for external employers it often advertises vacancies at 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 on the website at www.glasgowstudent.net/services/jobshop or visit the SRC Offices to look through the paper-based information system. See *Jobs* [P94] for more information.

Second-Hand bookshop

The SRC bookshop provides a cheap source of course texts for students and an outlet for you to get a bit of cash by selling 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. Once you get your reading list you can search the database on www.glasgowstudent.net to see if they've got what you need, reserve books online and receive emails updating you on the status of your reservation.

The second hand bookshop is on the first floor of the John McIntyre Building.

Opening times:

Semester one: Mon-Thu 10am-4pm, Fri 10am-3pm

Semester two: Mon-Fri 10am-3pm

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 see *Getting around* [P82] or go to www.glasgowstudent.net.

Flatshare

The SRC's website provides a 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. See *Flat hunting* [P70].

Nightline

Nightline is the SRC's confidential listening and information service run by students. 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 needed. Nightline can be reached on **0141 353 1050**. See *Mental Health* [P110] for more information.



The SRC Exec: here to serve you, when they're not posing on stairs.

SRC events

The SRC will be organising events throughout the year to raise awareness on a number of student issues. These will cover important topics that effect your life such as finance, safety, mental health and well being, exam stress and housing. Below are some of the highlights you can expect this year.

SHAG Week (24-28 Nov)

SHAG (Sexual Health at Glasgow) day is on Friday 30th November, just before World AIDS day. SHAG day is focused on raising awareness of sexual health issues as well as raising money for HIV and AIDS charities. Last year's highlight was perhaps the only chance you'll ever get photographed hugging a giant condom. This year's events are sure to be even better, or maybe just more ludicrous.

Media Week (4-8 Feb)

Whether you are involved with student media or not, Media Week is a brilliant opportunity to find out more about what goes into making magazines, newspapers,

TV shows, and more. The SRC puts together a series of talks, meetings and workshops, open to all students, hosted by professionals from leading media groups such as the BBC and the Herald. Media Week 2009 will take place 4-8 February – watch out for the full programme coming out in January.

RAG Week (25-28 Feb)

At the end of February, the SRC hosts its annual RAG (Raise and Give) Week. A week of raising awareness and giving to charity, the entire West End will be brought together for a range of events ranging from the sublime to the ridiculous. You can expect the traditional carnival as well as fairs, quizzes and club nights with a unique spin. Watch out for more information nearer the time.

If you want to get involved in the organisation of any of these campaigns or events, then you should think about getting involved in the campaign committee. If you just want some more information, check www.glasgowstudent.net as the events draw closer throughout the year.

**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 12.30am 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?

Founded in 1889, the GUU is one of the most well known and esteemed unions in the world. It is run by students for students, so we know what you want and do all that we can to ensure you get it. The GUU is dedicated to giving you the best in student life while maintaining a sense of tradition and history. As well as bars, clubs, shops, and cafes, we run events like quizzes, debates, open mic nights, and film nights plus entertainment such as legendary Hive nights (more later), band showcases, and huge gigs like Idlewild, Bright Eyes, the Arcade Fire and Ms Dynamite. The GUU holds enough activities to ensure that you are never bored at the University of Glasgow.

What should I expect on a night out?

With 9 bars, ranging from the traditional ale-soaked Beer Bar, to the recently renovated Deep 6 which provides a chilled out place to grab a few drinks and listen to great bands and DJs five nights a week, the GUU will agree with you whatever your tastes. At the GUU, you'll find something that tickles your fancy with all manner of entertainment from the famous Monday night quiz with £200 of bar vouchers, open mic where you can impress with your own musical ability, Pound a drink, all drinks, all day, all bars, on Wednesdays, alongside a new comedy night, Grace's legendary karaoke on a Thursday night, live sports, band showcases, games and debates. And then there's the Hive. Our 1250 capacity nightclub is home to the best student nights out in Glasgow. Playing the best music three nights a week, it's an experience not to be missed.

What other activities are on offer?

At the GUU we have a whole host of things to do if you don't fancy having a beer. If debating is your thing then the GUU is the only place to be. This is the greatest debating union the world has ever seen, having won the World Debates Championship a record five times and kick starting the political careers of people such as Donald Dewar, Charles Kennedy, John Smith and Menzies Campbell. There are debates every week, and in addition throughout the year there is a series of five 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 keen spectators. They are great fun for all involved whether you are speaking or simply watching.

The GUU has a Costa Coffee where you can kick back and relax in one of our chesterfield sofas next to a roaring fire and watch the world go by.



The debates chamber, packed to the rafters for one of the

Our Month of Games in February is a fun filled month of Glasgow treasure hunts, drinking and eating competitions, darts, pool and snooker, and is an essential part of the calendar. The billiard hall on the top floor of the GUU is the largest student snooker hall in the UK and is a fantastic resource whether you're either a budding pro or just fancy a couple of frames after lectures.

We have two fully equipped libraries, and GUU members have access round the clock. The night porter will let you in and out if you are studying through the night. The libraries are also stocked with full sets of past papers from 1995-2006 for every faculty and there is free wifi access – just ask the porter for a user name and password.

How do I get involved?

The GUU is run by a student Board of Management, who are elected each March, made up of 17 current and 7 former students to provide knowledge and experience. As a first step, there are several committees that union members can join to have a part in what the GUU does, whether it be entertainments, games, writing for the union paper or helping with debates. 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 is a way of life. Come down here for the atmosphere, for the community, for the best times of your student life. Be part of something brilliant, join the GUU.

”

Chris Birrell
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-6pm
Coffee bar: 8am-5pm
Lacuna: 6pm-12pm
Shop: 8am-6.30pm
Study and laundry rooms
open to members.

Games Room: 10am- 2am

Pool Competition: Wed
6pm)

Jim's Bar: 11am-2am

Big Wednesday Night
Pub Quiz: Wed 8pm
Friday Face Off: Fri 4pm
Unplugged: Thu 8pm

Qudos

Film Night: Mon 7pm
Revolution-rock/
alternative: Tue 10pm
Cheesy Pop: Fri 10pm

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

Queen Margaret Union

What is the Queen Margaret Union?

The QM is a Students' Union with a variety of services including bars, club nights, coffee bars, an off-licence and the Food Factory – home of the best value food on campus. It's also got a formidable reputation as a live venue – hundreds of bands have played in the venue over the years, including Red Hot Chilli Peppers and Nirvana back in the day, as well as Foals, Primal Scream, the Kooks and DJs such as Mr Scruff and DJ Format in recent years.

As well as our impressive entertainments programme, the QM is well known as the more progressive of the unions, leading the way in a campaign for disabled access, pushing for Fair Trade products across campus and even being the first of the two unions to allow both sexes to join (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 – our weekly club nights guarantee 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 Cheesy Pop, with a night of the best pop and dance music brought to you by the legendary DJ Toast. There are often special events put on throughout the year, including DJ sets from the likes of Radio 1 DJ Colin Murray. Look out for new events in the coming year.

If club nights aren't your style then the QM offers a range of lighter entertainment. With a Film Night on a Monday, Pro-Revolution Soccer on Tuesdays, a Pool Competition and the Pub Quiz on a Wednesday, Open Mic night on Thursday and the Friday Face-Off, there are plenty of chances for all our members to get in on the fun. With four bars over two floors and a 2am licence 7 days of the week (3am on a Friday and Saturday) the QM will ensure you have a great night out.

What else can the QM do for me?

The lifestyle of the average student is changing. Not every student wants to go



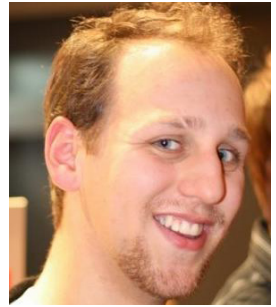
Students can often be seen taking in the QMU's wonderful architecture.

out for a night of clubbing and drinking and the QM is geared towards this. There are plenty of affiliated clubs and societies that are always putting on varied events no matter what your interests are.

The shop not only provides you with an off-licence that is open later than anywhere else nearby, but also with newspapers and other sundries at incredible student prices. This year the coffee bar will be open till midnight, providing a wide range of drinks and snacks into the evening and giving you a place to chill out as well as dance the night away. We even offer recently refurbished 24-hour study rooms and all-day laundry services for our 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. This is by far 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. Opportunities include weekly club and society meetings; an array of journalistic prospects with our fortnightly publication, *qmunite* [see page 45]; running the quizzes and entertainments; participating in debates and combating student apathy with welfare issues – the chances to get involved are endless. Check it out and make your own mind up. You'll always be welcome in the QM.



“

Everything the QM provides, from booze to banter, creates a real community. You're guaranteed to see someone you know and because it's run by members it keeps getting better year after year.

”

Ally Hunter
QMU President

**Hetherington
Research Club**
13 University Gardens
0141 339 3765
[http://researchclub.
gla.ac.uk/](http://researchclub.gla.ac.uk/)

Facilities
Pool Table
Study Room
Free wireless internet
access
Café Bar

Ground Floor
9am – midnight: Mon
– Wed, 9am – 1am:
Thursday,
9am – 2am: Fri,
8pm – 2am: Sat,
8pm – Midnight: Sunday

Food Service
Breakfast: 9am – 12
noon, Monday – Friday
Lunch: 12 noon – 3pm,
Monday – Friday
Evening Meals & Snacks:
5pm – 9pm, Monday
– Friday

Snack Bar (serving soup
& sandwiches for sit-in or
take away)
12 noon – 2.30pm
Events bar
5pm – 2am Fridays
8pm – 2am Saturdays

Visit the website, join
the mailing list (details
on the website) or look
out for posters in the
club for details of events

Hetherington Research Club

What is the Research Club?

The Research Club is a cosy social club for mature and postgraduate students, and short-term study international students. Providing a large range of bar and catering services in a comfortable and relaxed environment throughout daytime and evening, including wireless internet access, the club's atmosphere is friendly and cosmopolitan. The building was the residence of former University Principal, Sir Hector Hetherington, and retains most of the original features, giving the club a homely feel. Membership is £10 per year (increasing to £12 in October). Members get their own key to the front door, and membership entitles you to free or reduced entry to most DJ and club nights, as well as many other events.

What is a typical day like?

Come in from 9am, for tea or coffee and a croissant – or choose something more filling from the breakfast menu. Take one of the many papers from the rack (including international and foreign language papers). Have your tea or coffee topped up for free as many times as you like, while chatting to other morning customers, before going to class.

When you return at lunch time the specials board offers a tasty soup, vegetarian dish and meat or fish dish, freshly made every day, in addition to the extensive regular menu, which is also cooked to order.

Afternoons are for finding a quiet place to plug in your laptop and study or surf the net, perhaps with a large slice of chocolate cake from the bar, or meet friends for a glass of wine or a beer, a game of pool or to play one of the many board games held in the main bar.

By 5pm the club gets busy again with members coming in for dinner or a snack and a drink to unwind. Thursday's curry night is especially popular, with a different vegetarian & meat or fish curry every week for £4, or £5 with a bottle of the featured beer. The evening passes by in a lively and convivial atmosphere. The main bar is full of animated discussion, and the first floor bar has live music or DJs most weekends.

What other activities are available?

The club runs a quiz every Monday evening, and a variety of other events on



The Research Club: quiet, peaceful, serene. Until they put on a massive club night.

different evenings throughout the year. In October look out for the vintage second hand clothes sale, talks and tastings from local delis and wine suppliers and lively DJ and clubbing nights throughout the year. Members of the club come from all over the world, so to celebrate this diversity, the club hold events on many international days such as Bastille Day, German Reunification Day, and Mexican Independence Day with themed food, drinks and music.

The club has a pool table and study room on the top floor, with a pool competition run in October, as well as a league throughout the year. The club runs a suggestion slip system which enables members to propose ideas for events, comment on any aspect of services and facilities, or request items which the club does not stock.

How do you get involved?

Joining the club's committee of management is an excellent way of being involved in running the club and meeting other club members. The committee meets regularly to discuss events and services, and committee members help out at club events. If you would like to become more involved in running the club, please leave your details with a member of staff.



“

The Research Club is a truly unique place on campus: relaxed days and lively nights characterise this friendly and exclusive club.

”

Cleodhna
Nightshade
Research Club
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
 Potholing
 Rifle & Sporting Gun
 Rugby
 Sailing
 Shinty
 Shorinji-Kempo
 Ski & Snowboarding
 Skydiving
 Snooker
 Squash
 Sub-Aqua
 Surfing
 Swimming & Waterpolo
 Tennis
 Trampolineing
 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 and representative student organisation. The fundamental aim of the 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 wellbeing. There are opportunities to get involved with clubs and represent the University. The partnership provides students with welcoming facilities where you can relax and socialise, offering options to get great advice on exercise and physical activity, particularly if you are unsure or think that exercise isn't for you. Above all it ensures a great way to take time out, reduce stress and feel fantastic. Sport and recreation also provides chances to get involved in club management or the student sports council – a great way to get involved, gain experience, and make a difference.

Getting involved in sport while at University is one of the most worthwhile things that you can do during your studies. There are so many opportunities available to you through Sport and Recreation that you will not have again so we strongly recommend you consider getting involved. Students who participate in Sport and Recreation are less likely to drop out of University – but don't take our word for it, come and try it out for yourself!

Facilities

Facilities are available 7 days a week from early morning to late at night.

Stevenson Building

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

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 if conditions allow, in Kelvingrove Park.

We have teamed up with other major sport facility providers throughout the Glasgow area and are continually trying to add to this list to offer as wide a range of activities for our members as possible.

In addition specialist services are available onsite at specially negotiated discount rates and include a Chiropractic Clinic, Hampden Satellite Sports Injury Clinic, Sports Massage Clinic, Thai Yoga Massage Clinic and Woodland Herbs alternative therapies.



“

If you do one thing at University, make it sport! If you play at an international standard or just go for a swim and sauna once a week it will make your time at Glasgow 1000 times better.

GUSA is the student body that represents all your sporting needs and will help you achieve whatever you want from sport at Glasgow.

”

Euan Miller
GUSA President

Health and fitness

The health and fitness programme offered is huge: it's designed to cater for all levels, with a range of services to get you started. There is a comprehensive group exercise programme including 57 weekly exercise classes, for which there is no need to book.

Club sport

There are currently 46 sports clubs at Glasgow, with over 2000 members between them. Many of the clubs compete in local and national leagues and competitions, and those clubs who engage in non-competitive sporting also provide trips both in and outside the UK.

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, like ultimate frisbee or *shorinji-kempo*. You may never have brandished a sword or climbed up a cliff before but sport at Glasgow provides these opportunities for you.

Whether experienced or a complete beginner, we encourage you to make the most of the opportunities available. It's all about participation and open to everyone, so get involved – you won't regret it.

Recreational sport

If you aren't sold on the idea of club sport there are also great opportunities to participate in recreational sport. Whether you want to try a new activity, participate in an organised session or simply hire a facility, there's something for everyone.

There are a wide range of instructional courses each term, including yoga, dance, pilates, badminton, climbing, skiing, snowboarding and swimming. It's a

good way to get a taster of a new sport which you might not have had the opportunity to try before, or get back to grips with an old one.

There are drop-in sessions during each term, free to all members. 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 for a wide range of sports.

Elite sport

A number of services are available for talented athletes, from specialist 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.

How much does it cost?

With a membership of just £30 this really is your chance to access an outstanding sport and recreation programme for pennies. If you don't think you're going to use the gym that much then you can go for single visits for £3.50 a time, which affords you full access.

Sport and Recreation looks forward to welcoming you into our facilities as you enjoy quality sport and exercise and make it part of your lifestyle while at University.

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 University sport in general, then please visit the www.gla.ac.uk/gusa or www.gla.ac.uk/services/sport.



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booked at same time**

STUDENT MEDIA

WANT TO RUN A RADIO SHOW? WRITE A
MAGAZINE COLUMN? EDIT A NEWSPAPER?
GLASGOW'S THE RIGHT PLACE.



“ Student media provides the opportunity to make your mark at University, start an exciting career, meet great people, or simply be entertained throughout the year. Make the most of it.

”

Zoe Grams
SRC Vice President
(Media and
Communications)

Ever look at someone you admire and jealously wonder how they got their job? Whether they're a film director, a 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 at a student level to some extent during their studies.

As anyone who's involved will tell you, student media at Glasgow is an excellent way to gain the experience and hone the skills you need to get noticed by potential employers. The hands-on experience you can gain is more valuable than anything you can read in a book.

It's not all about getting a foot on the ladder though. Many of the people involved in student media are not dreaming a career in journalism, TV, or radio. They're simply 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. The various organisations are some of the most active and friendly on campus, so if you want to make a few friends it's worth looking into.

Whatever you want to do in life, whether it involves the media or not, you'll find achieving it is a lot easier if you take on board some employable skills, and you can gain these while still having great fun. Believe it or not, presenting a hip-hop show on Subcity Radio or writing a column in GUM will give you the ideas, the personal skills and the creative experience which employers crave.

Reading, watching, listening

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 were nominated for national awards in the last year. All of the SRC's media are editorially independent, which makes them free to talk about whatever they want, and to criticise the SRC and the University, should the need for it arise. In addition, the past few years have seen the emergence of *qmunicate* and *GUUi*, the Unions' in-house publications, as further important



Dougall 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. Dougall now manages www.radiomagnetic.com. Tom has started a new media trade body to tackle the thorny issue of online music copyright.

voices on campus. Each media group takes pride in having its very own, recognisable identity and to fulfil different functions. Thanks to student media you'll always be on top of everything that's going on not only on campus, but in the whole of Glasgow.

The SRC's student newspaper, Guardian, was founded in 1956. With a fresh issue published every three weeks, the paper has a strong reputation for investigative journalism, and reporting on controversial issues and events. Its fellow print publication, Glasgow University Magazine (GUM), is the longest running student publication in Scotland. It provides a stylish, student-focused view on everything from fashion to politics. After a year off, it returned last year with a brand new design and lovely glossy paper. Look out for both of them around campus.

