



THE

GUIDE

2016/2017

EVERYTHING YOU NEED TO KNOW
ABOUT LIFE AS A STUDENT AT
THE UNIVERSITY OF GLASGOW



University
of Glasgow

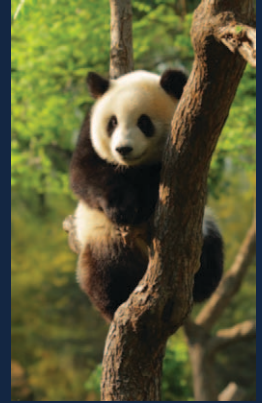


University of Glasgow | Confucius Institute

The Confucius Institute is a partnership with Nankai University in China and is supported by Hanban (the Confucius Institute Headquarters in Beijing).

Language

We offer a wide range of Chinese language classes, taught by native speakers, at very low prices throughout the year. Classes are taught in small groups, and private one-to-one tuition is also available. Every month we host HSK tests, the language tests officially recognised in China, enabling you to track and certify your progress in learning Chinese. We also run calligraphy classes and **free** language exchange sessions where you can come and chat with native speakers every Saturday during term.



Culture

We celebrate major Chinese festivals and provide opportunities to learn about the traditions, customs, food and mythical stories relating to each festival. In addition, we offer – together with the Scottish Centre for China Research based at the University – workshops, lectures and seminars on Chinese history, arts, culture and contemporary society.

Study in China for free

We also provide opportunities to study in China through various scholarships and exchange programmes. Please see our website for more information and add your contact details at 'Keep in touch' if you would like to learn more.

Lessons start from £115 for 20 hours – a special rate for University of Glasgow students and staff.



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WELCOME

Welcome to The Guide. This is pretty much everything you need to know about being a student in Glasgow and your handbook to getting a head start on living and learning in the city.

This book is commissioned by Glasgow University Students' Representative Council, the SRC, as a way of introducing you to everything you might encounter in your first year as a student. In the pages that follow you'll find everything from choosing courses to the best live music venues; from where to pick up fruit and veg to where to look for your first post-halls flat.

It might seem like a lot of information and it might be a little overwhelming, but every word has been written by current and former students of the University, informed by advice from the student organisations and University, with the intention of making your first year easier. If it's not useful, you won't find it in The Guide.

Of course, with large parts of The Guide being about Glasgow University, the SRC's own functions and services are dotted throughout the book in the relevant sections. Be prepared to stumble upon their name a lot, not because the writers were obliged to include them, but because they do a heck of a lot on campus including running a second hand bookshop, a free, anonymous advice centre, a volunteering service, a job-shop, a postgraduate social club and... oh yeah, providing representation for all 27,000 students at the University on campus, local, national and international levels. They're pretty important.

The book is divided into four key sections:

- **Campus Life** - Introducing Glasgow University's student organisations and how to get involved in volunteering, student media and clubs and societies.
- **Academic Life** - All about getting your head down and studying; there's info on the library, exams, choosing courses, buying books and what to do if you happen to find yourself in trouble academically.
- **Glasgow Life** - A wider view of the city, its culture and where to find the things in it that you want to do, like theatre, parks, clubs, and shopping.
- **Life Support** - Straight up advice on the more functional side of life as a student outside of your studies, including info on sharing a flat with new people, taking care of your health and managing your money.

If you're super-keen, feel free to blast through the 140 pages ahead in your first few weeks; there's plenty of tips to pick up that you might find useful to know as soon as possible, so crack on. If you're already tired just finishing this page, hang on to The Guide, you never know when you might find yourself in a tricky situation and want some honest advice from those who have been there and lived it already. Have fun.

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CAMPUS

LIFE

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STUDENT BODIES

At Glasgow, you're spoilt for choice when it comes to student organisations, with not one, but four different bodies claiming a role in providing for and representing students in different ways. Who? How? Why? Find out below.

Most of you will have undoubtedly have read about, heard about or experienced Glasgow's unique student body system by the time you read this document; whether you met someone raving about it at an open day, caught it in the Freshers' Week promo materials, or have had it screamed at you by a brightly-coloured-shirt-wearing helper in the first few days of your University experience.

For those of you who haven't, it's best to get acquainted early with the following acronyms: SRC, GUU, QMU, GUSA; each is commonly used as an abbreviation for one of the University's four student bodies. While most universities will have one, all encompassing student union, association or guild (silly Birmingham) which encompasses every aspect of representation, activity facilitation and socialising, at Glasgow, these responsibilities are split between four distinct organisations.

The system is a throwback to simpler times, when men and women were dissuaded from socialising with each other, by having separate buildings to hang out in. Lads and lasses each had their own

social unions, while another organisation took care of representing the students, and another did sports. While the gender barriers were torn down decades ago, the four-organisation system remains, with individual bodies each asserting the notion that their role and services are unique and super-valuable to your time as a student.

It works, while the unions can focus on organising top events and social activities, the SRC can get down to the business of representing students and keeping the University in check and GUSA can do sport. Furthermore, each body has its own elected student governing body, so while those with a student association might end up with their commercial services run by experienced middle-aged people in suits, Glasgow benefits from students being in at the ground level for every single aspect of student body services.