The SRC also runs world-class television and radio stations out of the John McIntyre Building. GUST is still

the only student television station in Scotland. Founded in 1964, they have regularly won Best Broadcaster at the national student TV awards over the last few years. GUST broadcasts online weekly and its programmes include a series of options for all tastes, from news to entertainment. They can all be watched on the internet at www.gust.tv. If you've got a passion for music and radio then Subcity, the University's student radio station, is the place for you. Broadcasting live at www.subcity.org throughout term, the station is always on the lookout for new presenters, DJs, and behind the scenes staff.

All of the SRC's student media are located in the John McIntyre Building on University Avenue. If you fancy getting involved then get in touch with the editors and station controllers (find their contact details on the next few pages), keep an eye on www.glasgowstudent.net or simply pop in for a chat.



“

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

GUST

Glasgow University Student Television is the only student TV station in Scotland, and one of the best in the UK. Every week GUST produces a brand new broadcast which can be viewed online, on your iPod, via podcasts, and at various locations around campus, including the unions. With a high-class studio, fully equipped editing suites, a plethora of filming equipment, 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 few years, all major student news has been covered including the Crichton Campus closure, the Scottish election, and the scrapping of the graduate endowment. GUST Sport keeps a keen eye on what the University's sport teams are up to, making sure you are up to date with all successes, failures and intrigue.

G-Spot, GUST's light entertainments show, looks at what's going on in and around Glasgow, while True Views is the station's look at the world of cinema, with reviews, previews, and interviews. Seven Suns Seven Sounds features music, club nights and gigs. They also find room for drama and comedy. These weekly programmes are filmed on a Thursday evening in the University's fully-equipped studio on Southpark Avenue.

How to get involved

Any student can become involved in the station, whatever stage of production you're interested in. 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. The only qualification for getting involved is enthusiasm. You don't need to have had any experience of working with TV equipment: the more experienced GUSTies will happily teach you anything you could want to know. You don't even have to be studying Film & TV: you're welcome whatever you study.

Production meetings take place on Mondays during term time at 1pm in the Williams Room at the John McIntyre Building. The majority of filming takes place on Thursday evenings from 5pm.

Subcity Radio

Now in its 13th year, Subcity (www.subcity.org) continues to push the boundaries of student radio in all respects. Aimed squarely at music lovers and free from commercial restraints, it provides a service unavailable anywhere else in Glasgow with nearly 90% specialist programming. The huge variety of shows offer sounds including grime, bootyhouse, dancehall, electro, indie, funk, dubstep and drum n bass, satisfying almost any musical tastes.

As a web-based station, Subcity broadcasts online all year round and shows can be found out with broadcast times on the listen-again feature. The station also relies on its website to keep people informed about all the latest news and events. The forums are the place to go to find out what's fresh on the Glasgow music scene – from underground parties to the latest art-rock releases.

Broadcasts

Subcity goes onto FM for one month of the year. During this period the station expands its services to include outside broadcasts, podcasts and one-off shows with some of Glasgow's hottest DJs. Last year's FM broadcast included Ooft, Record Playerz and Killer Kitsch taking to the airwaves.

Student Radio Takeover

This year Subcity began working with Vic Galloway on his Introducing show on Radio 1 in Scotland. Subcity filled their bi-weekly Student Radio Takeover slot with music and interviews from artists such as Findo Gask and MCs Butterscotch and Loki. Check out the website for previous Student Radio Takeovers and expect more this year.

Events

Subcity's reputation for putting on club nights has drawn in the crowds for 13 years. Legendary Subcity events have taken place in some of Glasgow's finest

venues including The Arches, The Glasgow School of Art, The Renfrew Ferry and The Sub Club. Events attract major attention from press, launching the careers of some of the city's biggest DJs including Optimo, Freakmenooovers, Mish Mash and Boom Monk Ben.

Subcity at the Research Club

This year Subcity took over the Hetherington Research Club for monthly events between November and May. Subcity DJs old and new steamed up the windows playing electro, digital disco and booty house.

West End Festival

Glasgow's annual celebration of all things hip and trendy in the city's most affluent neighbourhood. Like previous years only bigger and better, Subcity provided respite from the parade for those that wanted to chill on the grass of Lilybank gardens surrounded by a thumping sound system and Glasgow's finest selection of huge helium balloons. The soundtrack to the scorching day was provided by a mixture of Subcity DJs; belting out soul, reggae, latin, disco and house.

Summer festivals

Subcity further enhanced its reputation by being the only student radio station present at many festivals which included Wickerman, Roskilde, Live at Loch Lomond, Rock Ness and Sziget. Check out the website for podcasts from each festival and the Festival Showcase slot throughout the year to hear what they got up to.

Get involved

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. See www.subcity.org for available positions.

Guardian

The Glasgow University Guardian is one of the most prestigious student publications in the country, offering students at Glasgow a balanced, detailed breakdown of news and issues that affect them.

Guardian is researched, written, and designed by students, giving those involved a top-to-bottom experience of working within the press. With multiple issues each year, as well as exclusive content found on our website at www.glasgowguardian.co.uk, Guardian is a great way to keep up to date with what's going on at Glasgow.

Since 2004, Guardian has met with considerable critical success: at the 2008 Herald Scottish Student Press Award, they won Student Newspaper of the Year, Student Journalist of the Year, and Best Newswriter of the Year.

Additionally, members of the team have found work in the media whilst still at University, and once they have graduated – working at Guardian is not just a way to fill spare time, it is a well-proven path to a career in the media industry. Guardian has launched many leading figures in Scottish and national media, including celebrated Scottish politician Donald Dewar, former Sunday Times editor Andrew Neil, and the novelist William Boyd.

Depending on what area you're interested in working, contributing to Guardian can land you free passes

Animal Collective American Gangster Death Disco Celtic Controversy

Glasgow University
guardian
 27th November 2007
 www.glasgowguardian.co.uk

Singh when you're winning
 The race for Rector has begun – meet the first round of candidates
 News p6

About a girl
 Guardian's fashion photography special
 Features p12



Politicians support protesting students

- Three students arrested on campus
- Questions to be asked in Holyrood
- MSPs write to Sir Muir Russell

Politicians have accused Strathclyde Police and campus security of using excessive force, following the arrest of three students during a protest against the visit of the US Ambassador. Despite the relatively quiet nature of the gathering, protesters were immediately confronted by police and security services as they attempted to enter campus main gate. Three students were subsequently arrested. (Continued on page 4)



Glasgow University Honours Remembrance Day. Photo: James Porteous

Uni fees used to boost troop levels, claims media lecturer


UNIVERSITY TOP UP FEES MAY be a government tool to coax graduates into joining the army, a visiting academic has warned. Dr Jairo Lago, a lecturer in media at Stirling University, has voiced fears that increases in the burden of student debt – coupled with financial aid packages from the military – are intended to raise the number of army recruits in an effort to bolster falling troop numbers. He told Guardian: "With this discussion of National Service in Britain from Cameron and Brown, it will be a matter of time before people are told that university can be free if you go and you join the army." "People leave university with a huge debt on their shoulders. One or another the army is going to be appearing as a way for people to get out of that debt. The armed forces will begin offering packages to students – already people from the army and the air force and the marines are recruiting recently graduated people." (Continued on p2)

Worldwide anger as uni honours dictator

HUMAN RIGHTS GROUPS AROUND THE world have expressed their shock at Glasgow University's decision to present an African dictator with an honorary degree. Paul Kagame, President of Rwanda, was this month awarded a doctorate of law, despite warnings from several leading charities and academics that he is the unacknowledged leader of a brutal and oppressive regime. President Kagame is currently wanted in France, after an anti-terrorist judge charged him with ordering the assassination of both his predecessor and the president of neighbouring Burundi, an event which helped spark the Rwandan civil war. A spokesperson for the University described Kagame's leadership as having been "characterised by major reforms and very significant progress through a commitment to democracy, women's rights, the ending of the death sentence, the development of close diplomatic relations with Britain and economic development." (Continued on p4)

University of Glasgow Visitor Centre

10% discount for all our students!
 We have a great choice of Christmas gifts now in store!



GUM

Glasgow University Magazine (GUM) is one of the oldest student publications in Britain, having just celebrated its 119th birthday. Despite its austere reputation, however, GUM is still one of the coolest, on-the-pulse and exciting magazines in Glasgow. It's won a plethora of awards in recent years, including Student Journalist of the Year at the Herald Student Press Awards in 2006 and Student Magazine of the Year in 2006 and 2008.

Released quarterly, it contains a huge variety of articles and artwork, with only one common theme: each piece is chosen to get you thinking outside the box, to make you laugh, or to make your time in Glasgow that little bit more enjoyable. Every article is designed to give you a fresh, unusual perspective on things important to you. There are high-profile interviews, satirical snippets, in-depth articles on a variety of topics, essential culture around the city, and a cutting edge fashion shoot in each issue. GUM also prides itself on its simple, stylish design and the high quality of the original photography and artwork used throughout.

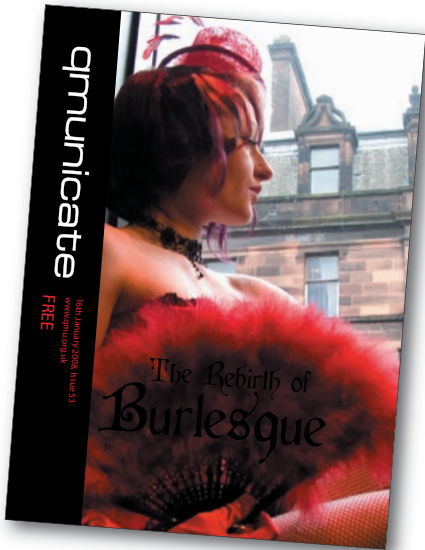
Getting involved in the magazine gives you an opportunity to join a team of fun, dedicated and passionate people. There's a huge amount of scope for writing, designing or photographing for the magazine, so it's the perfect place to cut your teeth if you're interested in getting involved in the media. We hold informal meetings every week where we throw around



ideas and eat biscuits, but if you can't attend the editorial team are always happy to accept submissions by email – get in touch with us at gum@src.gla.ac.uk. You'll be able to pick up a copy of GUM at one of the labelled newspaper and magazine stands across campus. You'll also find it hanging out in some of your favourite haunts in the West End and City Centre. Make sure you pick up a copy.

In the meantime, check out their website at www.gum.src.gla.ac.uk.

Other publications



qmunicate

qmunicate is an award-winning fortnightly magazine, written by students for students. It covers local news as well as entertainment, music, cartoons, crosswords and lots of funny, interesting articles. All contributions are welcome – they're as fond of hard-hitting investigative journalism as articles on the merits of retro sweets. They can also help you to improve your skills in writing, designing, and photography, or give you the chance to preview upcoming films and CDs. Getting involved with qmunicate is a proven way to gain experience in journalism – one of their previous columnists currently contributes to the Guardian newspaper.

If you'd like to get involved, meet them at the Publications committee (Wednesdays at 5.30), or get in touch at the QM forums at www.qmu.org.uk/forum.

GUUi

The GUUi is the Glasgow University Union's free fortnightly magazine. The youngest publication on campus, starting just before Christmas 2004, the GUUi takes a dedicated look at what's happening on campus and in the wider world, from film and TV reviews to comical rants, as well as keeping members informed of events and opportunities within the GUU. All this, plus travel, fashion and music reviews, along with puzzles to keep you amused during your lunch break the GUUi will always be an entertaining and interesting read.

Sound like you want to get involved? Be it as a photographer, writer or designer, just come along to a meeting in the GUU, committee room 4, every other Monday at 7pm, or contact Libraries@guu.co.uk to get involved.





GUM prides itself on its fashion photoshoots.

CLUBS, SOCIETIES AND VOLUNTEERING

WHATEVER YOU'RE INTO, THERE'LL BE A
STUDENT-RUN SOCIETY FOR YOU.

Clubs & societies directory

Glasgow hosts a huge number of clubs and societies. Here's just a few of them explaining what they do and why you should join. If you're interested, just get in touch.

Aberdeen Supporters Club

Do you support Aberdeen FC? The Glasgow Uni Aberdeen Supporters' Club was founded in 1999 for Reds who found themselves miles from home and in need of some Dons chat. If you travel to every game home and away, the odd away game or even just want to meet up now and again to chew the fat about all things Aberdeen, then the GUASC is for you. We go to every game during the season and meet up regularly for other social events.

www.myspace.com/guasc
glasgowunidons@hotmail.co.uk

The Adam Smith Economics Society

The ASES is an excellent way for students, who may only see each other during lectures, to meet up and get involved in various activities. As well as social events, the society is also committed to encouraging debate on economic issues, and you can look forward to various talks this year. You need not be an Economics student to join the ASES, but it's definitely a great way to meet fellow students, socialise, and expand your knowledge.

ases.glasgow@googlemail.com

The Alchemists

We bring together chemistry and non-chemistry students for a number of social events from cheese and wine nights to the Burns Supper and Ceilidh. While we put on far more events than this, the fact that it is such a social group of people that makes it the University's biggest society. So if you want your term interrupted with some fun and carnage, this is the place to come.

ALIVE – A Life Is Valuable to Everyone

We are the University of Glasgow's pro-life society. We believe that all human life is valuable, from conception until natural death, that abortion harms women and that euthanasia is not the solution to terminal illness. We meet and hold social events regularly, fundraise and support local charities that care for pregnant women, hold talks, debates, and events that promote life.

prolife@hotmail.co.uk
www.alive.cabanova.com

Amnesty International

Get involved with letter writing, campaigning, fundraising and exhibitions, hear talks from guest speakers and enjoy events such as film screenings, open mic nights, club nights, and ceilidhs, all to help end human rights abuses.

www.gla.ac.uk/clubs/amnesty/index.html
guamnesty@googlemail.com



The GU Dirty Weekenders, planting trees in a rare bit of Scottish sun.

Art Society

We are open to anyone interested in art. Whether you know the difference between Pissarro and Picasso, or if you just feel a need to expand your experience, you are always welcome to come along and get to know curators, artists, art historians, and fellow art enthusiasts.

**www.glas.org.uk
guartsociety@googlemail.com**

Big Band

We are a jazz big band who play all styles of music, from classic big band sounds to funk; latin to blues and soul. We play several concerts a year in association with the Music Club, and have reinstated the Jazz Night at the QM. We rehearse on Wednesday evenings in the University Concert Hall from 6-8pm.

**gubigband@yahoo.co.uk
www.gla.ac.uk/clubs/bigband**

Bowling Club

From the awesome tenacity of Ten Pin to the laid back nature of the Lawn, all your bowling needs are catered for at Glasgow University Bowling Club. All you need is one functioning arm.

glasgowunibowlingclub@hotmail.co.uk

The Cecilian Society

We are Glasgow University's foremost musical theatre society and perform two shows each year. Our first show is produced, rehearsed and performed in just one weekend whilst our main show is rehearsed over a longer period. You must audition for principal roles but not if you just want to join our chorus. No previous experience is necessary, just heaps of enthusiasm.

www.gla.ac.uk/clubs/cecilian

Christian Union

Glasgow University Christian Union is made up of a bunch of Christians who love Jesus and want to spend time learning about and getting to know Him. Look out for our free cakes and coffee outside the library and after Cheesy Pop, groups meetings, and free events from ceilidhs to carol services. Everyone's welcome to our meetings every Wednesday, 5.30pm in Qudos and 8am prayer in the Interfaith Room on Wednesday mornings.

**www.gucu.co.uk
cupresident@gmail.com**

Comunn Oiseanach Oilthigh Ghlaschu / Glasgow University Ossianic Society

The Ossianic Society exists to promote Gaelic and

its use in the university and beyond. Whether you've got Gaelic as your mother tongue, want to polish up what you've already learnt or are interested in getting acquainted with the language this is the society for you. Being a society based on interaction means we're keen to have massive ceilidhs, great away days and generally good craic. We also have a more serious side: ensuring Gaelic is given the place it deserves in university life. Suas leis a' Ghàidhlig!

oiseanach@hotmail.co.uk

Dance Mania Society

Dance Mania offers a variety of dance styles from hip-hop to contemporary for all abilities. Join us every Monday and Wednesday for dancing, socials and fun.

danceman1@hotmail.com

Dialectic Society

We're here to promote debate across campus. This includes debating and public speaking training, lunchtime 'doughnut debates', and large public events. As the world's oldest student debating society we allow students to hear both sides of controversial and topical issues and provide a diverse social programme.

Duke of Edinburgh Award Group

The Duke of Edinburgh award group at Glasgow offers a friendly environment to help you complete your award and specialises in the gold level. We welcome anyone whether they have done aspects of the award before or are completely new to it. Throughout the year we arrange hill walking, weekend trips, expeditions, sports and social events. We meet every Tuesday night at 7.30pm in the QMU.

glasgowdofe@googlemail.com

Hindu Society

The Glasgow University Hindu Society (GUHS) created in 2002 is a cultural society that welcomes students of all cultures and religions. Whilst gaining more knowledge about the Hindu religion, students can also experience its exciting culture and food. GUHS also invites students to partake in our other activities such as yoga for all levels, film nights, day trips around Scotland, and our

many food nights. Membership for the year allows members access to all of the society's events, including our Absolute Basic Hinduism course. Namaste.

International Society

We bring together students of all nationalities and give international students a good footing in Glasgow culture. The society is open to exchange students, students returning from a year abroad, people learning language, and those who just want to meet others from around the world. Throughout the year we hold pub nights, movie nights, trips and social events, and we look forward to meeting you there.

www.internationalsociety.co.uk

Io

Io is an eclectic gathering of science fiction and fantasy fans, be it literature, comics, film, games or television. To get a better idea of what we do, take a look at the schedule on our wiki, or visit the forums to talk with existing members.

www.iosoc.org.uk

Labour Club

We are the biggest and most active political society on campus and this year will host a range of events such as guest speaker meetings, debates, dinners and curry nights. We work with other Labour Clubs to help deliver the values that the Labour Party believes in.

glasgowlabourclub.org.uk

gu_labourclub@hotmail.com

Genetics & Molecular Cell Biology Society (G-gnomes)

G-gnomes was established in November 07 to bring the world of genetics and molecular cell biology to Glasgow students. We hold monthly seminars followed by food, a few drinks and the ever-popular pub quiz. We also have a ceilidh in March and sub-crawls to keep things interesting. Last year we had the creator of Dolly the Sheep speak to our members and we flew a researcher over from Germany to tell us what he does.

www.g-gnomes.weebly.com

g-gnomes@hotmail.co.uk



Glasgow Student Dance Company hear that they're in the Guide 2008.