When you've had a chance to experience it, you'll soon agree that though the system is a little archaic, it's absolutely for the greater good; just be prepared for funny looks from your pals when you try and explain the difference between them all.



The student organisations' Freshers' Helpers work together to express their love of acronyms. There are lots to learn.

THE SRC



Arguably the most enigmatic of the four student bodies, Glasgow University Students' Representative Council has a significant role to play not only in the lives of all the students that attend the University, but in the University itself, too. From advice services to student media, from University Court to faxing, the SRC has a finger in a huge number of University life pies. And the best news? Almost all of it is free (photocopying from 4p/sheet).

The SRC's work extends to every corner of campus, including this book, which they commission every year. Current SRC President, Amir Ibraheem, took a few minutes out of his busy schedule to tell us about what exactly the SRC is, what it does, and what students can expect from the organisation in the year ahead.

What is the SRC?

The Student Representative Council is one of the four student bodies at the University of Glasgow and all students are automatically members. We represent students, provide welfare and support, and work with the University throughout the year to ensure

services are up to standard and our students are receiving the best quality education. We also engage in community and volunteering, and affiliate all clubs and societies.

What is the structure of the SRC?

Our structure is made up of the Student Council, a body of annually elected students, the Executive, made up of the President and three vice-presidents who all have different remits, and the wider council which includes academic, welfare, and general representatives. We are a link between the University and the wider student population. Elections take place in October and we have designated first-year positions, if there's something you're interested in and want to get involved you can run for election.

How will students interact with the SRC?

On starting their studies, students elect their own class representatives who will be the first point of contact with the SRC. Students can also join a club or society which receive support from the SRC, we facilitating activities, and providing both financial and practical help like room bookings and promotional resources. We run the Advice Centre where students



can come for free, confidential advice including academic issues or social policy issues.

How does it work between the SRC and the other student bodies?

The demand on resources for each institution is different but we have a very positive working relationship with the other student bodies. Looking at the structure at Glasgow University I think it works very well. We as the SRC represent students directly, students know where to go for what.

What makes the SRC unique?

We are the only representative student body on campus (the clue is in the name). Students are automatically members of the SRC to ensure everyone has the same access to representation. If there's any changes taking place within the University in terms of governance or services, we're there to make sure students have an input on University committees, Senate, and University Court. We're also forming a Campus Development Committee this year as the student voice throughout the development of the old Western Infirmary site. Further to this the SRC represent students on a National level with any issues in terms of chang-

ing legislations which we communicate with the wider student population, including the latest EU referendum fallout.

What's planned for the SRC this year?

Freshers Week will be one of the first points of contact for new students. We have Post-Graduate Welcome Fortnight and we'll be carrying out academic inductions. Other big initiatives this year are based around gender based violence which we'll be engaging with the student population about and carrying out training sessions. The Student Teaching Awards (STAs) take place at the end of the year where you can give recognition to academic members of staff at the University. There's also Re-freshers week which takes place in January and Volunteer Week.

Any advice for new students?

I personally would have to say spend some time considering study abroad options earlier, I think it's a fantastic opportunity. Looking back i'd say 99% of people who did study abroad got a really rich cultural experience from the people they met there and even from an academic perspective i think it really improves your student experience.

The logo for the Queen Margaret Union (QMU) is displayed in white, bold, sans-serif capital letters on a teal square background.

In addition to a representative body and a sports association, Glasgow has two separate student Unions with buildings at either end of University Avenue and chances are that by now, you've been to both. The Queen Margaret Union (QMU) and Glasgow University Union (GUU) have likely both tempted you through their doors with an unmissable Freshers' Week event, or you've been charmed into a cheeky visit by one of their lovely helpers; they're quite hard to miss during the first week of the year.

What is the QMU?

The QM is one of the two unions at the University of Glasgow and we provide students with a place to relax, socialise, meet pals, but also somewhere you can come and develop skills and learn new things outside of the teaching environment. If you're into journalism, fundraising, campaigning, music, whatever it is you can come along and get involved with it here.

What does the QMU do?

We've got four committees that run every week which are open to anyone who wants to get involved. 90% of what we do comes from the committees on some level and it's hugely important. There's the Campaigns and Charities committee which campaigns and raises money for charity; there's the Social Committee and Events Committee which organises pub quizzes, gigs, and club nights; and we have the publications committee which runs our in-house magazine, qmunicate.

What is the balance between academic and social at the Unions?

I think both aspects are treated equally in terms of importance fairly equal. We're trying to do a bit more with the sort of stuff for CV boosting and graduate attributes, which the University likes to see and more importantly, future employers like to see. We tend to see that more and more students like to come here and get some real life experience and something that might help them get a job when they leave, so it's no longer just about bars and events.

What would a new student expect to find here?

At the QMU we have two bars, two catering outlets- a cafeteria called the Food Factory and a restaurant called Scran, we have Cafe 22 where you can grab a coffee on your way to class, we have two bars- Jims where we hold all of our pub quizzes and open min nights, and Champions - which has pool tables, juke-box, table football and shows live sport, and then we have our main venue Qudos where we hold our large events, gigs and club nights.

How are the unions set up? How someone would get involved in the decision-making?

If you're keen to get involved then the easiest way is to come along to a committee, you can come as little or as often as you like and you get as much out of it as you put in. If you want to go a step further you can join the Board of Management, we hold elections twice a year and if you're elected you'll join the group of 25 or so students who are in charge of everything the union does, from business stuff to fun stuff and everything inbetween.

What sets your union apart?

The atmosphere at the QMU is super relaxed. There's no pressures and you can just come in and chill out, get a nice meal with friends, or come along to a quiz. We're very accessible and anyone can get involved. We also put a lot of our efforts into our charities and fundraising activity, making sure students have a voice on issues and running fundraising events for some great local charities as a way of reaching out and giving back.



qmunion.org.uk

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And what's the best thing about your union?

My favourite thing is how easy it is to get involved and get to know people. It doesn't take long for you to come along to a committee and then the next thing you know you're friends with all of them and you're

on the board, running the place and you're having a great time doing it.

What should students look out for from the QMU this year?

The QM has always prided itself on its history of hosting great music and you can expect more of that from us this year. QMU Live takes place once a month in Jim's Bar featuring some of the best bands from around Glasgow. We'll also have our all-day music festival in second semester, last year we had Tijuana Bibles and Tough Love who are both awesome and the plans for this year look to be even bigger and better!

GUU



The GGU is based in a 1930s building at the bottom of the hill, and inside there are numerous bars for all different events, including the main Beer Bar on the lower floor. There is G12, a brand new coffee shop in the new extension building and a Subway franchise and catering outlet. Upstairs, sits the historic debates chamber which has hosted countless bouts from famous faces and two libraries, one of which is exclusively available for study use, the other of which can be booked for events. On the very top floor is a the newly redeveloped billiards hall with six full size tables.

The latest development in the GGU is the multi-million pound extension which is shared with Glasgow University Sport. For the GGU it holds The Hive, the GGU's large event space which hosts their regular Thursday and Saturday night clubnights.

MEMBERSHIP

Like the QMU, joining the GGU is optional, but free. Signing up will get you exclusive discounts and offers, so it's worth stopping by during Freshers' Week to grab a membership card.

BOARD OF MANAGEMENT

The Board of Management are elected each year in Spring to preside over all Union affairs. The board is made up of the President plus sixteen other elected students. The Board meet twice a week during term time to discuss union activities and policy updates.

Being student-run, the Board of Management are available to hear the suggestions and ideas of all students so stop in and say hello and look for the duty board members who are responsible for running the building every single evening.



www.guu.co.uk

COMMITTEES

The GUU has a number of committees to suit the interests of its members. Firstly, the Debates Committee continues the union's long history of successful debating. It's a great place to learn about and practice the skills involved in it. Next up is the Games Committee who are in charge of all social activity at the union. They run the weekly Beer Bar Quiz, snooker tournaments, and Month of Games in February.

The Libraries Committee is responsible for maintaining the Union's Bridie and Elliot libraries; they also edit and publish the union's magazine, G-You. The Entertainments Committee runs an open mic night and the big Thursday night and Saturday night clubnights in the Hive.

Joining committees is by application, keep an eye out early in first semester for info on signing up.

EVENTS

The GUU hosts numerous events throughout the year from social events, pub quizzes and charity events. Each Tuesday the unions top debaters run speaker training to teach others skills of debating. If you fancy yourself the next GUU debates champion or need to build confidence for that dreaded class presentation you can go along.

The biggest event of the year is Daft Friday, a black tie Christmas Ball like no other. The event last 12 hours, during which there's a non-stop lineup of entertainment; in recent years performers have included CHVRCHES, Basshunter and The View. The entire union is closed for a week while a team of students work to completely transform the building with decorations around a secret theme in tribute to the union's president; previous years have included The Lion King and James Bond.

GILCHRIST PG CLUB



Unions not your scene? Library too busy or difficult to work in? Well, if you're a post-graduate student, the University and SRC have a solution by way of the Gilchrist Postgraduate Club, a haven on campus for those undertaking the quest for knowledge beyond undergraduate level.

The Gilchrist Postgraduate Club is a relatively recent addition to campus's thriving social scene; it's a joint venture by the University's hospitality services (them that run the cafés) and the SRC, aimed at offering a social, study and events space for the University's burgeoning postgraduate community, as well as University staff.

Being relatively new, the space is custom-built to offer a welcoming environment with flexible spaces to cater for those who want to host an event, those who want post-seminar pints or those who need a quiet corner away from the library to get down to writing up, or working with others on group projects.

It offers a full coffee-shop experience during the day with an extensive lunch menu of freshly prepared foods including paninis, soups and sandwiches as well as your favourite tray bakes. In the evening, the club regularly puts on social events as a beer becomes a better option than an espresso and the bar opens for business.



www.gilchristpgclub.org

For more information about the space, how it's run, room bookings, comments, suggestions and enquiries contact the SRC directly via their website, or speak to one of the elected postgraduate officers if it's related to using the space for studying purposes.