Glasgow University Conservative and Unionist Association

We exist to bring together all conservative-minded students and to promote conservatism on campus. Whether you want to become involved in the Conservative Party, or just want to talk politics with like-minded students, get in touch. We organise regular events such as working lunches, trips to the Scottish Parliament, policy discussion nights and campaign action days. The highlight of the calendar is the annual St. Andrew's Night Dinner, last year with guest speakers Annabel Goldie MSP and Bill Aitken MSP.

guconservatives@gmail.com

www.guconservatives.co.uk

Glasgow University English Literature Society

The Glasgow University English Literature Society is

an informal organisation that comes together on Monday evenings to experience lectures on topics being investigated by members of various departments of Glasgow Uni. There's no required reading, nor do we require any expertise, just piles of enthusiasm! We do not require members to be literature students and students of other universities are welcome. Our meetings are held in the QMU and include time for debate, discussion and drinking afterwards! Last year's events included an array of talks from Beowulf to comics, and from Borges to Woolf.

www.gla.ac.uk/clubs/english

englitsoc@gmail.com

Glasgow Student Dance Company (GSDC)

We at GSDC get together to share our love of dance. From hip-hop and jazz to ballet and contemporary, we do all different styles. Whatever your experience, and

whether you are interested in choreography/teaching, or learning dances to perform, come and join us for a good time.

www.gsdac.org.uk

gsdc@live.com

The Glasgow University Liberal Democrats

Joining GULD is your chance to change the world. In the past year we've been visited by Ming Campbell and Charles Kennedy (both former Presidents of the society). In May the 2006/2007 President was elected as the youngest Lib Dem councillor in Scotland. If you want to promote human freedom, and have a laugh whilst doing it, then GULD is the society for you.

www.gla.ac.uk/clubs/libdem

glaugsw_uni_lib_dem@yahoo.co.uk

GUKC - Glasgow University Kendo Club

We practise kendo twice a week in the Stevenson Building. Kendo is a Japanese martial art based on the ancient sword art of the samurai. It is full-contact, dynamic, and lots of fun, and the club has a great team spirit. Kendo players wear full armour, and instead of live blades we use bamboo swords (shinai). We have our own club coaches, and also get instruction from several high-grade teachers from Glasgow. Please get in touch, or meet us at the Sports Fayre in Fresher's Week.

gukendo@trollsintutus.dk

www.kendoglasgow.net/GUKC

LGBT Students' Association

Starting University can be scary. 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 Students' Association helps provide support and advice for LGBT students whether it be on sexual health, coming out, gay rights or just what Glasgow has to offer the LGBT community. We also organise a variety of social events, guaranteed to help widen your circle of friends.

www.gulgbt.co.uk

Medsin

Medsin is a national network of healthcare students who educate and act upon health inequalities locally and globally. Medsin also runs other projects such as Marrow (putting students on the Bone Marrow Register), Basic Life Support in School (teaching school pupils first aid and basic life support) and Teddybear Hospital (see separate entry).

www.medsin.org

medsinglasgow@hotmail.com

Pause Gaming

For both occasional and dedicated gamers, Pause Gaming is all about having fun. Meetings 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, Armed Assault and Battlefield 2. We have a strong community and have frequent gaming and social events both offline and online. Join our lively forum and get gaming!

www.pausegaming.com

Photographic Society

As a society we all have a fascination with photography. Our membership includes all abilities and pursuits in the photographic sphere as well as a wide range of other interests, all discussed in our weekly meetings. Throughout the year we stage a number of exhibitions, hold photography fieldtrips and have access to a city centre darkroom.

www.gla.ac.uk/clubs/photo/

guphotosoc@yahoo.co.uk

Physical Society

The GU Physical Society aims to promote an interest in all things physical. We organise a raft of excellent events including a couple of "Beer and Donuts" nights, a Christmas Ceilidh, a guest lecture series, a quotes competition, a "women and cakes" coffee event and a quiz night, too! We are dedicated to bringing physicists together with the rest of the universe, so you don't have to be a physicist to join.

www.physics.gla.ac.uk/physoc

guphysoc@hotmail.co.uk



Duke of Edinburgh Awards provide many opportunities for adventure.

SCATS

SCATS is for all lovers of film and television. We hold weekly screenings (chosen by our members) in the University’s cinema and every Wednesday attend a pub quiz, turning our knowledge of past Oscar winners and British sitcoms into cash prizes! This year we’ll host events such as a cinema crawl, special screenings, end-of-term parties and professionals from the film/TV industry will speak to us about their work and how to get into their kind of work.

scats.gu@gmail.com

Scottish Country Dance Club

It doesn’t matter if you know what a pas-de-basque is, with our qualified teacher and an enthusiastic core of dancers, you’ll soon learn. We offer balls and ceilidhs, fun-filled classes, lively music, ball gowns and kilts, and the chance to make friends at Universities all over Scotland. We meet every Tuesday during term-time at 7.30pm–9.30pm, Turnbull Hall.

Scottish Nationalist Association

GUSNA is an organisation for students who have a firm belief in a free and independent Scotland. We’ve just celebrated its 75th year in existence, pre-dating the Scottish National Party itself. Members take part and initiate campaigning, both on and off campus, on a variety of issues ranging from student debt, to nuclear disarmament. GUSNA meets weekly as well as holding



“

Our 80 Clubs and Societies are stuffed full of weird and wonderful people. Choose wisely and you’ll have friends for life as well as something new and exciting to try.

”

Laura Laws
SRC Vice President
(Student Support)

public meetings with guest speakers. We are a friendly and dynamic society where those who believe in Scottish independence will always be welcome.

www.gusna.com

secretary@gusna.com

Singapore Society

GUSS (The Glasgow University Singapore Society) is a vibrant and active society aiming to introduce and promote the Singaporean culture and spirit. We organise excursions out of and within Scotland, either for sightseeing, or skiing. Advice and information are also readily available for those in need of help. The society provides a unique experience and opportunity to immerse oneself in Singaporean culture. Membership is available all year and everyone is welcome.

www.gla.ac.uk/clubs/Singapore/index.htm

glasgowguss@yahoo.com.sg

Socialist Society

While we have lively debates and discussion on current events and history, activism is our main role: we are proud to campaign both on and off campus. We supported the AUT strike, distribute workers rights cards and joined the campaign to save Crichton Campus. The Society is affiliated to the Scottish Socialist Party, and works closely with both the SSP and its youth wing (Scottish Socialist Youth) with the aim of spreading Socialist ideas on campus.

STaG

Student Theatre at Glasgow (STaG) is a student run theatre company who aim to give students an opportunity to take part in theatre, whether front or back stage. STaG provides the support, combined with the student members' experience, to put on productions from small to large scale. If there is a play that you want to put on, then we're here to make it happen.

stag@gla.ac.uk

www.stagstage.co.uk

Stop the War

The Stop the War Coalition is a broad network that opposes the so called "War on Terror". We demand

a complete withdrawal of occupation troops from the Middle East. We also promote democratic debate and action at home and challenge the government's hypocrisy on racism, nuclear weapons, terrorism and multiculturalism. We hold regular meetings, debates, stalls, protests and demonstrations aiming at highlighting the injustice of aggressive wars.

gustopwar-subscribe@yahoogroups.co.uk

Students of a Jane Austen Persuasion

Although often mistaken for the 'Firth Forever Foundation' our 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 us also do a little writing ourselves from time to time and the Society is keen to help people with their work.

janeaustensoc.glasgow.googlepages.com

janeaustensoc.glasgow@gmail.com

Students for Kids International Projects

SKIP is a charity run by dental, nursing and medical students. There are over a dozen branches in the UK, but here in Glasgow we are currently helping with an orphanage in Malawi. We travel out during the summer months to work on an expanding community development project. We work throughout the year organising and fundraising for the summer expedition.

skipglasgow@googlemail

www.skipkids.org.uk

Student Volunteers Abroad

SVA offers the opportunity to get involved in community and environmental work in developing countries during summer holidays, working with local organisations on sustainable projects that help to provide long-term assistance in dealing with local issues. We have ten volunteering projects around the world and our projects vary from construction to HIV and Aids awareness, health care, teaching, crafts and conservation. Whatever skills or interests you have, there is bound to be a suitable project for you.

Information evenings on each project are advertised in



Io, playing musical chairs or possibly holding a seance.

advance and held in October. Once we have received your application form, there is a selection period and recruitment by early December.

www.sva-uk.org

sva_uk@yahoo.co.uk

Teddy Bear Hospital

Teddy Bear Hospital is a public health project for 3-7 year olds. We hold consultations for children and their teddies in primary schools and groups such as Brownies, aiming to reduce children's fear of doctors. We also run workshops on topics such as healthy eating.

TBH is associated with Medsin, the medical students' international network, and is a fantastic opportunity for medical students to work with children.

Zoological Society

The Zoological society is one of the largest and most active clubs at Glasgow University. From turtles in Tobago to basking sharks in Scotland, we offer a great opportunity for anyone with an interest in natural history. Last year the society invited 16 guest speakers to come and talk at our weekly events. The society is closely associated with the Exploration Society and a joint membership is available.

www.zoosoc.com

For more information on the full list of clubs and societies available at the University of Glasgow, as well as a guide to setting up your own group if nothing suits you, go to the SRC's Clubs and Societies page at www.glasgowstudent.net/clubs.

Volunteering

Student Community Action

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

While some projects (e.g. Dirty Weekenders, STaG and STAR) are societies and therefore covered in the Clubs and Societies section, the following are some of the other projects SCA promotes. SCA also works with outside organisations like RNID, Enable and NCH Scotland on various projects. Visit www.glasgowstudent.net or the SCA office on the first floor of the John McIntyre Building for more information. Training and support is available for all projects.

Classroom Support

As a volunteer, you'll be heading out to Primary, Secondary or Special Educational Needs schools and help the students out with lessons. You will not be expected to lead any lessons, as you won't be a trainee teacher or a classroom assistant, but you will work with small groups of children or on a one-to-one basis with them. Maths, English, Chemistry, even R.E. – whatever the subject, we can (usually) help.

Previous volunteers have found this to a great way of getting valuable experience in the classroom before applying for teaching courses. You may not be thinking that far ahead yet, but this is still a great way to improve your interpersonal and communication skills.

Nightline

The SRC's telephone information and listening service runs from 7pm-7am every night during term time. Full training is provided for volunteers who are willing to do one shift a fortnight, and they will have access to a wide range of information on both the University and other support services.

Sports Coaching

Help children develop their skills in almost every imaginable sport. With support from GUSA, volunteers go out to sports clubs across Glasgow to assist in coaching sessions, and are offered the opportunity to gain coaching qualifications through courses run by Glasgow City Council. Perfect for keeping fit and helping others at the same time.

Splash

Students volunteer to help children, primarily with special needs, with swimming lessons. Volunteers work alongside coaches, assisting with the running of lessons. No previous experience is needed as full training is provided, but an ability to swim usually helps. There is also the opportunity to gain swim coaching badges.

Glasgow University Service to the Homeless (GUSH)

Working with Glasgow Simon Community Soup Kitchen, volunteers hand out tea, coffee, hot chocolate, and biscuits, and spend some time speaking with Glasgow's homeless population. Volunteers are also welcome to get involved in other Simon Community projects.

English for Doctors (EDS)

This service aims to help refugee and asylum seeker medical professionals 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



Buddy a Granny: one of the best ways to get the most out of your time.

medicine in the UK but conversation doesn't have to be medically based.

Buddy a Granny

SCA work with two elderly care homes and send volunteers to provide a friendly ear and company to the residents, and to put a smile on the faces of elderly people in the local community. Both homes, Henderson House and David Cargill House, are located near the University in the West End, so you won't even have far to travel.

University Settlement – Social Enterprise Projects

In line with the University Settlement scheme, students are given the chance to work alongside a Voluntary Organisation or Charity, and, with help from members of the University Staff who will act as mentors, use the skills you have developed through your academic studies to produce a piece of work that will benefit the Organisation. This can include creating a website, a database, or even a marketing strategy.

Why get involved?

SCA offer volunteers experiences and opportunities to build valuable inter-personal skills needed in life such as communication and team work. That aside, we offer opportunities to gain experience in specific interests and have loads of fun at the same time.

Just as importantly, the sense of satisfaction gained from the knowledge that you've made a difference in someone's life can only enrich your university experience, social life and CV. If you're aged 16-25, you can also use your SCA experience to gain the Scottish Executive's Millenium Volunteer awards (if you have done 50, 100 or 200 hours).

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, enjoy meeting and working with new people and are willing to gain new skills and build upon existing ones.

TRAVEL AND HOUSING



Travel and **HOUSING**

The right place to live can mean the difference between a great year and a miserable one. Take your time and you'll be fine.

HOME AND HALLS

P66

Where you'll probably spend at least the first year of University

RENTING AND BUYING

P70

Time to get your own place? Here's what you need to know

YOUR NEW FLAT

P78

Found a place? Brilliant. Here's a few things to check before you move in

GETTING AROUND

P82

Travelling in Glasgow and further afield

HOME AND HALLS

CHANCES ARE YOU'LL SPEND YOUR FIRST YEAR EITHER AT HOME OR IN STUDENT HALLS. HERE'S WHAT TO EXPECT.

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

Obviously, 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 be a bit harder to get involved in on-campus activities in the evenings, but it's by no means impossible: see *Getting Around* [P82] for advice on getting around. As you're saving money on rent it's worth remembering that at night time, getting a taxi is the safest way to get back home.

Halls

A lot 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: aside from avoiding some of the complications of finding and living in your own flat, 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 downside is that the rules can be quite restrictive and it can get quite intense being constantly surrounded by other students, making it sometimes hard to get some time to yourself.

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

Who you will live with

If you go into halls, you don't have much control over who you live with. While the University does much as possible to put you in with people you're likely to get along with, and you can apply to live with your friends, there are no guarantees. On the one hand this is a bonus as you can make some fantastic friends through halls, but on the other hand you could have to share a kitchen with a complete idiot. If this should happen it's always worth asking for a swap.

Your landlord

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



Sitting about watching Neighbours is an integral part of every day in halls.

If you have a problem with your accommodation, however, the first person you should contact is your senior resident or warden or, if they can't help, the SRC Advice Centre (see SRC [P32]).

Wardens and senior residents

These are the people who live in the halls who 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. Make sure you know who yours is and get on their good side, and they might let some things slide.

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 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 for rule changes 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
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. You'll probably need to borrow cooking utensils or groceries from your flatmates at one point or another. Make sure that you've come to some kind of agreement beforehand or ask first, wash up after yourself, and replace anything you eat.

If you are in Wolfson Hall you'll already have paid for your meals. They'll be served at set 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, but be respectful of your neighbours if you're running washing machines at midnight.

Common Room

Most halls have a common room where students can hang out. Usually, it is equipped with things like a TV, videos, pool tables or arcade games.

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're meant 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 very 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 your flatmates and the halls management.

Electrical devices

You are restricted in what kind of devices you can have in your room, due to fire regulations. While stereos and similar devices are allowed, white goods, such as fridges, stoves and so on are generally banned. You are allowed to have your own TV but remember you'll need a TV licence; due to pesky laws each person with a TV needs their own licence while you're in halls.

Security

Your property will be covered to some extent by the insurance policy of the halls as a whole (although you should probably get your own insurance for more expensive items). However, you will still need to take reasonable precautions to look after your things, otherwise the insurance company won't pay up. Lock your door any time you leave the room, even if you're



Contrary to popular belief, tables are not actually handy storage devices.

just going for a shower or to cook your dinner: burglars see halls as easy pickings due to all of the people living away from home for the first time.

Posters

Careful with what you stick up posters with: if you stain or peel off the paint and it needs to be replaced, they'll take the cost off your deposit. Blu-Tack is risky; pins are usually a safe bet. If you're unsure, make sure to ask your warden what your particular halls recommends.

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 the entire building must be evacuated and a register taken whether it's a drill or not, so make sure you're careful not to make too much smoke while you're cooking. For legal reasons the fire service have to respond to every alarm, including prank ones, so if you get caught deliberately setting off a fire alarm, you will be billed for it.

In the event of 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.

RENTING AND BUYING

TIME TO FIND A PLACE OF YOUR OWN? IT'S REALLY NOT THAT HARD IF YOU'RE CAREFUL AND YOU FOLLOW THE RULES.

Flat hunting

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 when looking is that your home 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 him/herself. More information is available at www.glasgowstudent.net/advice/accommodation.

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 (40 days if the flat's let for more than 4 months), so this means that they will mostly be advertising for new tenants in March, April and May. 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.

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, 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?

Picking your flatmates is almost as important as picking your flat. Living with your best mate isn't always the best plan: living with a person can bring unique stresses to any relationship, and what you need is someone who is definitely going to pay their share of the bills, has a similar sense of tidiness to you and who you're not going to end up fighting with.

Where to look

PAD (Private Accommodation Database)

PAD is a database of private flats available for rent to students attending all five institutions in Glasgow. While all properties listed should be licensed, PAD do not inspect every property they list. There's a huge amount of competition with other students so get in there early. PAD can be found at www.accom.gla.ac.uk/pad, or listings can be collected from the Accommodation Office.

Noticeboards

The John McIntyre Building and both unions have boards advertising rooms in student flats. around the



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

city. Department noticeboards are also a good source of spare rooms to let.

Ads in Shop Windows

A couple of newsagents on Byres Road list flats for rent. Go prepared with pen, paper and a phone, so you can get on the case pronto. 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, 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: the better ones 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 ask around and be extra vigilant when viewing properties. Letting Agents make their money by taking a commission on the rent and sometimes charging hefty "administration" fees, so expect to pay more. You don't have to pay anything until you have found somewhere you like. If they try to charge you before that, stay well clear.