The Gilchrist can be found in the main building of the University, head through the main gate and straight through the double doors. Keep an eye out for welcome events in the autumn, it's kind of a postgraduate equivalent of Freshers' Week, as there's sure to be plenty going on in the Gilchrist to introduce you to the space, its services and your fellow postgraduate students.

OTHER STUDENT SOCIAL SPACES

Similarly to the Gilchrist, the Mature Students Association (MSA) is charged with offering a bit of extra support for those embarking on a University career a little later in life.

The MSA provides and manages study space and facilities (printing/photocopying), arranges social events, and offers a communal kitchen/meeting room/relaxing space for those looking for a bit more of a chilled out atmosphere than is available elsewhere on campus, or those wanting to meet, collaborate or have a drink with other students with a bit more life experience than your traditional undergraduate.

SPORT



Sport, glorious, sport, the University's so into it that it has a student body to represent about it. Glasgow University Sports Association (GUSA) is one of the four student bodies with a remit for sport in all shapes and sizes; we chatted to current president, Ruari Thomson for the lowdown.

What is GUSA?

GUSA is one of the four student bodies at Glasgow University. We are primarily about everything to do with running club sport, health and fitness, keeping people active and encouraging health and wellbeing across campus. We've got fifty sports clubs that compete regularly. There's things for beginners all the way up to elite athletes, we even had a couple of athletes at Rio this year.

What interaction will new students have with GUSA?

First up during Freshers Week, we have a team of 83 GUSA helpers on hand to let freshers know what's going on and what opportunities are on offer at the University of Glasgow in terms of sport. The Sports Fair takes place in the gym, two halls full of desks representing every single one of our clubs

where you can sign up for taster sessions. These are a chance for beginners to try out new sports, and for people who've played the sport before to attend trials. We also have a big night where we take over the union for our GUSA party which is always a secret theme until Freshers' Week.

What are GUSA's biggest functions?

GUSA primarily allows clubs to function. That's where the representation and funding comes in, to allow these clubs to run. Having said that the clubs could not function without the huge amount of volunteers, that is across club committees, its umpires, its referees, its officials and the GUSA council. It's the effort of all of these people that really hold everything together.

And GUSA represents students to the University around sport?

GUSA council made up of 12 representatives. It's our job to represent the views of the wider student community from finance issues to club sport issues and welfare issues. We are the face of sport at the University and our job is to be approachable for any issues you might have. Come and talk to us, we're a friendly bunch.



What was your personal journey of involvement with GUSA?

I had played a bit of hockey before uni and my brother convinced me to give university sport a go, as soon as I got involved it took over my life, in the best way possible. I made friends for life, lived with other people in the hockey club, played and trained regularly, went on hockey tours, and loved every minute of it. I decided to apply to be a freshers helper and then ran for council and was elected as Finance Convenor. Having loved my time on council and with GUSA I wanted to carry on to give others the same opportunities I had so I put my name in the hat to become president and was lucky enough to win!

How does someone get involved?

Talk to the club committees, they know everything there is to know about how to get involved. You do have to be a member of Glasgow University Sport to take part in any of our clubs but if you're staying in University of Glasgow halls it's included, and just £100 for other students. Joining a club allows you to run in their elections, and of course, GUSA elections happen every spring if you want to be directly involved with the organisation.

What facilities are on offer for sport?

The new gym is probably one of the best facilities in the country as we've just had a new £10m extension built. There's a new full floor for strength and conditioning with top level equipment, a full floor for cardio with stretching areas, and a brand new spin cycling studio with interactive screens which is opening up in September. We've got three studios, squash courts, a sports hall with viewing area, activity hall, an indoor 6 lane swimming pool with steam room and sauna. We've also got the Garscube sports complex as well as several synthetic and grass pitches.

What should students look out for this year?

This year, keep an eye out for the Monster Dash at Hallowe'en. Super Teams fitness challenge in March, and a colour run in partnership with GULGBTQ+. Another highlight is the Glasgow Taxis Cup in March where Glasgow Uni competes against GCU and Strathclyde Uni across 18 sports throughout the city with a thousand people taking part and massive crowds. One of the highlights of the social calendar is the GUSA Ball, a black tie event taking place in the Hilton Hotel. There's lots planned, so be sure to keep up with us online.

THE GYM

Joining the University gym via a Glasgow Sport membership is pretty much a given. It's the cheapest gym you'll ever be a member of, free if you're in University Accommodation, and, as you heard on the previous pages, it's one of the best facilities in the country. If you're able to, embrace the chance to get fit, or stay fit while in your first year; freshers fifteen (lbs) isn't just an urban myth.

JOINING

As mentioned above, if you're in University halls, you get your first year's gym membership for free, otherwise, it'll cost you £100 for an academic year, or £75 per term. Make the most of membership by signing up early.

In first year, you must sign up for the sport membership in person, but renewal in future years is easily done online.

FACILITIES

The main Stevenson Building gym includes... deep breath... 25m swimming pool, steam room, sauna, spin cycling suite, strength suite, cardio suite, activity hall, sports hall, squash courts, exercise studio, showers, lockers, vending machines and a kit shop. With the recent refurbishment, it's pretty well kitted out with the latest training gear.