Websites

The SRC lists flats available to rent at www.glasgowstudent.net/services/flatshare. Sites like www.s1rental.com, www.lettingweb.com and www.citylets.co.uk all have huge databases and usually offer more information than other sources, although flats on these tend to be picked up quickly.

Word of mouth

If you hear about someone moving out of a flat, find out what's happening to it. You might be able to get in early and you can find out from an impartial source about any problems the flat might have.

Areas of Glasgow

There's a huge amount of students who want to live close to campus, and only so many flats to go round. Landlords realise this, and consequently a lot of them charge huge amounts for relatively shabby flats. You might decide that it's worth it, and it is nice to be in the middle of the action, but moving even a couple of streets away, past Byres or Great Western Road, will get you a lot more flat for your money.

Glasgow is split up into many districts which differ greatly in terms of average price and flat quality. Here's a few of the ones that are popular with students. Bear in mind, though, that they tend to be tiny areas, so don't set your heart on Hyndland, for example, when Downhill's just down the road.

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. If you're in this situation, find out what's wrong with it and see if it's something you can live with.

Woodlands/St Georges Cross G4

The area between campus and city centre, Woodlands Road and Great Western Road. Almost as convenient for uni as Hillhead but generally slightly cheaper and more widely available. Still, be careful: Woodlands is particularly rife with unscrupulous landlords and rundown flats, so check any flat very carefully before moving in. 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. It's still only fifteen minutes' walk from campus but be careful walking back at night from the unions (and never cut through the park at night). There's a wide range of accommodation at affordable prices but quality can be patchy and it's not the safest part of Glasgow. There's also no subway stations nearby.

Partick G11

Dumbarton Road to Byres Road (south). It's a fair way from the city centre, but campus is still within easy walking distance. It has fantastic transport connections so you don't need to walk home at night. Plenty of good (if a little odd) shops about too.

Hyndland G12

The area north of Partick going up to Great Western Road. You'll find leafy streets and beautiful properties, but at a bit of a premium. This is a safe, upmarket, family area so it can get expensive and depending on your neighbours loud 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 very pleasant. If you're prepared to live that bit further out, you can pick up a bargain. However, the scarcity of transport and lack of local amenities can cause a problem. Also, the further into Maryhill you go,



Bring a good map when you're flat hunting. It'll help.

the more dodgy it gets and the higher the crime figures rise. 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 probably beyond your budget. 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 subway, so unless you have a car you'll be bussing it everywhere. Luckily the Shawlands/campus/city centre bus service isn't bad and it's well serviced by the light railway.

Govan and Ibrox

If you want to go for something a bit cheaper, then lots of students head for Govan and Ibrox (south-west of the city). They can be quite bad for crime, and they're a bit out of the way if you like going out, but the area is serviced by the tube, making it convenient for the West End and the city centre.



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The fact that you're paying, and that landlords have written obligations in your lease, means you only have to ask to get things changed. If not the Advice Centre will be able to advise you on the best action to take, and there's the threat of the SRC SLAP awards for bad landlords to get things moving.

”

Laura Laws
SRC Vice-President
(Student Support)

Who to speak to

Here are some useful contacts at the University and in Glasow

SRC Advice Centre

John McIntyre Building
www.glasgowstudent.net/advice
advice@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 (housing and homeless charity)
scotland.shelter.org.uk
0844 893 5560

Glasgow City Council
www.glasgow.gov.uk/eng/Residents
Licensing Section
(HMOs): 0141 287 4535

Other concerns

HMO licences

Any flat which houses three or more people who are unrelated is a House in Multiple Occupation (HMO) and the City Council requires the landlord of such properties to maintain certain standards of repair and safety. 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 HMO licence for the property. If they don't, then you shouldn'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. It gets a bit complicated but if you have any questions let your landlord or letting agent know.

Before signing a tenancy agreement check that the landlord holds a HMO licence. If you live with an owner they do not count for numbers towards 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. If you're part of a couple living with one other person, your landlord also doesn't need an HMO licence. 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 by visiting www.glasgowstudent.net/advice.

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. While these flats are furnished you will often be expected to provide your own



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.

bed linen, crockery, cutlery and cooking utensils. Most of the information in this guide 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.



“

Don't rely on letting agents alone. Keep your ears open as often your friends will know about rooms to let before they go on the market.

”

Ali Stoddart
Politics

Buying

Why buy?

Increasingly students are exploring the option of buying property. This is partly because rents in the West End are expensive, making buying a potential saving and investment. It also means you can avoid unscrupulous landlords and unsafe flats. There are, however, complications and issues that need to be considered before going down this route. Bear in mind that the economy seems to be going into a recession at the moment: buying a house might not be as great an investment as it was even a year ago.

Key points

- You will most likely need a guarantor 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 around 95% of the 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 at least 10-20% above the asking price. Whatever you pay above the asking price, you'll have to stump up.
- Flats in the West End and the City Centre are not cheap, so calculating whether buying or renting will be better for you in the long run is very important.

Renting or buying?

- You need to consider the total cost of borrowing and the likely return on any investment. Currently, the cost of borrowing is very high, and house prices are slowly falling, but in the current economic climate it's difficult to predict how these will change in the future.

- Some financial experts say that if you rent and invest wisely, you can accumulate wealth faster than by going heavily into debt and buying. That's because just paying the interest on a large mortgage may often be greater than rent payments.

- 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 others you can get a healthy return on the investment, even while you're still living there.

- Although borrowed money is quite accessible, some people are buying when they can't really afford to. Many banks offer mortgages with seductive low interest rates that rise after the first few months, which gets many first-time buyers into trouble. 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 stairs.

Fees and purchase costs

Buying property can be very expensive. Before you've even moved in, there are some hidden costs that very quickly mount up:

- A valuation fee. Paid to your mortgage lender up front to value the property.
- Survey fees. Don't consider making an offer until a survey has been done on the property (from 1 December it is the responsibility of the owner to do their own survey).
- Arrangement fees. Some lenders charge this when setting up the mortgage.



If you're going to be spending a lot of money on property, it's a good idea to check all of your options.

- 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 then covering some of the costs by renting out some of the rooms then most of the points on the checklist for renting property will still apply – the difference is that you are

now the landlord, so it becomes your responsibility to make sure that 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. If you do need an HMO licence you'll need to pay a fee to the Council as well as 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.

YOUR NEW FLAT

SO YOU'RE ABOUT TO SIGN A LEASE AND SETTLE INTO A LIFE OF SUBURBAN BLISS? NOT SO FAST, SUSAN KENNEDY: YOU'VE GOT A COUPLE OF THINGS TO CHECK FIRST.

Repair and safety

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 without a court order. Your landlord is also responsible for making sure that the behaviour of any tenants living in the flat does not annoy or upset other people living in the neighbourhood.

Before the council grants an HMO licence they must check that the owner and anyone who manages the property don't have any criminal convictions that would make them unsuitable to rent property. They should check that your landlord respects your legal rights as a tenant, but still be careful. You should be given a written tenancy agreement stating your landlord's responsibilities.

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 all gas appliances and installations are safe and checked once a year by a registered CORGI gas engineer.
- 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 or the Electrical Contractors Association of Scotland.
- 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 property's roof, windows and exterior.
- Provide enough rubbish bins.
- Return your deposit within a reasonable time when you move out, preferably within 14 days.
- Put up notices explaining what to do in an emergency and giving the name and address of the landlord or letting agent.
- 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.



By the time you leave University you should be able to do a few basic repairs, but be sure you know what you're doing if you're taking apart electrical devices.

What are my duties?

- Let your landlord know if anything in the property needs to be repaired.
- 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 what maintenance work needs doing. Generally this should happen 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 can take action if they are unhappy with your behaviour.
- You are responsible for all bills such as electricity and gas. Full-time 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?

- 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 in some circumstances may have enforcement powers which it can use, or threaten to use, to make your landlord bring the management and physical conditions of the property up to a liveable standard.
- If you have a problem related to the upkeep of your flat and you're not sure how to deal with it, then the Advice Centre on the ground floor of the John MacIntyre Building should be able to give you some practical advice. See SRC [P32] or visit www.glasgowstudent.net/advice for more information on the Advice Centre.

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 damp 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 belongings with an indelible pen.
- 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.
- Are there soft furnishings or combustible materials in the shared hallways? This is a fire risk, and is not permitted.

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 free parking nearby?
- 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 one month's rent, but can be up to two.
- Do you have a receipt for all payments made?



Note down the numbers on all of your meters as soon as you move into your flat. That's the best way to avoid utility companies overcharging you.

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?
- Are there any conditions on the 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 or letting agent 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 aren't 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.

GETTING AROUND

WHILE MANY PLACES IN GLASGOW ARE WALKABLE, IT'S WORTH LEARNING THE BEST WAYS TO GET AROUND, ESPECIALLY LATE AT NIGHT.

On the whole public transport in and around Glasgow is really good. The subway provides a fast and efficient service around the city centre and there are bus routes that cover most thoroughfares. In addition services like the low-level trains provide cheap routes to get a little further afield. Many students end up never leaving the West End and the city centre, but it's worth seeing what the rest of Glasgow has to offer.

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. 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, oddly enough).

Bus stops will show the numbers of the buses stopping there, and quite often electric signs telling you when the next few buses are due – this is particularly important in town where buses do not stop at every stop.

Just stick out your hand and the driver will pull over to let you on. If you're not sure where the bus is going then just ask.

24 hour buses are normally hourly, during the week but up to every 15 minutes on Friday and Saturday night. The boxes on this page and the next contain information on some of the buses you're more likely to use in Glasgow.

No.40

<i>Where</i>	Town via Maryhill Rd, Wolfson & Murano St
<i>When</i>	24hr. 20-30 minutes in evenings, 60 mins at night (20 at the weekend)
<i>Destinations</i>	Easterhouse/Clydebank
<i>Where to get it in town</i>	Trongate, Sub Club, Hope St
<i>Alternatives</i>	109, 119, 61

No.66

<i>Where</i>	Great Western Rd (as far as Anniesland Cross) to town
<i>When</i>	24hr. 20-30 minutes in evenings, 60 mins at night (15 at the weekend)
<i>Destinations</i>	East Kilbride / Mountblow
<i>Where to get it in town</i>	Glassford St, George Square, top of Hope St
<i>Alternatives</i>	20, 51, 59

No.44/44A

<i>Where</i>	University Avenue to town/ South Side
<i>When</i>	10 mins during day, 30 mins in the evening, no night service.
<i>Destinations</i>	Newton Mearns/Knightswood
<i>Where to get it in town</i>	Bottom half of Hope Street, Bath Street
<i>Alternatives</i>	11



The clockwork orange pulling into St George's Cross Station.

No. 62

<i>Where</i>	Partick to town, past the bottom of Byres Road
<i>When</i>	24 hr. Every 10-15 mins evenings, 60 mins at night (15 at weekends)
<i>Destinations</i>	Baillieston/Faifley
<i>Where to get it in town</i>	Trongate, Sub Club, bottom of Hope Street, St Vincent St.
<i>Alternatives</i>	11

Night Bus

At weekends there is a good bus service through the night 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).

No. 18

<i>Where</i>	Maryhill Road to town via Queen Margaret Dr, Byres Rd and Sauchiehall St
<i>When</i>	Every 15 minutes during the day, 30 mins in evening til midnight
<i>Destinations</i>	East Kilbride/Summerston
<i>Where to get it in town</i>	Trongate, Sub Club, bottom of Hope Street, St Vincent St.
<i>Alternatives</i>	16

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). Still, be careful. If anyone is bothering you, 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 but beware, they don't give change, so remember to keep some shrapnel in your pocket for the trip back instead of having that last pint.

Subway

The Glasgow Subway system opened in 1896, making it the third oldest in the world behind London and Budapest. It has never expanded past its one circular line, although a new line is currently being planned. It's



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With night buses that stop near student halls and the underground running until midnight, I found Glasgow such an easy city to get around on public transport.

”

Scott Forsyth
Philosophy &
Archaeology

a bit of a walk from halls, but it's easy to use and it serves the West End and city centre well.

Stations

The nearest stations to uni are Hillhead on Byres Rd and Kelvinbridge on Great Western Rd. Buchanan Street and St. Enoch drop you in the centre of town.

Times

Trains every 4-8 minutes. Mon-Sat 0630-2330; Sun 1000-1750

Cost

Single journey: £1.10, Discovery: £2.50 (unlimited travel all day after 9.30am), month pass: £28

SRC Bus

The SRC runs a free bus service taking students from halls to campus on weekday evenings. It's good way to get home safely if you've been working late, or to get to the unions for a night out. Look for the bus stop signs outside the John McIntyre Building and at halls. Check www.glasgowstudent.net/services for timetables and locations.

SRC Bus 1

To Murano Street

1800, 1900, 2000, 2030, 2100, 2130, 2200, 2230

From Murano Street

1815, 1915, 2015, 2045, 2115, 2145, 2215, 2245

To Cairncross House, Kelvinhaugh St & Gate

1830, 1930, 2000, 2030, 2100, 2130, 2200, 2230

From Cairncross House, Kelvinhaugh St & Gate

1845, 1945

SRC Bus 2

To Queen Margaret, Lister, Winton Drive, Wolfson

1745, 1835, 1920, 2000, 2040, 2120, 2200, 2240

From Queen Margaret

1810, 1900, 1940, 2020, 2100, 2140, 2220, 2300

SRC Bus 3

To Park Circus, Murano St, Wolfson

1815, 1915, 2015, 2115, 2215 1815, 1915, 2015, 2115, 2215

From Wolfson

1845, 1945, 2045, 2145, 2245

Other Travel

Coaches

Buchanan Bus Station serves not only as the hub of Glasgow bus routes but also provides coach services throughout the country and into Europe.

Flying

Glasgow is served by two airports, Glasgow and Prestwick, offering a range of flight destinations and operators. Both airports have good bus links from Buchanan Street; Prestwick is also served by a rail link from Central Station.

Trains

Glasgow's got two large train stations in the city centre: Queen Street, which has trains to Edinburgh and the north and east of Scotland, and Central, which will take you pretty much everywhere else. The city is also well served by a light railway system, which has a large number of stations within the city and beyond.

Taxis

Taxi ranks are dotted all over the city centre and the West End, and you can hail a black cab if they have their orange lights on. You rarely end up paying much more than eight quid wherever you are in Glasgow. 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, but if not, many pubs and clubs will be able to give you the number of a reputable firm (check *Useful contacts* [P172]).

Driving

Owning a car in Glasgow can be tricky – there's very little free parking in the West End and the one-way systems are often baffling. It's worth asking yourself if you really need your car in the city; it might be best to leave it at home. If you do need your car, consider getting a residents' parking permit from the Council – it'll allow you to park in pay and display bays in your area for free. Give them a phone at **0141 287 4040**.

You've heard it all before, but obviously if you're going for a night out, leave the car at home. Glasgow's public transport is great, and driving drunk is a staggeringly stupid thing to do. Even one drink can affect your driving ability more than you think. Don't drive, and don't get into a car if you think the driver's been drinking. If you don't have a choice but to take a car, designate a driver. Contrary to popular belief, it is possible to have a good night out sober.

Walking home

Sometimes when the taxi queue is huge or you're feeling a bit skint, walking can seem like a good idea. Unless you do something stupid, this is fine. Glasgow is no more dangerous than any other big city – but still, be wary. Avoid walking around at night on your own: arrange to meet friends before you leave the club or party. 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 main roads, 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. It's worth considering carrying a personal alarm just in case.

Travel Discounts

Travel companies offer a number of discount schemes for people who tend to travel a lot. SPT offer deals like the Discovery ticket (£2.50 for one day's unlimited subway travel after 9.30am) and Zone Cards (which can provide access to all SPT services for varying areas and periods); check www.spt.co.uk/tickets. First Bus also offer a range of short and long term bus tickets at www.firstgroup.com/ukbus/scotland/swscot. Railcards are a good way to save money if you travel a long way from Glasgow a lot – all students (including mature students) can apply for one, saving you a third off all rail journeys. They're £24, or £18 if you have a disability. You can save that much on just one trip to London. Check www.railcard.co.uk – it's worth it to avoid sitting on a Megabus for eight hours.

MONEY



Abbey

New from Abbey

New from Abbey

Abbey Zero. Whenever you use it.

Abbey Zero. Zero fees whenever you use it.



MONEY

Uni is as much about learning to live away from home as anything else. A huge part of that is looking after your budget. Boring, yes, but vital.

BUDGETING

P88

*Grants, loans, budgets and banks.
Oh my!*

JOBS

P94

Selling your soul to the Man for pennies. Or, something like that

BUDGETING

READY TO ENTER THE WILD WORLD OF INCOME-ASSESSED LOANS, TRAVEL EXPENSES AND BANK CHARGES? READ ON, AND TRY TO CONTAIN YOUR EXCITEMENT.

Grants and loans

There's no doubt about it: university is an expensive business. Along with books, rent, bills, and tuition fees if you're not Scottish, the simple fact that you've likely never had to manage your own money before means that you're probably going to start out spending a lot of money that you don't need to. Living cheaply is an art, and the only way to perfect it is through practice. Don't worry about it too much: everyone learns how eventually. Luckily, there's a number of systems in place to make sure that you've at least got enough to get by while you're studying.

Student Loans

A student loan is a cheap way for students to borrow money. It's like a bank loan in one way, in that you get money now and repay it in bits over a number of years. 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, meaning that you won't have to pay any more than you borrowed in the first place, in real terms.