OPENING HOURS

Opening times vary throughout the year, but generally during term the Stevenson will be open Mon-Fri 0700-2100 and Sat-Sun 0900-1730. Be sure to check online for periodical closures of facilities for maintenance.

CLASSES

Exercise classes are free to attend, but popular classes often get busy and will require tickets for entry which can be collected before the class (one per person). Classes on offer include Circuit Express, Kettlebells, Meta-Box and the terrifyingly tough Super Circuits. There's something for everyone spread across the seven-day schedule, the latest version of which can be checked out online.

ADD-ONS & EXTRAS

Some facilities at the gym require a small cost to book, including squash courts, badminton courts and the activity hall for dedicated activities like five-a-side football or basketball.

Gear including towels, racquets and footballs can be hired for a small fee, and the kit shop is fully stocked should you fancy picking up some black and gold apparel for your workout session.



STUDENT MEDIA

Glasgow University has a highly active student media scene with four organisations affiliated to the SRC and another at each of the unions. These student media organisations are there for you to get as little or as much as you want from them. Some of you might not pay any attention to them at all, some will consume bits of content that you enjoy and some will throw yourselves into one of the organisations with the hope of making yourself crucial to their very workings. Whatever you want to get from them, their content is an excellent way of tapping into what's going on at the University, and in the wider community, so be sure to check it out.

GUST

Glasgow University Student Television make, erm, television programmes. They're quite good at it too, having picked up numerous nominations and awards at national competitions in the fifty years they've been going. The organisation has grown in size, respect and stature since its inception, integrating itself not only into campus, but into the wider Glasgow community by covering high profile events and undertaking filming projects for organisations around the city. Last year, the station was invited to produce content for Radio 1's Big Weekend, the MOBO Awards and the Scottish Album of the Year (SAY) Awards.

GUST's content is streamed via gust.tv and has a highly diverse range of themes and subjects, covering everything from high art documentaries through to telenova style fictional programming. The full range of content is indexed on their website, and is worth checking out if you've got the time.

GUST functions very similarly to your standard club or society, holding elections each year for positions including the top offices of Controller,

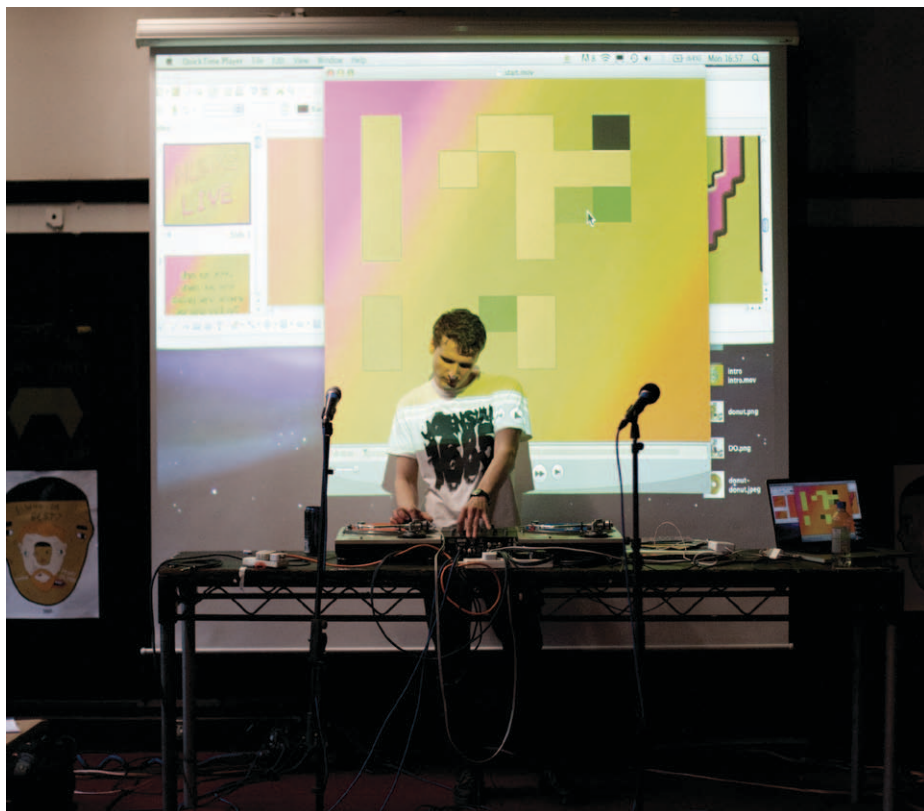
Head of Programming and Technical Coordinator. Getting involved is pretty straight forward; if you didn't already hear from one of their super-eager members during Freshers' Week, they hold open meetings weekly, so you can drop in, meet the team, and maybe even pitch your idea for a show. If you think you've got the winning smile for being on camera, you can show that off too.

Current Doctor Who showrunner Steven Moffat can be counted amongst those who learned the ropes behind the camera in GUST's studio on campus, and it seems to have served him pretty well so far.

SUBCITY RADIO

Subcity Radio is the University's student/freeform/community radio station/collective. Broadcast online via subcity.org, the station prides itself on its inclusivity, with contributors welcomed not only from Glasgow's student populus, but from the wider community.

Subcity has been a forward-thinking organisation since its inception, embracing the eclectic and allowing DJs free reign over music selection



Subcity produced a huge amount of varied content, in addition to hosting and promoting events in the city.

since day one. This theme has continued through to today, with a hugely diverse range of shows centred on musical genres, subjects and themes that might not otherwise be given a platform. Basically, if you tune in at 2am on a Wednesday, you might hear something weird, and wonderful.

The station's semi open-door policy has seen it nurture budding talent, giving up-and-coming DJs and MCs somewhere to hone their skills. Alumni of the station include Hudson Mohawke, Jackmaster and Glasgow party crew Vitamins, who were highly involved in the station before moving on to organise some of the most hotly anticipated nights in the city.

The station itself is known for running events across Glasgow, putting on clubnights, film

screenings and bands in venues such as the Art School, Stereo and Nice N Sleazy.

If you fancy yourself as a budding DJ, or are looking for an outlet for your creative passion and think it might lend itself to the radio, applications for shows open twice each year, shortly after the start of each semester.

If you're looking to familiarise yourself with the station before then, acquaint yourself with their website and dive into their vast back catalogue of shows - there's a huge, organised bank of content to consume. If you're really desperate to get involved - fire them an email and have a chat with some of the team who currently run it about what it takes to get on air, or be part of the management.



PRINT MEDIA

Glasgow Guardian

Though print media might be in decline in the real world, the University's student newspaper, Glasgow Guardian, has gone from strength to strength in recent years.

The award winning, free newspaper is published at intervals throughout term time, collecting campus and city news, opinion, high profile interviews, reviews and sports coverage. Keep an eye out for their work on the student body elections in March, where the team behind the paper go into overdrive to cover the four separate democratic exercises taking place across campus.

The paper's reputation and output is bolstered by a strong online presence with exclusive articles and breaking news posted via www.glasgowguardian.co.uk frequently throughout term. Definitely a site to bookmark if you want to stay up to date with the very latest in cross-campus politics, events or controversies.

The team behind the paper meet weekly in the John McIntyre Building to discuss article ideas, to source content and arrange each edition with student writers, designers and photographers, so if you're in any way interested in journalism, there's likely something for you at Glasgow Guardian.



GUM

Glasgow University Magazine is the oldest student magazine in Scotland, but don't let that make you think the magazine is irrelevant in any way.

GUM is a highly stylised, glossy magazine that covers fashion, art, politics and current affairs in its own unique style, with a team made up of over 75 contributors from both Glasgow University and Glasgow School of Art.

The magazine is published three times per year, with additional content and how to get involved on www.glasgowuniversitymagazine.co.uk.

Communicate & G-You

Each of the two student unions publishes their own student-run magazine, organised through their committee systems.

The magazines serve dual purposes of offering experience to students interested in learning journalism skills, as well as promoting the latest news and events of the organisation alongside articles covering a wide range of subjects in both news and editorial.

Look for the magazines around campus and to find out more about getting involved visit the unions respective websites [page XX].

VOLUNTEERING

Whether you want to 'give something back', are looking for something to help fill your spare time or simply want to bolster your CV to help your future job prospects, volunteering during your time at University is a brilliant idea that can help introduce you to new people, places and experiences in and around the city.

Whether you want to give something back, are looking for something to help fill your spare time, want to meet new people, or simply want to bolster your CV to help your future job prospects, volunteering during your time at University is a brilliant way help introduce you to new people, places and experiences in and around the city.

The University of Glasgow occupies a prominent place in the culture and heritage of the wider city, and there are plenty of opportunities to get involved in local communities and initiatives here. Volunteering, giving your time and energy free of charge, can provide the warm fuzzies of a good, worthwhile job well done, but can also be invaluable in developing your personal skills, gaining work experience and expanding your network. Some of the volunteering opportunities on offer are also eligible to appear on your Higher Education Achievement Record (the non-Latin thing that comes along with your degree with the actual details on it), so future employers will be impressed.

In addition to volunteering opportunities within student organisations, student media and clubs and societies, the SRC runs the Student Volunteer Support Service (SVSS). This should be the first stop for any student looking for details and opportunities in volunteering in Glasgow. Any organisation looking to draw on the

University's staggering pool of talented students and potential volunteers should also contact the SVSS. They are involved in projects on and off campus, and will provide the relevant contacts and training to those looking to get involved.

Club 21, run by Glasgow University, is an internship initiative with links to several charities and organisations. Opportunities are advertised throughout the year, and range from spare-hours oddjobs to full-on career starters. Visit their online volunteer section for more information and links to major volunteer organisations.

You can visit SVSS and see the full range of services at glasgowstudent.net/volunteer, but here are a few campus, community, city, and international projects to whet your appetite:

NIGHTLINE

A worthwhile and widely-used service, Nightline provides a confidential information and listening phonenumber and online chat service for students of Glasgow University. Training is provided. For more details visit gunightline.org.

PRINCE AND PRINCESS OF WALES HOSPICE

Glasgow's most established and renowned centre for end-of-life care takes on volunteers in a range of roles. Keep an eye on SVSS pages to see when the next drop-in and recruitment evenings are.



Volunteering during your time as a student can be bugely rewarding.