Applying for it

Most undergraduate students are eligible for a student loan. The money you get will be borrowed from the Student Loans Company (SLC), but you have to apply

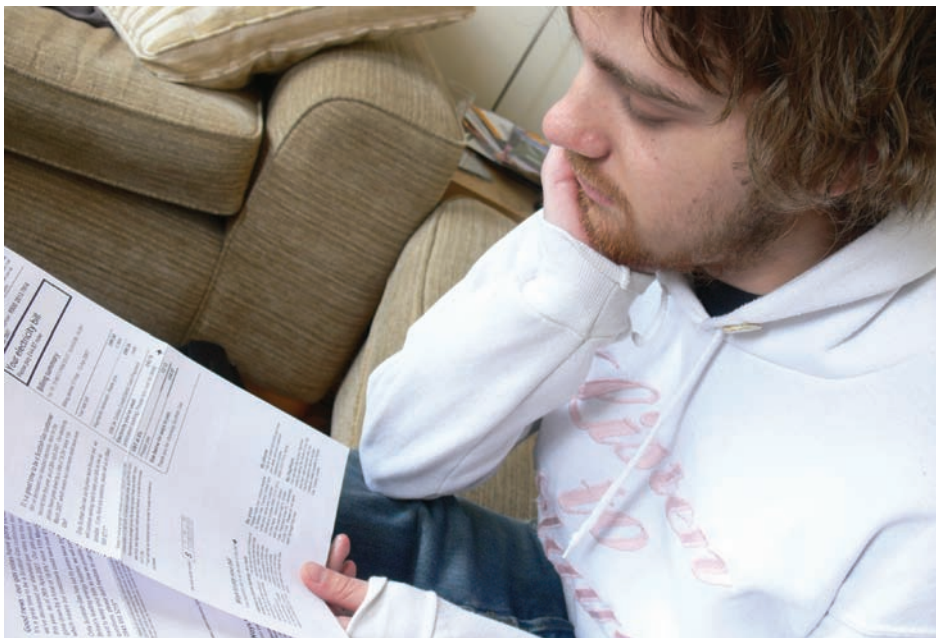
through your local funding body: it won't be sent automatically. In Scotland, that means the SAAS (see side of next page for contact details). If you're from England or Wales, that means your Local Education Authority, or if you're from Northern Ireland, your Education Library Board. Students from elsewhere in the EU are not entitled to a UK student loan.

Once you've applied you will be assessed to see how much you are entitled to. The size of your loan varies based on a means test based on your parents' income or, if you're living with your partner, their income; your course; and any other income you receive.

Depending on this assessment, the size of your loan can be up to £4,510 a year. For Scottish undergraduate students studying in Scotland, this will be paid monthly. Other students will continue to receive this in three instalments throughout the academic year. You must fill in a new application every year you require a loan (the SLC should send this to you towards the end of each academic year, or you can fill it out online).

Paying it back

You don't have to make any repayments until your course is finished, 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).



There's no need to get stressed out about forms; just get on with them.

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 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: you will only ever pay back what you borrowed.

Support available

There are a range of funds that may be eligible to you, depending on your circumstances. See side of next page for sources of information and contact details.

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. The hardship fund is something of a last resort: it's intended to give 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 circumstances beyond their control. 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 next 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. If you receive a grant from the fund you won't have to pay it back.

SAAS Hardship Funds

Only students from the UK are eligible to apply for these awards, and you must meet certain criteria. To

Sources of Information

More information and advice on finance, loans, fees and banking can be found at the following places.

SRC Advice Centre
Ground Floor, John
McIntyre Building
339 8541

glasgowstudent.net
Mon 10.30am-4pm,
Tue-Thu 10am-4pm, Fri
10am-3 (3pm holidays)

The Financial Aid section
of the University Registry,
West Quadrangle
330 2216
Office open 10.30-4
Mon, 10-4 Tue-Fri, 10-
3.30 Fri.

Student awards agency
for Scotland (SAAS)
Gyleview House,
3 Redheughs Rigg
Edinburgh,
EH12 9HH.
0845 111 0241
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

Grants and loans [contd.] 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 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, ie over 25 at the start of the current academic year.

You must have already claimed your full student loan entitlement and your parents must already make the full contribution that might be expected.

You can apply throughout the academic year by picking up a form from the University Registry, the SRC Advice Centre, the Vet School, the Dental School or the Student Advisory Service at Crichton Campus.

Money is also available for students from the UK who were aged 25 or over or were married when they started their course, or were self-supporting for three years before they started their course. This money is primarily intended to help with the cost of childcare. You can apply at 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. The Registry also has software available called Fundfinder, which is designed to help students find this kind of funding.

Benefits

Lone 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 Advice Centre.

Travel expenses

If you're from Scotland and you're outside of easy walking distance to University, you may be able to claim back some of the costs of your travel from SAAS. You can pick up forms to apply for this from the Registry's Student Enquiries Office or you can apply online at www.saas.gov.uk. You can apply for this from December.

Spending money

Major expenses

As well as the small fortune you will have to pay in rent, bills and any uni fees there are also a number of other expenses to think about. If you own a TV you'll need to get a licence for it, which costs £139.50. You'll also quickly realise that things like mobile phones will cost you from £10 a month and food is a big expense – learning to cook will make your life a bit cheaper but you'll still find there isn't much left for partying.

Budget tips

SRC Advice Centre staff recommend that you work out a weekly or monthly budget, taking into account all your income and all your outgoings (bills etc.). They can help you with this. You can then find ways to maximise your income and reduce your outgoings.

- Make the most of student discounts everywhere you can. If somewhere doesn't seem to offer a student discount, ask anyway because you never know. Some places only advertise an NUS discount (Glasgow isn't part of the NUS), but it's always worth showing your student card and trying your luck anyway.
- Buying your entire booklist will be expensive, so ask your tutors which are the absolute essentials. Use the library or if you have to buy books, try the SRC second hand bookshop. Many people will advertise books that they've finished with 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 such as with direct debit. This will help you to budget for the year and there are often discounts given for paying this way.
- 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.
- Beware of store cards – these are credit cards, usually with a high APR.
- Beware interest free credit that is time limited.
- Keep track of debit card transactions – it's easy to spend more than you mean to.
- Get help with debt! SRC Advice Centre staff can help you with negotiating with creditors.



“

Spend one week writing down everything you spend money on. That's the best way to work out where you're wasting money that you don't need to.

”

Charlie Knox
Politics and
Philosophy

Banks

Although you'll probably have a bank account already, you should definitely think about getting a student bank account. Alongside the sign-up bonuses like railcards and free cash (which can be genuinely useful), they're prepared to give you great big interest-free overdrafts – sometimes as much as £2750.

It's not quite free money (you'll normally need to pay it off within three or four years of graduating), but as long as you stay within the agreed limit, they won't charge you for borrowing money. And banks don't normally do that.

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 also 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 accidentally go over my agreed overdraft limit?

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.

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, which 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?
Sometimes banks hide lucrative clauses in the small print. Lucrative for them, that is.

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



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.

it's worth looking into investing it, but be extremely careful and take lots of advice from as many different sources as possible – there's an awful lot of ways to invest your money, and some will be better for you than others.

Unfair bank charges

There has been a lot of attention paid recently to the legality of the charges banks make on you. For example, you exceed your overdraft limit by £15.98, some banks will send a letter charging £30 and a £28 monthly unauthorised overdraft fee, and they may charge interest on unauthorised overdrafts. While the law regarding this is very complicated, very often these kind of charges can be regarded as unlawful. If you feel that charges the bank has made against you are unfair, it might be worth kicking up a fuss – you could get your

money back (eventually – all claims are currently frozen pending the result of a court case).

While banks say charges cover their costs, it is estimated that UK banks make £3bn each year from charges, making their position very dodgy. The courts could also find that charges are 'unfair' under the Consumer Contract Regulations 1999/2003.

The Office of Fair Trading (OFT) ruled in April 2006 that such fees should not exceed £12, and some banks are now complying with this ruling. However, the OFT is currently conducting a detailed investigation of bank charges, and this issue is still not resolved.

If your bank or credit card company imposes potentially unlawful penalties on your account, visit the SRC Advice Centre's webpages for more information: www.glasgowstudent.net/advice/bankcharges.

JOBS

GETTING A DULL JOB TO PAY THE BILLS IS A FACT OF LIFE NOWADAYS. IT DOESN'T NEED TO BE THAT BAD, THOUGH.

Chances are you'll need a job at least some of the time you're at University, and most courses give you enough free time to work a part-time job without too much worry. Whether it's a few hours a week all year round or an intensive marathon during the holidays, it's essential to know where to get a decent job, what sort of jobs to apply for, and what rights you have.

Where should I look?

SRC Job Shop

The SRC runs a classified section on their website which lists job opportunities in the city, at www.glasgowstudent.net/services/jobshop/. There's also a list of vacancies suitable for students on the first floor of the John McIntyre Building.

The Job Centre

The Employment Service provides Job Centres 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.

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 in their windows. Touring the city and asking around may well turn something up.

Printing off a pile of CVs is essential, possibly even a couple of different ones for applying for different types of jobs, 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 McMillan Reading 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?



Coffee shops and cafés often take on casual staff and it's usually a lot more fun than a call centre.

Summer jobs

These can be more tricky to get than you'd think. A lot of employers don't want to 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 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, but 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, to not only gain experience but also to see a bit of the world. If you have an EU passport, then 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 they 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 hold of an ISIC (International Student Identification Card) before you go so you can benefit from student discounts all over the whole world.

Your employment rights

If you are working part-time and are a student, employers may try to take advantage of you. Remember that even though this job may not be part of a long-term career plan, you still have certain basic rights. These are outlined below, but you can check www.glasgowstudent.net/advice/employment or the SRC's new pamphlet, available in the John McIntyre Building, for more detailed information.

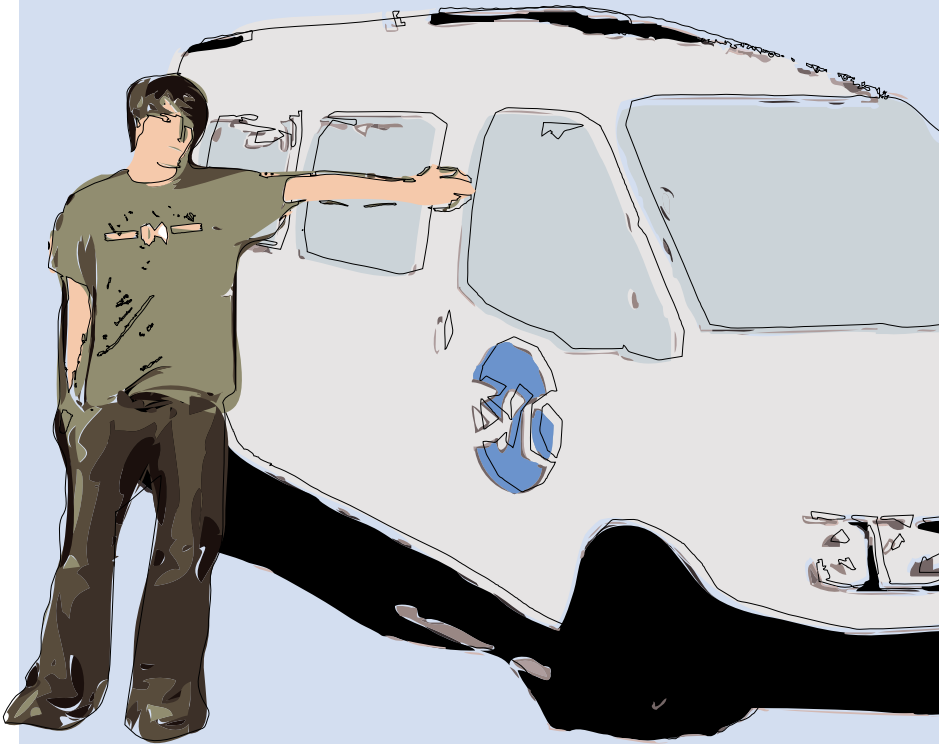
Paperwork

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

STUDENTS' REPRESENTATIVE COUNCIL
UNIVERSITY OF GLASGOW
CAMPUS TO HALLS MINIBUS



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

salary and all deductions on or before every pay date. You probably won't have to pay a lot of tax, but the government may still want to see it. Make sure you know what you're liable for and what you need to do to get any exemptions you're entitled to. If you have overpaid tax, you can claim it back at the end of the tax year (usually April).

Minimum wage

If you're over 16, then you can't legally be paid less than the national minimum wage. From October 2008, the minimum wage is £3.53 for people aged 16-17, £4.77 per hour for people 18-21 and £5.73 per hour for people 22 or older.

Holidays

You have the right to paid holidays, totalling 4.8 weeks per year, going up to 5.6 weeks in April (although this includes public holidays). Your holiday entitlement builds up gradually during the year, so if you have worked for three months you will be entitled to a week's holiday.

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 or a boss who's happy to take advantage of you, and a union can protect you against problems like these. Many offer reduced membership rates for students, as well.

Dismissal

Seek advice from the SRC Advice Centre (see SRC [P32]) as soon as you can if you think you have been unfairly dismissed, or any of your employment rights are breached.

Careers Service

While student media [P46] and volunteering [P62] can give you skills that will look great to an employer, it can still be difficult to know how to sell yourself to employers or even know what you want to do once you graduate. The Careers Service is able to advise you on what to do while you're 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 also arrange a meeting with a careers adviser. You can use this service for up to a year after you've graduated.



“

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.

”

Shona Morrison
Film and TV &
Politics

HEALTH AND WELLBEING



Health and **WELLBEING**

You probably don't want another person telling you to eat your greens and go to bed early, but what you put into your body and what you put your body through really can make a huge difference to your time at uni and beyond.

YOUR HEALTH

P100

Visiting the doctor, eating your greens, avoiding STIs

WELLBEING

P110

Keeping healthy, happy and sane at University

YOUR HEALTH

WE'RE NOT ABOUT TO GO ALL GILLIAN McKEITH ON YOU OR ANYTHING, BUT TAKING JUST A LITTLE CARE OF YOUR BODY WILL PAY DIVIDENDS IN THE LONG RUN.

Giving up smoking

Everyone knows the dangers of smoking: they're written on the side of every cigarette pack. Starting University can be one of the easiest times in your life to quit.

One of the many difficult things about giving up smoking is that it's a social habit. Going out with mates that you normally smoke with is tough, although the public smoking ban helps. 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. Give it a thought.

Speak to the Health Service for more advice.

Medical

Doctor

It's really 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 may well 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 Point (SIP), 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.

The 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.



Getting yourself checked up regularly is important, even if your mate who's studying medicine says you're fine.

Dentist

You'll need to register at one of these, too. 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. However, if you do need treatment you might find yourself on a waiting list so it's worth registering now.

The good news is that as a student you can get treated for free or at a heavy discount. 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, so you might have to go private. This is why it's 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 check <http://www.nhsggc.org.uk/>.

For short-term help and emergencies, the Glasgow Dental School runs a clinic 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 Point and in the SRC's Advice Centre.

Sexual health

STIs

Yes, they even found a way to make sex not fun. In recent years there's 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, – that is, people exactly like you. Most can be easily prevented if you use condoms. So, know how to use a condom properly, **always carry** condoms with you but make sure they are not out of date or damaged, and never use a condom more than once. I mean, ew.

Free condoms are available from the SRC, the Sandyford Initiative (see overleaf) and the QM's C Card scheme. 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.

Treatment: 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.

Treatment: 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 while it is slightly rarer than the other STIs discussed, it's 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 most 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 Human Immunodeficiency Virus (HIV) has damaged the body's immune system. There are an estimated 49,500 people living with HIV in the UK, and around a third of cases go undiagnosed. It's deadly, and while the symptoms can be treated, there is no cure.

HIV 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 recent years the number of new cases acquired through heterosexual sex has outnumbered those acquired through homosexual sex, contrary to popular belief.

Symptoms: People with HIV may have no symptoms for 10 years or more. HIV almost always leads to Aids, which can lead to tumours, deadly lung infections and a litany of other diseases.

Treatment: 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.



“

Play safe, but if things go wrong there's always the Sandyford Initiative and SRC Advice Centre!

”

Laura Laws
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 you keep them in your wallet, as heat and pressure are the sworn enemies of the prophylactic.

”

Alan Govan
Music

Sexual health (continued)

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. Women 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 £22. Ask for it by its name – Levonelle – 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 early 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.



There's loads of opportunities to get free condoms – the SRC, the QM's C Card programme and the Sandyford Clinic give them away, just to mention three.

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. 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 Clinic, 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 – about £10

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 a much simpler procedure 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 Association as soon as possible. Having an abortion is a serious decision – 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:

- 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
0141 211 8600

Alcohol

Simple Precautions

Drinking lots – sometimes too much – is undeniably part of the student lifestyle for most people, and that’s unlikely to change any time soon. But keeping an eye on how often and how much you drink will greatly increase your chances of having a good night out rather than a drunken mess. Try to bear these tips in mind while you’re out.

- 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.
- 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 rapists using alcohol “date rape” drugs, such as Rohypnol and GHB, as well as alcohol, to neutralise resistance. 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. Furthermore, the most common drug used is alcohol – slipping a few extra shots into a drink, for example – which is obviously untraceable.

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. Victims often feel responsible because they feel they just drank too much, and they can’t remember what actually happened.

Whether instances of drugs being dropped into unsuspecting people’s drinks are as widespread as some newspapers suggest, or the reports are vastly over-sensationalised, it is worthwhile being 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 right away (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, remember 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 risks – having unsafe sex, taking a dodgy short cut home, allowing yourself to be taken to a stranger's 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 them to do. They'll probably thank you for it in the morning.

Addiction

The stereotypical alcoholic is a washed-up businessman with a bottle of whisky in his drawer, but it's possible for absolutely anyone to have a drinking problem, and the drinking culture at universities means that it's easy for a problem to start, and that it's just as easy for dangerous drinking habits to go unnoticed.

If you feel your habits are getting out of hand, 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 *Drugs you may encounter*

As well as alcohol, there are a multitude of illegal 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. This might just mean that you get sold rubbish which does nothing for you. More worryingly, though, it means that your drugs could be cut with whatever 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 report 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.

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 ingested in food. Effects include a feeling of well-being, relaxation, and a heightened appreciation of daytime television, but can also cause nausea and paranoia. Cannabis is currently a class C drug, but it's likely to be upgraded to class B again in 2009. Some people seem to be able to smoke dope regularly without any major change to their lifestyle. Most people can't. Before you know it you'll be watching Teletubbies and failing your degree. You've been warned.

Cocaine

This class A drug 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 and can lead to heart problems 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 awful for the next couple of days.