ELDERLY BEFRIENDER PROJECT

One of the University's most established projects (previously named Buddy-A-Granny). They provide a range of activities including meal deliveries, social events and more to assist potentially isolated members of the community, and draw on a full range of volunteer skills.

GU SERVICE TO THE HOMELESS (GUSH)

Another well-established and popular project coordinated by SVSS, GUSH offers a range of roles helping the city's homeless population. They run a soup kitchen twice weekly (Wednesday and Sunday). GUSH is supported by many students, so you can join and volunteer for a shift as your free time allows.

CROSSING BORDERS

A student society that aims to support the health and wellbeing of refugees, asylum seekers and undocumented migrants. Volunteers can get involved in a range of activities, from promotion and fundraising to health workshops and the befriending and support scheme.

CONVERSATIONAL ENGLISH

This gives volunteers the opportunity to meet with international students of the University in order to help them improve their spoken English skills. A fun project to be involved in, and a good opportunity to develop your own teaching and language skills, and learn about international language and culture.

CLUBS & SOCIETIES



Glasgow University has a thriving clubs and societies scene, with over 250 student-lead groups on campus. Joining a club or society (or ten) is a no brainer; it's a case of thinking of something you like, finding the relevant club or society and going along to their meeting, and if you can't find a society that suits you then you can make one! It's probably the easiest way to meet new people on campus, with the added benefit of knowing you have a shared interest.

But don't take our word for it, we caught up with Reba Payne (GU Pole Dancing Society), Alex Ternar (GU Amnesty International), Alan Cheong (GU Engineering Society), and Niamh Esmonde (GU Beekeeping Society) for their take on the clubs and socs scene in Glasgow.

For a full list of all of the University's clubs and societies and their contact information, visit the SRC website at: www.glasgowstudent.net/clubs.

How did you first get involved in your club/society?

Reba: I heard about the club during my first week at uni when I saw them advertising freshers taster sessions, so I went along with some of my new friends from halls and I have been going to classes ever since!

Alex: I first got involved with Amnesty by attending the Activist Mixer way back in my Freshers' Week. It was a great place to meet people from the University's activist community and the different societies.

Niamh: I discovered the beekeeping society through facebook. I wasn't good at any sports and I wanted to get involved with something relevant to my degree. When I found the GU beekeeping page I was at first hesitant to go to their first meeting as I had no prior knowledge to beekeeping but I was eager to learn something new and unique.



Do you think that being involved in a club/society is worthwhile?

Alex: Being involved in societies is one of the best things about Uni. Meeting like-minded people outside of your course, making new friends and having a packed social calendar!

Alan: Definitely. I remember in my first day at University one of the lecturers said to us: "Your degree is just a ticket to that dream job interview but what sets you apart from everyone else and ultimately getting the job is what you do outside the lecture hall." For me, getting involved with a society definitely allows you to build and develop skills that you won't know you have.

Naimb: Absolutely. It lets you meet people from different backgrounds. When you're in a club/society you get the opportunity to make new friendships with people who have different experiences, perceptions and come from all over the world.

What's the best thing about being involved in clubs/societies?

Reba: The best part about joining societies is that you get to meet a group of people that have a similar hobby/interest as you and it makes it so much easier to make friends when you're living in a new city.

Alex: I think the best thing about a society like Amnesty is seeing impact of the work we do. This year we have raised money for Amnesty International, organised some great events and campaigned on local and international social issues. With a society like this, you get the amazing feeling of being part of a bigger movement and amazing organisation.

Naimb: Making a goal with that club/society and successfully achieving it. For the beekeeping society we aim to promote biodiversity in urban areas, improve pollination for our ecosystem and encourage learning and participation of beekeeping. We're also looking forward to the honey!

CLUBS & SOCIETIES...

What kinds of things have you done as part of your experiences in clubs and societies?

Reba: The Glasgow University Pole Dancing Club have annual pole dancing shows where we get show off the skills we've been working on and find self confidence that we never knew we had! We also have so many club socials and weekly pizza nights.

Alex: We have organised some of the biggest events of the Amnesty student groups in the UK, raised a lot of money for great causes, we've run effective and informative campaigns and had some fun along the way!

Alan: Each year we hold numerous events which are well attended - a subcrawl jointly organised with the Psychology Society and the Engineering sports teams who compete with other disciplines in a variety of sports. We also have the annual 'Dinner with Industry' which allows Glasgow Univer-

sity students to meet and engage with companies. This year it is our 125th anniversary and we are preparing something special to celebrate that.

Would you recommend signing up to Glasgow University clubs and societies?

Reba: I would recommend that everyone sign up for a club or society to get the most out of your time at University.

Alex: Definitely!

Alan: Yes I would. Joining a club or a society gave me so many opportunities to meet more people and network with students, lecturers and professionals which has helped my university work as well.

Naimb: Definitely. Being involved in a society helps build your confidence for meeting new people and learning new skills.

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ACADEMIC

LIFE

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STUDYING

You'll spend a large portion of your time during your years at Glasgow working towards your degree so it's a good idea to get settled in a way of working that suits you. If you want professional help on study skills then the university offers one-on-one sessions with their Effective Learning Advisors; they can assist with essay writing, group work, maths and numeracy skills. In the meantime, here are a few tips to keep you on the right track.