Ecstasy (MDMA)

Ecstasy comes in powder or in pill form, and comes in a wide variety of shapes, colours, and – importantly – strengths. There are cases of people having allergic reactions to MDMA, but these are very rare – most of the dangers associated with the drug relate to how it is used, and what it is cut with. Aside from the usual stuff



Getting hold of drugs can put you in dodgy situations with potentially dangerous people.

that suppliers might cut with any drug (baking soda, detergent, paracetamol etc.), ecstasy is nearly always cut with speed when found in pill form. Ecstasy is a class A drug.

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. Ketamine is a class C drug.

Hallucinogens

Hallucinogens include LSD (acid) and magic mushrooms. The effects vary depending on your mood and the surroundings, and are hard to predict. There's some evidence that LSD can worsen or trigger mental health problems.

For more information

The Scottish Drug Forum is lobbying for effective and understanding solutions to drugs problems in Scotland. Talk to Frank and Know the Score also have more information on all aspects of drugs, their effects, and responsible use. See www.sdf.org.uk, www.knowthescore.info, and 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 someone's able to inform medical staff that get involved.

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

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 has taken.

WELLBEING

STAYING HAPPY IS JUST AS IMPORTANT AS STAYING HEALTHY. IT'S IMPORTANT TO MAKE SURE YOU'RE ON TOP OF THINGS.

Mental health

Being at University can be a stressful experience. As well as pressure from your course, finance, friends, employment, relationships, and family can all weigh you down. This may begin to impact more seriously on your mental wellbeing as well as affecting 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, and 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: difficulty get to sleep, disturbed sleep, or the need for much more sleep than usual.

- Changes in appetite: loss of interest in food or overeating.
- Diminished sex drive.
- Difficulty relaxing without feeling guilty.
- Difficulty making decisions.
- Emotional changes: extreme distress at slight interruptions or frustrations.
- Use of 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 making you stressed 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



Just talking to a friend can be a great start to working through your problems. But don't be ashamed to get professional advice if you feel you need it.

hobby 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.

Eating disorders

When we are under stress, our appetite and the way we view food are often affected. You may lose interest in eating, you may eat more than usual, or you might start craving certain types of food. This usually passes when the difficulties are resolved, and isn't usually dangerous if your eating habits get back to normal quickly.

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

Both men and women are affected by eating disorders. If you think you might have an eating disorder, speak to a doctor immediately.

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 and Bulimia Nervosa

Some people respond to feelings of stress, 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 habits. 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.

Most of all, 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 also swallow or insert objects into themselves or pull out their hair or eyelashes.

People harm themselves for many different reasons. Self-harm can 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 may be feelings of guilt and the feeling that they need to be punished in some way, or it can act as a release and a way to manage moods or feelings.

If you know someone who self-harms, it is important to talk to them about it immediately and encourage them to seek help. For more information about self harm visit www.nshn.co.uk

Who can help?

University Counselling Service

Counselling differs from other sorts of help. It's 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 or the University Health Service at www.gla.ac.uk/health/.



Nightline offers information and support on many subjects. Their number is 0141 353 1050.

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

Nightline

The SRC's Nightline service provides a friendly ear to talk to, as well as a quick and discreet source of information. If you feel like you just need to get some stuff off your chest, they're the people to call.

Nightline is a confidential, non-judgemental telephone listening and information service run by trained students for students. Anyone can call on **0141 353 1050** between the hours of 7pm–7am 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 the opportunity to talk to someone in confidence, the service provides information such as exam timetables (for those 3am "my exam's not tomorrow, is it?" panicked wake-ups), phone numbers for taxis, clinics and details on other campus support services and specialist helplines.

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 (or none) or religious denomination. The University Chaplaincy is next to the Chapel, in the West Quadrangle. Turnbull Hall Catholic Chaplaincy is at 15 Southpark Terrace. It has places to study or to sit and have a coffee, with a selection of daily newspapers. Turnbull Hall even has computers with access to the University's network.

Interfaith

The University has an Interfaith Room which has books and worship materials for 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 and so on. There are shoe storage and washing facilities for ritual ablutions.

The Interfaith Room is located next to the dining room in The Square. Chaplaincy agreements are now in place for several Christian denominations, Buddhist, Hindu, Humanist, Jewish, Muslim, and Sikh communities. 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. Throughout the week there are various services in the University Chapel, which can be viewed online.

Services

Sunday morning service: 11am

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

Ecumenical Eucharist (Anglican) service: 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 6.15pm), 11.30am and 6.15pm

Holy days 12.05pm, 1.05pm and 5.05pm

Weekday masses 1.05pm daily.

Additional mass at 12.05pm 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

rchaplaincy@gla.ac.uk

http://www.gla.ac.uk/services/

catholicchaplaincy/

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 Humanist. Sometimes it's just good to get a bit of space.

”

Rev Stuart
MacQuarrie
University Chaplain

Legal

It's unlikely you're going to get involved with the police any more seriously than a noise complaint or two, or if they catch you drinking in the park. But it's still well worth knowing your rights in case anything does happen.

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. You don't have to and can't be detained at the police station, but in most cases it can't hurt to co-operate 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.

Stopping and searching

The police can stop and search you without having a search warrant if it is in connection with the

prevention of terrorism, or 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;
- fireworks which you intend to use in an anti-social manner;
- cash or the cash equivalent of £1000 or more which 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 they are in plain clothes they must identify themselves and provide documentary evidence of identity if asked to do so. Obviously if a person claims to be police you should ask them for identification immediately and not give them any information until they 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. The police do not have the power to take any 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.



Dealing with the police can be scary, but remember that if you do right by them they will more than likely do right by you.

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 £1,000 or more if they suspect that it could be the result of the proceeds of crime.

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; if this is not possible in the circumstances, a reason should be given as soon as is practical. However, an arrest is not necessarily unlawful because no reason was given at the time of your arrest. You have the right to have a solicitor and one other person (e.g. a parent) informed of your arrest.

When will the police charge someone

The police will charge a person when they feel that they have enough evidence to prove that they have committed an offence. The charge is a statement which states:

- what crime the person is charged with;
- when the crime was committed;
- where the crime was committed.

If you are charged with an offence, 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. At this point, you really should seek legal advice as soon as you are able to.

Ethical living

As global warming starts to become more and more evident, and our natural resources are depleting, we have to start thinking about the way that we act and whether it is a responsible way to treat the planet. We're not expecting you to start living in trees and wearing tie-dye but there are some easy ways will at least start to minimise your impact on the environment.

Reduce, re-use or recycle

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 recycling bins dotted around the city (the car parks on Gibson Street and the corner of Byres Road and University Avenue are handiest for uni), there are other things you can do.

- Buy Barr's glass bottles: this way you get a cheap bottle of pop that gets even cheaper when you 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 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. Aside from the warm fuzzy glow that saving energy gives you inside, it also works out much cheaper for you in terms of bills. So, even if you couldn't care less about climate change, it is definitely still worth giving these a try:

- Don't leave lights and switches turned on when not needed, and turn TVs or monitors off completely – don't just put them on standby. 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.
- Close your curtains to trap heat inside.
- 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 – it uses less electricity, plus, it's cheaper, quicker, and reboiled water tastes nasty.
- 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 bigger changes to make your property more environmentally friendly. Here's a few suggestions:

- Installing double glazing;
- Insulating loft and outer walls;
- Upgrading 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



Recycling facilities can be found all over Glasgow – it doesn't take five minutes to drop your old papers off.

is often a more sensible option, with most things being 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. Using public transport greatly reduces the amount of CO2 per passenger.

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 a more ecologically sound life while at uni. This may mean getting involved in a club like People and Planet or The Dirty Weekenders (see *Clubs and societies* [p54]) or it may just mean recycling your cans and bottles and buying food grown locally.

If you would like to get more involved at a University level, contact the SRC sustainability group, which works in conjunction with the Unions and clubs and societies, to try to affect the way such issues are addressed in and around campus. 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.

Fairtrade

Glasgow University is one of a growing number of Fair trade 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 Fairtrade 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 fairtrade 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



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STUDENTS' REPRESENTATIVE COUNCIL
UNIVERSITY OF GLASGOW



GOING OUT



Going OUT

Your fridge is stocked, you're going to lectures and you've found a flat: what's next? Time to explore Glasgow and have some fun.

SHOPPING

P124

Clothes, books, records, and more: a guide to some of Glasgow's best shops

CULTURE

P135

Cinemas, museums and theatres galore for a bit of self-improvement

FOOD AND DRINK

P140

For impressing your date or for when you just can't be bothered cooking

GIGS AND CLUBS

P148

Glasgow wouldn't be Glasgow without overpriced beer and deafening music

SHOPPING

GOT YOUR STUDENT LOAN? GREAT! HERE'S A FEW THOUSAND WAYS TO GET RID OF IT AS FAST AS YOU CAN.



“

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
Cultural studies

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 brick, 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 unfathomably colossal Buchanan Galleries shopping centre, just off Buchanan Street, 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, get daddy to lend you his limo and head to the Merchant City (east from Buchanan Street) for some of the most exclusive shopping in the UK, including the only **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* [P148]), **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 flannelcloth swimming trunks, you should probably start looking here. It's not always cheap, 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



Mr Ben: a wonderful combination of the chic, the lame and the very, very strange.

with flashing lights. Oh, and awful mid-90s trance on loop while you browse. Complete the shopping experience with a visit to the fetish shop at the end of Kings Parade where you can pick up a corset or a nice pair of crotchless knickers.

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 many different Oxfam shops. The most interesting of these is **Oxfam Style** – yes, really. They collect 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. Make sure to check it out if you're broke and you've got an interview tomorrow.

Live Again on Dumbarton road 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, but there's some serious bargains to be found.

Essentials

Food

If you've just left home for the first time, 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 balsamic vinegar. 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 is 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** (soon to be a Co-Op) 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'. 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 Spencer** 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.

Iceland, next to Hillhead subway and **Farmfoods** at the bottom of Byres Road both cater more for the

student budget. They're most useful for buying bread, milk, and toilet roll, but they do have some great offers. They put together ridiculously good value bundles, so 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 don't need but will pick up anyway.

If you're in Murano St. or Wolfson Halls, you'll probably soon discover Maryhill **Tesco**. It's got the usual huge selection of food, and is a marvel for student fodder, especially if you take advantage of the famed stripy Tesco Value range. Many students discover their 9p noodles and eat little else for four years – it's tempting at the time, but really it's just a very cheap way to get scurvy. They offer a freephone taxi service; useful if you've got 15 bags of shopping to carry home.

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 George's Cross Underground. Don't be put off by the obscure European brands: some of them are great, some of them are hit and miss. They're 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. Their fruit and veg section is infamously rubbish, though – probably best to give it a miss.

For many essentials, though, 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.



*Go to **Roots and Fruits** if you want to meet people who get really, really excited about vegetables.*

Fruit & Veg

In the West End you should never 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 subway, 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 as well. They offer a student discount, too, so make sure you check it out. **Grassroots** at the bottom of Woodlands Road offers

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 goats cheese.

a similar range 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** at 188 Byres Road (beside Hillhead Underground), where you can buy fresh 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

Strangely enough, the West End is rather underserved when it comes to 24 hour shops – you might have to walk a few blocks if you get a desperate need for some Doritos in the middle of the night. Here's a couple:

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

Off-licenses

Most of the places above will sell you beer, wine and spirits. If you're looking for a bit more variety, **The Cave** on Great Western Road has all kinds of drinks from around the world, including a great selection of beers, and if they don't have what you want they can try to source it. The law states that you can't buy booze after 10pm, but there are some places in the West End where you can. Members of the QMU can buy off-sales during normal shop hours as well as until 12am 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. Your best bet is to send the best-looking member of your group and get them to bat their eyelashes a lot.

Other Essentials

Post Offices

- 687 Great Western Road, G12 (Inside Nisa)
- 125/127 Dumbarton Road, G11
- 384 Dumbarton Road, G11
- 76 St Vincent Street Terrace, G3
- 136 Maryhill Road, G20



Just frying up a couple of eggs for your lunch rather than going out and getting a sandwich will save a huge amount of money over the year.

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. It's only 10 minutes drive from the West End if you have a car, or if not, the number 747 bus runs every hour from Partick Bus Station to Braehead Shopping Centre via IKEA. Alternatively, the number 55 bus from Buchanan Bus Station stops outside IKEA and runs every half hour. IKEA deliver large items, but at a price.

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

smaller items. **Au Naturele** on Woodlands Road is another great student choice, with cheap and trendy household goods – consider it an IKEA alternative.

While chain stores are a dependable source of cheap furniture, there is a chance you'll find yourself with much of the same furniture 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.

Second Hand

Oxfam Music

Byres Rd, Victoria Rd
Glasgow has two of Oxfam's flagship music outlets. Makes crate digging easy by well organised stock and marking quality, but you will pay for that privilege.

Mixed Up Records

Otago Lane

The best stocked second hand shop in the city. Well sorted and displayed records with 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

It's mostly rubbish Jimmy Shand and James Last, but everything is a pound. There's usually at least one great tune buried in here.

Lost Chord

Park Road

Too many 12"s to fit in the shop so most are on a weed list. Also sells second hand porn mags. Yuk.

Record shopping

While Glasgow has its fair share of the near-obligatory **HMVs** and **Zavvis**, for a long time now there is only one name that needs concern the average record shopper: **Fopp**. 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 three quid. Fopp sent students across Britain into a panic last year by suddenly closing all their stores but HMV have bought the brand and intend to continue running the stores separately to their other ventures. Both of the chain's Glasgow shops (on Byres Road and Union Street) have now reopened and so far it's been business as usual, despite their new evil corporate overlords.

While Fopp's collection of CDs is dirt cheap and expansive, if you're a true music nerd you might start to find the shop a bit lacking in depth. But don't worry! We've got you covered. Whether you're into classic rock, minimal techno or the Baltimore noise scene, there'll probably be a specialist shop ideal for you.

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 trendy Canadian bands to great electronica, metal, 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. The staff are all DJs themselves and seriously know their stuff. Don't expect to come away with anything for less than seven quid though.



Monorail's selection of obscure and weird music is second to none.

23rd Precinct

Bath Street

23rd Precinct is 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). If you're interested in kicking off a DJing career, you'll find all the staples you need in here.

Missing Records

Argyle Street

This shop seems to open and shut seemingly at random in various points around Glasgow, lending it a slightly mystical air. After a slightly extended absence, it's currently lurking under the railway bridge on Argyle Street. It sells a great variety of CDs and DVDs like a slightly low-rent Fopp. However, the staff tend to be friendly and knowledgeable about what they're selling, so don't be afraid to ask. Try to visit while you've got

the chance: by this time next week it'll probably be on the Moon or something.

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, and a good collection of music DVDs.

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 seems to have been developed by a four year old with a crayon.

More shopping

Books

In the town centre there is the usual selection of massive bookshops like **Borders** and **Waterstones**, but around the West End there's a much more interesting selection of first and second hand bookshops.

SRC Second Hand Bookshop

John McIntyre Building, University Avenue

Texts on University course reading lists usually cost about £30 each in John Smiths or Waterstones. 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 good 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 will definitely have it. They stock almost every course text and can order in pretty much anything. It's still usually worth checking out the second hand stores and high street shops if you can't find something in here, though.

Barretts

Byres Road

This seemingly normal West End newsagents actually houses an amazing selection of specialist magazines

and newspapers. Their stock includes MAD Magazine, Fishing Weekly, Scratch, Architects' Journal, Spanish Cosmo, and more. They also have loads of stationery.

Voltaire & Rousseau, Thistle Books (both off Otago St.) and Caledonian Books (Great Western Rd.)

These three second hand bookshops, which are all within two minutes' walk of each other, may well contain every book ever published in huge, ceiling-scraping piles. Their esoteric and extensive range is something that must be experienced first hand.

Other shops

Felix and Oscar

Great Western Road

It calls itself "the coolest shop on the planet" and it's probably got a fair claim to that moniker. Felix and Oscar is a treasure trove of knick-knacks, gewgaws and trinkets from tremendously stylish designers. If you're looking for a two-tier cake tray to finish off your new home, you'll probably find a good one here.

A1 Comics

Parnie Street

Sells pretty much every comic you could ever want, from superhero classics to more obscure collections.

Richer Sounds

Jamaica Street

Quality hi-fi equipment on a budget. If it's time to ditch that £50 mega bass boost system for a real setup, then these are the people that you should speak to.

Tiso's

Buchanan Street

Outdoor goods for those strange souls who like walking up big hills in the rain for fun.



Buchanan Street tends to get busy on days ending in the letter Y.



The Grosvenor offers comfy seats and a drink with your film. Lovely!

CULTURE

FROM HUGE CONCERTS TO TINY ART
EXHIBITIONS, GLASGOW'S GOT IT ALL.

Cinema

Cineworld

Renfrew Street

Student tickets £4.70

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 in your ear.

It isn't the cheapest cinema in the world, but the more dedicated film fan can purchase an 'Unlimited' card which allows you to see as many films as you like for a mere £11.99 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 (although, they don't tend to check the picture on the card, so if your friend's got one and you want to go for free... I'm just saying).

Glasgow Film Theatre (GFT)

Rose Street

Student tickets £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 £4 (not available weekends after 6pm, usual price £7)

Situated on Ashton Lane, a couple of minutes walk from uni and amid overpriced 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.

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 – speaks for itself. Admission to Glasgow museums is free unless stated otherwise. For locations see *City map* [p166]. All museums open 10am-5pm Monday-Thursday and Saturday and 11am-5pm Friday and Sunday, unless stated otherwise.

Kelvingrove Art Gallery And Museum ***Argyle Street***

It re-opened its doors recently 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 Dali, 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***

This idiosyncratic collection of artifacts ranging from Chinese porcelain to paintings by Cezanne is perhaps Glasgow's most famous attraction, 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 widely 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 – celebrating its 200th birthday this year – 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



In this dramatic scene, the noble elephant is hunted by its natural predator, the Spitfire.

etc). Recent highlights included a Whistler retrospective and an avant-garde graphics exhibition. The museum section benefits from a recent renovation.

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/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 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.

Theatre

Glasgow has had a thriving theatre scene for decades, and it offers something for everyone, no matter what your taste runs to. If you're looking to see Paul McKenna hypnotise people into making fools out of themselves, 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, try to visit some of the more obscure venues as well. 'Bard in the Botanics' brings you Shakespeare amongst the flowers in the Botanical Gardens, 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 bring 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, though, you might have to sell your granny for a ticket these days. 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

shows for and by kids, while rarely dumbing down or patronising. Tickets for students usually come in at half the normal cost, but if you live close by you can purchase a Gorbals card, which knocks the price down to three quid.

Cottiers

Hyndland Street

This converted parish church in leafy Hyndland (about 10 minutes walk from uni) is worth a visit for the building alone – when they're not putting on varied exciting plays and performances, it's 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

This university-run theatre, just down the road from the main building, houses 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 *Clubs and societies* [P54]).

Kings Theatre

Bath Street

The Kings Theatre is as much a part of Glasgow as the Barras Ballroom: It's as cheesy as Graham Norton, and that's what makes it charming. Go for the panto, stay for the banter.

Theatre Royal

Hope Street

If you want some high culture to go with your red wine and smelly cheese, the Theatre Royal is the place to get it. Home to the Scottish Opera, and with regular visits from the Scottish Ballet, the Royal Shakespeare Company and the Royal National Theatre, you'll be sure you're getting the real deal at cheap prices.



The Citizens' production of Wee Fairy Tales translated classic fairy tales into Scots vernacular. Obviously. Photo: Tim Morrozo.

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. Head along if you like the smell of organic patchouli oil.

Festivals in Glasgow

Glasgow Film Festival February

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. It features some of the funniest men and women on this planet, and Jimmy Carr.

Indian Summer July

Succeeding the late Triptych as Glasgow's premier music festival, Indian Summer usually boasts an impressive lineup of indie bands, such as Flaming Lips, Yeah Yeah Yeahs, Wilco, the Fall, and more, all in a lovely park.

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.

FOOD AND DRINK

YOU'D DO WELL TO CHECK OUT SOME OF GLASGOW'S DINING OPTIONS. YOU MIGHT EVEN WANT TO GO TO THE PUB ONCE OR TWICE.



“

The West End is packed with great restaurants – you don't need to go to the same place twice if you don't want to. Great Western Road is brilliant for tasty, cheap food.

”

Pete Myall
Philosophy

Restaurants

Eating out in Glasgow is nearly always a great experience. There's very few bad restaurants around, and all kinds of venues experiment with new ideas, like Stravaigin's ostrich burgers or the Bothy mixing traditional and contemporary Scottish flavours. Most places below are towards the cheaper end of the budget, but there's one or two for impressing your date.

Chow

Byres Road

Upmarket little Chinese that's relaxed enough to be intimate but stylish enough to impress. Chow offers an excellent menu and main courses are under £10. It's small, though, so bear it in mind for romantic dates rather than huge parties. There's also some incredibly cheap lunch deals on offer.

Ichiban

Dumbarton Road and Queens Street

Ichiban is a chic Japanese noodle bar, stylish yet great value. If you're feeling a bit worse for wear or just incredibly hungry then one of their noodle soups will sort you right out: they're large enough to swim laps in and absolutely delicious. 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 reasons why. It's not the cheapest but it's probably the best – which is why you have to book at least a day in advance if you want to get a table. Fusing traditional Indian cooking with local ingredients (like spiced smoky haddock), Mother India is not your average curry house.



The Bothy does fantastic sturdy Sottish cuisine. It's pricey, though, so wait till someone else is paying.

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
Ruthvern 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, such as 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 with the best, the Chip is one for a 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 murals by Scottish author Alasdair Gray.

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, sophisticated students, and people that would like to think that they're darling bohemian types or sophisticated students, so it's packed full of cafes and coffee shops to suit every taste and budget, from cheap and cheerful greasy spoons to super-sophisticated coffee joints where you can drop 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 to eat there 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 till 11pm, Offshore is a central point for the West End's Latterati 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 favourite sofa isn't taken by an idiot with a mullet and a Powerbook.

Il Cappuccino

Great Western Road

Probably the West End's best sandwich shop. Friendly staff prepare a vast range of sarnies full of great ingredients, sometimes in unusual combinations (ever tried roast beef on a croissant?). Homemade cakes and great coffee fill out the perfect lunch. It also functions as a delicatessen, selling all kinds of tasty ingredients from across the world.

University Cafe

Byres Road

A historic art deco greasy spoon just down the road from University that somehow hasn't been gentrified. 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

At first glance 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. Like the big green giant, they're not the cheapest, and they're not the best, but they're quite often the closest.

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 that 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.

Where The Monkey Sleeps

West Regent Street

Here's something you don't see every day – a metal sandwich shop. The stereo constantly blasts out Manowar and the sandwiches have names like the Witchfynder General. They're damned nice, too.



It may be relatively dear, but Beanscene does make generous portions.

Tinderbox
Byres Road

With its Vespa in the window and chrome furnishings, you get the feeling Tinderbox is trying a little bit too hard. Still, it's always rammed, with people even sitting outside right next to one of Glasgow's busiest junctions, enjoying car fumes with their caramel latte. The reason? They serve really great coffee. Ideal for coffee aficionados and first dates.

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 signature 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 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.

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.

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

Steadily making a reputation for itself, 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.

Pubs and bars

As a new student, one of your first priorities (and rightly so) will be to find your favourite drinking hole. Luckily, Glasgow has more than enough pubs to suit every taste and budget, and any decent search will be extended and most enjoyable. 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 faint-hearted and probably isn't recommended by any good doctor.

Brel

Ashton Lane

There's no better place to spend a summer's 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 pretentious and remains one of the West End's best pubs. As you'd expect for a pub attached to a restaurant the wine list is extensive (and expensive) but 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 to 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.

The Halt Bar

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. Everything's a bit ramshackle and thrown-together, but it's got a unique atmosphere and its legion of friendly regulars – half sozzled old men and half students – wouldn't have it any other way. It's got a decent jukebox, and there's live music and DJs in Halt Two.

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, though.

Tennents

Byres Road

This staunchly traditional pub provides welcome respite from the unstoppable deluge of trendy 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.



You may turn your nose up now, but by Christmas you'll be swilling down Tennent's with the best of 'em.

Nice 'n' Sleazy
Sauchiehall Street

The place where hipsters and art-school dahlings 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 good food, too: the Sleazy Burger may sound like something you'd want to avoid, but it's surprisingly tasty.

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. Get extra cool points by knowing more people than your friends do.

Three Judges
Dumbarton Road

Voted one of Scotland's finest pubs on numerous occasions, the Three Judges boasts one of the best arrays 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 too (though not always to do with the beer). At the weekend 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 Glasgow's main drinking street, and somehow manages to get ignored by the majority of



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Nice N Sleazy offers good gigs and great banter.

Bars [cont] 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, and that is sadly missing from most West End establishments. It's full of students every night, and many clubs and societies hold their meetings there. They also have live folk music on Tuesdays and Sundays.

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.

Liquid Ship
Great Western Road

It's run by the same people who run the Stravaigin, but the Liquid Ship is remarkably relaxed and student-friendly, despite its progeny. It's the perfect place for a cool summer pint, with an airy, laid-back atmosphere and newspapers to read. The bar snacks tend to run more towards marinated olives than pork scratchings, for those of a more sophisticated palate than the rest of us philistines.

Captain's Rest
Great Western Road

After a recent renovation, this cheap West End dive has reinvented itself as a slightly more expensive indie-leaning pub, complete with a tiny venue downstairs. It's too early to say if it's pulled it off yet, but it's already hosted some interesting gigs.

GIGS AND CLUBS

WHAT FOLLOWS IS JUST A TINY SELECTION OF GLASGOW'S HUGE NIGHTLIFE SCENE. SEE YOU AT THE BAR.

Live 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 at any time you'd care to mention, there is a refreshing lack of a "me too" attitude about Glaswegian artists. Displaying admirable constraint, they tend to just get on with whatever they feel like. While Glasgow is probably most famous for its guitar-based music, you'll find more than enough to entertain you whatever direction your tastes lie. Groups like Slam and stranger acts such as Germlin keep the flag flying for electronica of all styles, and there is even a strong community of hip-hop producers, grime and garage MCs, and DJs.

Where to go

The biggest venue in Glasgow is undoubtedly the **Scottish Exhibition and Conference Centre**, on the banks of the Clyde. It can seat an insane amount of people, and hosts the largest gigs in the city, like the Rolling Stones, Girls Aloud and U2. If you're a pop fan, you'll almost certainly end up here once or twice.

Glasgow has all kinds of medium-sized venues, from the churchlike **Carling Academy** and the modern **ABC** to the strange and delightful **Barrowlands**. They tend to attract some of the larger touring bands in

the country, such as Bloc Party and New Found Glory. **The Arches**, being the Arches, tends to put on larger bands of a more highbrow, beard-stroking nature. If you're into heavier stuff, the **Cathouse** on Union Street occasionally transforms from a dodgy rock club to a slightly less dodgy venue. The **Barfly** on Clyde Street is also a decent bet for punk and garage bands.

If you're a music fan, you'll probably find yourself in all of these caverns at one point or another, but you really owe it to yourself to check out some of the smaller venues on offer in the area: it's the best way to check out some local talent, or catch rising stars before they become rich and boring. The best-known are probably **King Tut's**, on St Vincent Street, and **Nice N Sleazy**, on Sauchiehall Street. Both are tiny – 200 capacity or so – and steeped with history, providing the springboard to launch both local and international bands to fame. Most days of the week they'll put on acts ranging from pop-punk to avant-noise, and most bands they put on are at least interesting enough to check out.

The vegan pub/shop/lending library **Mono**, on King Street, puts on some fantastic gigs in a unique atmosphere – it's hard to beat watching a band while reclining in a wicker chair drinking homemade cider. Across the street, the **Thirteenth Note** puts on tiny gigs in its basement, concentrating mostly on the



The great and very hairy Acid Mothers Temple at Nice N Sleazy.

extremes of any given genre, be it metal, rock or electronic. The **Halt Bar** on Woodlands Road is also earning a reputation for live music, most notably with its fantastic annual 3-day local music festival, The Halt Bar Hijack.

How to find out

There's an awful lot of gigs going on in Glasgow, and it's almost impossible to keep track. Unfortunately, there's no one reliable source of information on upcoming gigs, so your best bet is to really keep your eyes open. Everywhere in Glasgow, from venues to pubs to chip shops, is covered in posters advertising concerts, so keep a look out and make a note of anything that interests you. The most reliable places are the windows of the Thirteenth Note, although it's a little out of the way, and the stairwell in Nice N Sleazy.

Also remember to pick up venues' individual gig guides: Nice N Sleazy and King Tut's, among others, offer printed pocket-sized guides to what's going on in the next month. The window of Tickets Scotland on Argyle Street also offers an extensive list (along with a handy place to buy). Some magazines have better listings than others. The Fly is alright, although being owned by the Barfly it's going to be biased, and the charmingly earnest Skinny, for all its faults, runs a fairly good listing page and it's often worth picking up just for that.



“

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
Zoology

Clubs

With a club scene to rival London's, Glasgow is the place to be for almost every kind of music imaginable, from pounding techno to old-school metal. 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 boys Slam make things go bang. So do their mates: people like Jeff Mills, Green Velvet and Laurent Garnier make their yearly pilgrimage to this monthly mega-club. But the Slam empire extends beyond stadium techno. Slam are the people behind Glasgow's most important electronic record label, Soma, the label that launched Daft Punk onto the world and now puts out cutting edge electronica 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 ticket price 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 mindless sixties pop to eighties New York no-wave. They tend to favour live acts rather than DJs as their guests, and 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 that you will probably hate. You've been warned. The DJs also occasionally throw a more cosy night called The Black Rabbit Whorehouse, specialising more in electronic music. Get on their mailing list for an invite.

Utter Gutter

Second Saturday of the month

Art School

Glasgow's best underground gay/mixed club night is a riotous celebration of hedonism and attitude. Mdm. Sanex and Hushpuppy play dancing music from throughout the ages – from disco and new wave, to electro and garage rock. Utter Gutter attracts Glasgow's artists and alternative types as well as the more clued up club kids, both straight and gay.

Record Playerz

Weekly Thursdays

Art School

Thursday night at the Art School has become a bit of an institution – the Record Playerz DJs, Hushpuppy and Bonjour Boi, attract a huge crowd of skinny, arty types every week with a mix of electro, italo, indie, and everything else they can get their hands on. It's dirt cheap – a couple of quid to get in, and a pound a pint when you're there – and although it's ludicrously



Hallowe'en night at the old Stereo, before it moved into the centre of town.

precious (you can't spell party without arty, their Myspace reminds us), it's fantastic fun, and no-one really minds if you look or act like a complete idiot. It does get very, very busy, though – turn up early or get chummy with the bouncers if you don't want to queue for hours.

Rock and Roll Indie Circus

Weekly Fridays

Barfly

Admittedly, it does have what must be the worst name in the history of clubbing, but Rock and Roll Indie Circus, hosted by Xfm's Jim Gellatly, is probably worth checking out all the same. The name pretty much sums the place up – expect to see lots of people in skinny t-shirts dancing to tunes ripped from the headlines of this week's NME. Upstairs plays classic rock n roll of a Velvet Underground / Black Sabbath vintage, which mixes things up a little and helps to keep your mind off the fact that your shoes are sticking to the carpets. For a bit.

Death Disco

Third Saturday of the month

The Arches

The closest thing that Glasgow gets to fall-of-Rome style manic debauchery. Straights, gays, and don't-know-yets fill the Arches' cavernous spaces as resident DJ Mingo-go gets down and nasty with some filthy mutant disco and anarchic electro. The crowd is open-minded, fun-loving and very, very drunk. You'll either love it or hate it: the only way to find out is to go.

Mungo's Hi Fi

Second Friday of the month

Art School

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 beats it's impossible not to move your body.



At most Glasgow clubs, dancing like an idiot is de rigeur.

Clubbing [cont]

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 promotions. The music is straight up chart and cheese in the main room (although different nights claim to have different policies), but there's an indie room and an RnB room that open up if it gets busy enough.

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. 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 absolutely packed so you'll need to turn up early. Still, it's usually not too hard to get your hands on a free pass from a PR bod, so keep an eye out.

Campus

Sauchiehall Street

7 nights a week

Absolutely trashy and unrefined, this frathouse-themed club provides some of the most guilty fun you can have on Sauchiehall Street. The playlist is pulled straight from the top 40, and you can send texts to the big screen to tell that bird that you think she's well fit, like.

ABC

Thursday-Sunday

This old cinema puts on indie-centric club nights 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 half your friends will probably be there.

The Buff

Bath Street/Bath Lane

Weekly Fridays

It's big, it's camp and it's ever so gloriously trendy: it's The Buff. This Glasgow institution has been playing the best jazz, soul and funk in town every single week for years, and it's still on top form. And just imagine the hilarity when explaining to your friends over the phone that you're in The Buff. Ahar.

Everything else

Of course, if this guide was ten times longer it still couldn't begin to cover everything that happens in Glasgow on any one day. Here's a few ideas that you can 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 **£7 for students** (£6 online). **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.

Lazer Planet

John Knox Street

Get the train to Yoker from Partick station and relive your youth shooting your friends with laser guns. Yeah, it's for kids but it's still fantastic fun and when you're making an adrenaline-charged attack on a bunker full

of eight-year-olds it's kind of easy to forget. With smoke machines, lasers and pounding techno, it's a bit like a nightclub. Without the girls.

Mitchell Library

North Street

It's big, it's old and it's full of books: it's a library! Housed in a beautiful neo-classical 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 7, 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 possibly 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 "Wooooooo".

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 Rangers or Celtic, who might stand a chance of winning, and it's the best way to avoid bar fights.



APPENDIX

APPENDIX

A whole host of really useful information that you'll probably need at some point.

PEOPLE

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A few of the people in charge at the University and the SRC.

GLOSSARY

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*The Bedellus is over at the Hunterian?
Eh?*

CAMPUS MAP

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Find your way around the University of Glasgow

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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, as well as the SRC Executive.

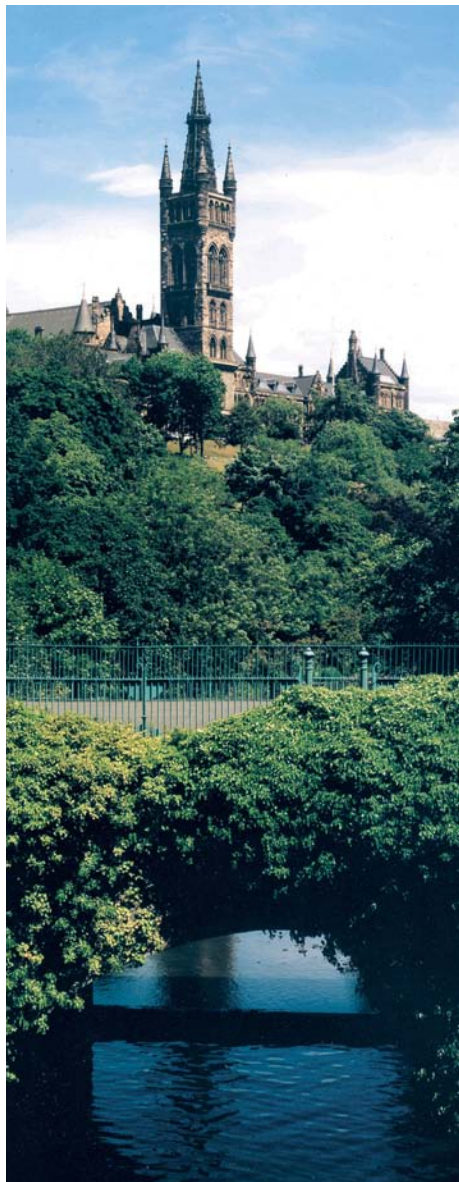
The SRC Executive are the only ones of these you're actually likely to meet. They'll be happy to see you and discuss any ideas or problems you have.

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.



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.



Charles Kennedy
Rector

The office of Rector is the highest level of student representation at the University of Glasgow. It's his job to make sure that students are listened to and that their interests are looked after. The position has been held in the past by, amongst others, Benjamin Disraeli, Winnie Mandela, William Gladstone, Richard Wilson and Greg Hemphill.

The Rector can take matters to University Court, the highest decision-making body in the institution. In the past they have fought for a better deal for students on accommodation, funding and exams.

In 2008, students elected Liberal Democrat MP Charles Kennedy to be their rector for the next four years. Charles is a graduate of the University of Glasgow, where he rose to the position of President of the GU. He is most famous for being the leader of the Liberal Democrats for seven years during one of their most successful periods. While he resigned from leadership in 2006, he remains MP for Ross, Skye and Lochaber and a prominent political figure.

Charles has pledged to act as the campus' MP, taking students' concerns both to Court and to Westminster, and holding forums to meet students and listen to their concerns.



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 through open competition and is responsible to it for the leadership and effective management of the university, its staff, and its finances.

The Principal has a seat on Court and is also President of the Senate. 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 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 was the Permanent Secretary to the Scottish Executive.



Gavin Lee

SRC President
president@src.gla.ac.uk

So you're the boss?

Not really! It's a real team effort and the Executive, Council and staff will all be working really closely this year to make sure students are getting the best deal. I'm the figurehead for the organisation and will oversee all this work, as well as feeding into University and national decision making.

What makes the SRC important for new students?

The SRC offers so many opportunities to get involved and to be supported. Whether it's getting involved in the clubs and societies supported, becoming a student representative, or taking advantage of SRC services such as JobShop, Second Hand Bookshop, free campus to halls minibuses or popping into our Advice Centre, we're always there to lend a hand.

What plans do you have for this year?

It's important for the SRC to raise its profile on campus. More students than ever know about us, but not enough of what we do. It's essential that all students know that they can use the Advice Centre for free confidential and independent advice. I also really want to see the SRC expand its support for volunteers – increase further the opportunity for students to get involved.



Jamie Wightwick

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?

To provide first class opportunities for students to develop both academically and personally: it's about supplying ways for ordinary students to make their views heard and shape the course of their own learning, whether by feeding their own personal suggestions for improvement through the class reps system or by their participation in our volunteering opportunities.

What battles do you expect to be fighting this year?

Expanding choice is going to be big focus this year: we're all individuals and what drives me isn't necessarily what excites you. Ultimately, whether you prefer to learn alone or in a group, skim the books or surf the net, help out in schools or volunteer abroad, I'd like you to have those options and more – so talk to your class reps, explore our volunteering opportunities and tell us what you're passionate about.

What's great about studying here?

The extensive freedom to shape your own curriculum. It can seem a little intimidating at first, but quickly becomes incredibly liberating.



Zoe Grams

*SRC Vice President
(Media & Communications)*
vp-comms@src.gla.ac.uk

So it's your job to run the SRC's media?

Well, to some extent. All of Glasgow's student media is editorially independent from the SRC. It's my job to support each of them in realising their goals, to help them get adequate funding, and to make sure they comply with media law. I'm here so that student media can run themselves in the best environment possible.

What else are you meant to be doing?

A big part of my role is to ensure that students know exactly what the SRC has to offer and how we can help them in a number of capacities. I'll also be working with the media so that student issues are discussed, and so the SRC can help students from a number of platforms.

Why should students get involved in the student media?

Getting involved will give you a chance to learn and hone a great number of skills. Many of the volunteers have gone on to work for some of the most prestigious publications and organisations in Britain. Having said that, it isn't all about your CV: you constantly meet really brilliant people in student media, and consequently it's an awful lot of fun.



Laura Laws

*SRC Vice President
(Student Support)*
vp-support@src.gla.ac.uk

How exactly are you meant to be supporting students?

I represent students in meetings with the University and with landlords, local politicians, the Student Loans Company and the police. I'm excited about organising RAG week this year and run campaigns based on student safety and issues students bring to us. For example, last year we successfully lobbied the Scottish Government to scrap the graduate endowment fee.

What issues do you want to raise this year?

I am really passionate about empowering students to make the most out of their life experience in Glasgow outside of their studies, from highlighting volunteering opportunities for extra credit at University, pointing them towards a club or society, or enabling them to run their own event in RAG week, an amazing week of events run by clubs and students where imagination is the only barrier to raising money for charity. I really think it is a good opportunity for students to join in the local community at the same time as boosting their CVs. I also want to really push the services – the minibus, the photocopying, the advice centre – that the SRC offer.

Glossary

Adviser of Studies

Assigned to every student, an Adviser is there primarily to make sure you register properly and have a timetable sorted out with them. While you only have to meet them once or twice a year, 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. Most students are assigned an Adviser of Studies, although some faculties arrange things differently so it's best to check with your oaculty office to make sure. See *Your degree* [p8].

Anatomy Museum

The museum is part of the anatomy department and includes pickled specimens and collections such as The Nervous System and Organs of the Senses.

Bedellus

The office of Bedellus or Beadle dates from the foundation of the University in 1451. Historically this job has varied greatly, including the organising of bonfires on campus, but the work of the modern Bedellus includes the planning of day-to-day janitorial duties and the administration of 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 graduate'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. He confers degrees upon those who are presented to him by the Senate. 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.

Clerk of Senate

The Clerk of Senate has status equivalent to that of a Vice-Principal, and his responsibility is for matters to do with the regulation of academic policy and practice and the provision of academic advice and judgement. Professor Graham Cale took up the position earlier this year.

Cloisters

The large pillared area between the quadrangles. At graduation make sure to drink some Bucks Fizz there.

CSCE

The Common Student Computing Environment is standard computer setup used by the University to ensure that computers on campus work well together, so that files made on one computer are usable on any of them. The current CSCE includes Windows, Microsoft Office, 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; ie, a student who studies in English Literature within the Arts Faculty will graduate with a degree in English Literature.

ELIR

The Enhancement Led Institutional Review is a survey 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

This is the collective name for a group of departments, divisions or schools that are administratively linked. This University is made up of the nine 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 an A.

Fresher

A student in their first year of university.

Freshers' Week

The first week at University, intended to ease you into campus life with a host of events and parties. Representatives from all the student bodies are out in force, trying to get you to join.

General Council

The corporate body of all graduates and senior academics of each university providing the advisory part of the University governing structure as outlined in the Universities (Scotland) Act 1858

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, named after its architect, that most people refer to as the main building.

Glasgowstudent.net

The SRC's official website and your portal to all sorts of exciting things.

Glasgow.ac.uk

This is the URL for the University of Glasgow's 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 your marks actually mean.

Granite Vagina

The common name for the blocks of xenolithic Ballachulish granite donated by Amalgamated Quarries (Scotland) Ltd. of Stirling at the opening of the Gregory Building in April, 1977. It is common for drunk students to get their photo taken being birthed through it.

GUSA

The Glasgow University Sports Association organises anything sports related at the University in conjunction with the SRS. See *Sports* [P36]

GUU

The Glasgow University Union is one of the two student unions on Campus. See *GUU* [P36]

The HUB

The HUB should reopen in January 2009 , providing a one-stop shop for student support services, including the Registry, a doctor's surgery, food, a book shop, and more.

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 and the Scottish colourists. It's situated within the Gilbert Scott building, up the stairs from the Cloisters.

John McIntyre Building

This building by the main gate in front of the Gilbert Scott Building is the home of the SRC and most of its facilities, including its student media offices, the second hand book shop, the Advice Centre, their cafe, and the advice centre.

Lectures

Lectures are the primary mode of teaching in most courses. They generally consist of a group of students, ranging from half a dozen to over a hundred, receiving a talk or lecture that works through course content as

well as other relevant information. All 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, across the road from the Memorial Gate, is full of computers that you can 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.

Matriculation

Matriculation doesn't exist any more: it's been replaced by Registration. You'll probably hear it referred to as matriculation sometimes, though.

The Memorial Gate

Often confused with the Main Gate, The Memorial Gate is the ornate gate opposite the McMillan Round Reading Room.

Millie The Dinosaur

A fibreglass Tyrannosaurus Rex that sat in front of the Gilbert Scott building from 2001-2005. Originally built to publicise the Walking With Dinosaurs TV show, she became a much-loved incongruous local landmark, but was euthanised despite student protests due to high repair costs.

Postgraduate

A student who is studying for additional qualifications following a first degree.

QMU

The Queen Margaret Union is one of the two student Unions at Glasgow University. See *QMU* [P38]

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. It's usually held by a high profile public figure, and is currently held by the MP Charles Kennedy who was elected in 2008. See *People* [P159]

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, and registration cards are issued.

Registration card

Also known as a student card or a matric card, this is proof of your student status. Your card will be required for identification when collecting award cheques, sitting examinations, accessing the library and sports facilities and receiving student discounts.

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, e.g. 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 currently

based on the north side of the West Quadrangle, but will be moving to the HUB in 2009.

Semester

The University's teaching year is split into two semesters, running from September to January and January to June.

Seminars and tutorials

These are small group discussion sessions led by a lecturer or postgraduate student. These sessions often follow lecture topics in a format which allows more questioning and the sharing of ideas.

SIP

The Student Information Points, housed in the McMillan Reading room and the John McIntyre Building. This is a great place to get basic information on locations and services at the University.

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.

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 SRC [P30]

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

The University of Glasgow has two, the Glasgow University Union and Queen Margaret Union, and they provide for the social and cultural needs of students. This is a little different from most universities, which tend to have one. See *Student bodies* [P30].

University Avenue

The main University thoroughfare, running from Gibson Street to Byres Road. Occasionally referred to as Chewton Way.

University Gardens

A leafy concourse to the north of University Avenue. Hosts many departmental offices as well as the Hetherington Research Club and The QMU. 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 lane between University Gardens and the library.

Vice Chancellor

The Vice-Chancellor (currently the Principal) fulfills the Chancellor's role in his absence..

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.

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, to the west of campus.

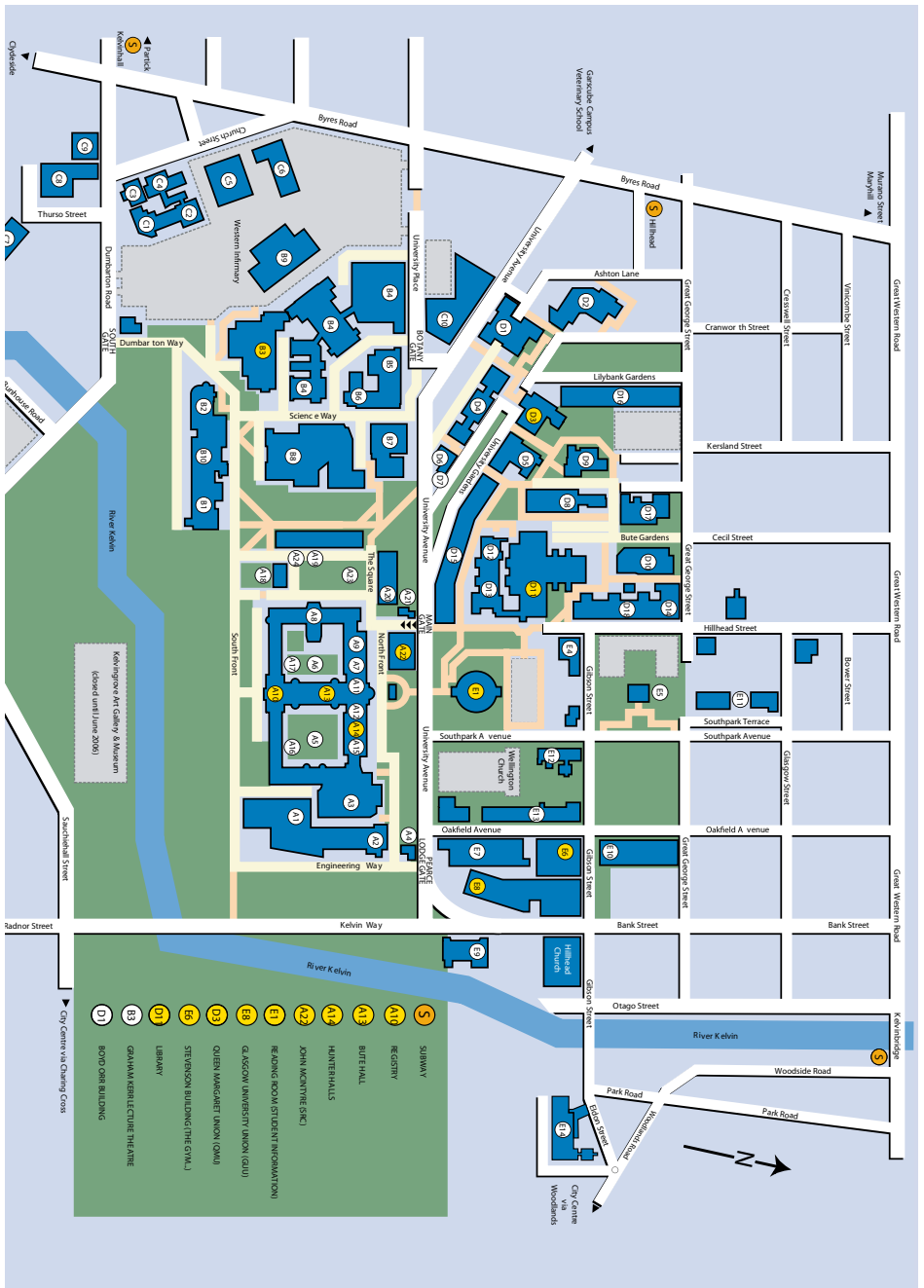
Zoology Museum

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
- Adam 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
- Classics - 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
- GAUJ - E13
- Gatehouse, Main - A21
- Geography & Geomatics - A5
- George Service House - D7
- German - D5
- Gilmorhill Centre - E9
- Glasgow University Union (GUU) - E8
- Graham Kerr Building - B3
- HALL - 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 McInyre Building (SRC) - A22
- Kelvin Building - B8
- Kelvin Gallery - A7
- Laboratory of Human Anatomy - A3
- Language Centre - D10
- Law (School of) - A19
- Library - D11
- Llyfbank 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
- Postnecrovo Building - C3
- Postgraduate Club - D6
- Principal's Office - A10
- Print Unit (Gilmorhill) - 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
- Slavonic 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



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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@src.gla.ac.uk
 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**
 Accommodation Service **0141 330 4743**

Registry

General Enquiries **0141 330 5911**
 Examinations/Timetables **0141 330 6889**
 Registration/Student **0141 330 6468**

Records University Services

www.gla.ac.uk/studentinformation

Fees **0141 330 5378**

Graduations **0141 330 3540**

Student Disability Service **0141 3305497**

www.gla.ac.uk/services/specialneeds

Careers Service **0141 3303907**

www.gla.ac.uk/services/careers

International and **0141 3304438**

Postgraduate Service

international@gla.ac.uk

Chaplaincy **0141 3305419**

chaplaincy@gla.ac.uk

Masterpoint

www.uoghhelp.co.uk/Fault/Check.aspx

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**

Village

Queen Margaret **0141 339 3273**

Residences

Student Apartments **0141 330 6182**

Winton Drive **0141 339 3273**

Wolfson Hall **0141 330 3773**

Enquiries, helplines and clinics

Inland Revenue **0845 070 3703**

National Rail Enquiries 08457 48 4950

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

Glasgow City Council services

www.glasgow.gov.uk

Council Tax	0845 6008040
Physical Disabilities Service	0141 2878700
	0800 811505
Electoral Registration	0141 2877526
Houses in Multiple Occupancy (HMOs)	0141 2874535
Refuse Collection	0141 287 9700
Land Services	0141 287 5064
Library and Information Services	0141 2872870
Hillhead Library	0141 3397223
Partick Library	0141 3391303
Young Scot Card	0141 2483381

Health & Safety

Strathclyde Fire & Rescue	0141 3023333
Community Safety	0800 0731999
Freephone Helpline	
Partick Police Office	0141 5323500
609-11 Dumbarton Road	
Maryhill Police Office	0141 5323700
1380 Maryhill Road	
Strathclyde Police	0141 5322000
Headquarters	
Crimestoppers Scotland	0800 555111

Emergency	999
Western Infirmary	0141 2112000
Dumbarton Road	
Southern General Hospital	0141 2011100
1345 Govan Road	
The Sandyford Initiative	0141 2118130
(Sexual health and pregnancy advice)	
2-6 Sandyford Place	
Dental Hospital	0141 211 9600
378 Sauchiehall Street	

Transport

Traveline Scotland	0871 2002233
www.traveline.org.uk	
Glasgow Airport	0871 0400008
Prestwick Airport	0871 2230700

Airlines

www.ba.com
www.bmibaby.com
www.ryanair.com
www.easyjet.com
www.flyglobespan.com
www.aerlingus.com

Ferries

www.stenaline.co.uk (Ireland)
www.calmac.co.uk (Western Isles)

Train

www.firstgroup.com/scotrail	
Train enquiries (UK wide)	0845 7484950
Telesales	0845 7550033

Local transport And bus

Strathclyde Partnership for Transport
www.spt.co.uk
www.megabus.com
www.citylink.co.uk
www.firstgroup.com/students

Taxis

Glasgow Taxis	0141 4297070
West End Radio Cars	0141 9542000

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THE GUIDE 2008/9 is almost certainly the most useful book you've ever picked up in your entire life. Between these covers you'll find everything you'll ever need to know about studying in Glasgow, from going to your first lecture, to renting a flat, to finding your new favourite pub.

The University of Glasgow's Student Representative Council has designed this Guide to stay with you for your entire time at University. If you ever get stuck and need help with absolutely anything at all, you'll probably find the solution somewhere in here.

YOUR DEGREE covers everything involved in studying at University, and where to go and what to do if you start to run into trouble. **GETTING INVOLVED** runs through the incredible range of extra-curricular activities the University has to offer. **TRAVEL AND HOUSING**, **MONEY**, and **HEALTH AND WELLBEING** offer advice on living away from home for the first time, while **GOING OUT** recommends the best that Glasgow has to offer, from highbrow culture to banging clubnights.

Open up this book, take a look inside, and see everything your new city has to offer. It's guaranteed to make your life here a thousand times better.

STUDENTS' REPRESENTATIVE COUNCIL
UNIVERSITY OF GLASGOW