LECTURES, SEMINARS & TUTORIALS

Lectures are where most students will be getting the bulk of the information for their courses; often this is where you will be introduced to all of the theories, material and background to do with your chosen subject. A lot of the time lecturers won't take a formal register; this doesn't mean you can just skip lectures and attempt to find everything on the internet. Your course has been designed for you to get the most out of every single hour, and you'll find that the material and examples covered in lectures will be used in further seminars or examinations. It's also a good idea to get to lectures on time; no one likes the guy who turns up ten minutes before the end and expects to copy your notes.

Seminars, labs and tutorials are where you will put your learning to the test. This is where you will explore ideas with others on your course, make mistakes and learn from them. Seminars involve discussion, presentations and group work, and labs convert theory to practice in controlled environments. Unlike lectures, attendance is required and recorded. Attendance goes on your academic record; if you don't show up to enough sessions then you may be refused the credit, have to retake units and be left behind the rest of your year group. Bad times.

TIME MANAGEMENT

If you don't want to be pulling deadline all-nighters fuelled solely by off-brand Red Bull and 'The Fear' then it's probably a good idea to learn how to manage your time. Spreading out your workload not only allows your brain to have a break, but also benefits your work, allowing you to redraft and review regularly. Set aside time every day, whenever suits your schedule, to do coursework or reading. One of the most common struggles for new university students is the lack of structure, especially for those coming straight from school. Getting into a regular routine is a great way of managing your time.

READING

Whatever else you do or don't do: read the core course material. Lecturers don't just give you a list of books worth the price of a small car for their own entertainment, most of the things you need to know to pass your modules will be covered within the pages of these books. It's also a good idea to read around the course material; check out academic papers and internet articles, just remember to make sure anything you find on the internet is credited to an authentic author. Avoid Wikipedia at all costs or incur the wrath of every academic in the institution.



REFERENCING

Once you have started to read the relevant material and use it in your work it is essential to reference clearly and precisely. With university work you must be able to backup your ideas and arguments with prior research, including where you discovered it.

Plagiarism is a major offence at any level of academic writing so it is vital that you properly cite other people's findings and theories. You will likely be given guidelines on how your particular course would like you to reference, but the main advice is to be consistent throughout. Having a notebook to hand when doing your reading; to note down the book, author and page number; will help with this. Another tip is to read the citations used in each paper; see what they have referenced, and build a network of evidence to back up any claims you make should you be called upon to prove your work's basis or originality.

BALANCE

No one can realistically study 24/7 without some kind of downtime, hobby or other interest. Having something else in your life that you enjoy spending time doing is just as important as how much time you spend reading or going to lectures. An extracurricular activity can help you make new friends, create new goals, and develop your other skills.

Whether it's a sport, a cultural pursuit, watching movies or playing video games, find something that gives you an escape from academia and don't be afraid to invest some serious time in doing what makes you happy. As long as it doesn't negatively impact your studies directly then there is no reason you can't do what you love while working towards getting your degree. This is where that time management comes into play. A great place to start looking for like-minded people is at one of the university's many clubs and societies [page XX].

LIBRARY & STUDY SPACES

Glasgow University has dozens of designated study areas to work in if you need to get your head down and want somewhere away from the four walls of your bedroom, with the added benefit that they'll also get you away from your flatmates, your Xbox and your fridge full of tasty, tasty distractions. Procrastination can take many forms, so finding a space where your options are limited can be hugely beneficial to your studies.

LIBRARY

As well as having an ample supply of books, the University Library also happens to be the largest of the study spaces on campus with room for 2500 students. It is open from 0715-0200, 361 days of the year. You will need your GUID card to enter, check out books and use the printers and photocopiers, so try not to leave it in the flat when heading out/in a taxi or bus/in an exam hall (you will do all of these at least once).

There are 12 floors and seven annex floors where you can quietly study, or do group work. Warning: during exam times the library can get extremely busy. Seeing poor souls wandering around trying to find a plug socket or desk is not a rare sight, so be prepared to regularly traipse around every floor desk-hunting at this time, even with the tools provided to help find empty desks.

The Library has just finished a major three-year redevelopment, finishing with the new basement Level 1 and ground floor Level 2 study areas. Over four hundred new study spaces have been added, a mixture of private and group areas, with shiny new furniture, lighting and aesthetics to help you get your head down. This is one of those 'so what, it was like that when we got here' situ-

ations, but give the 3rd and 4th years a couple of weeks to get the "OMG it's, like, so totally different" out of their system.

If you have a laptop, it's a good idea to take it with you to the library; of the eight hundred computers contained within the building, free ones are a rare breed during peak operating hours. There is a handy availability checker online on the library website. The busiest times in the library are usually from 0900-1900 as students do a morning or afternoon shift, leaving evenings free to head to the unions, clubs and societies or part-time jobs. Try to avoid peak times, or at least arrive out of peak hours for the best chance of securing a desk space. There's nothing quite like an early morning walk up the hill to secure prime study space (within optimal distance of the toilets, windows and vending machines).

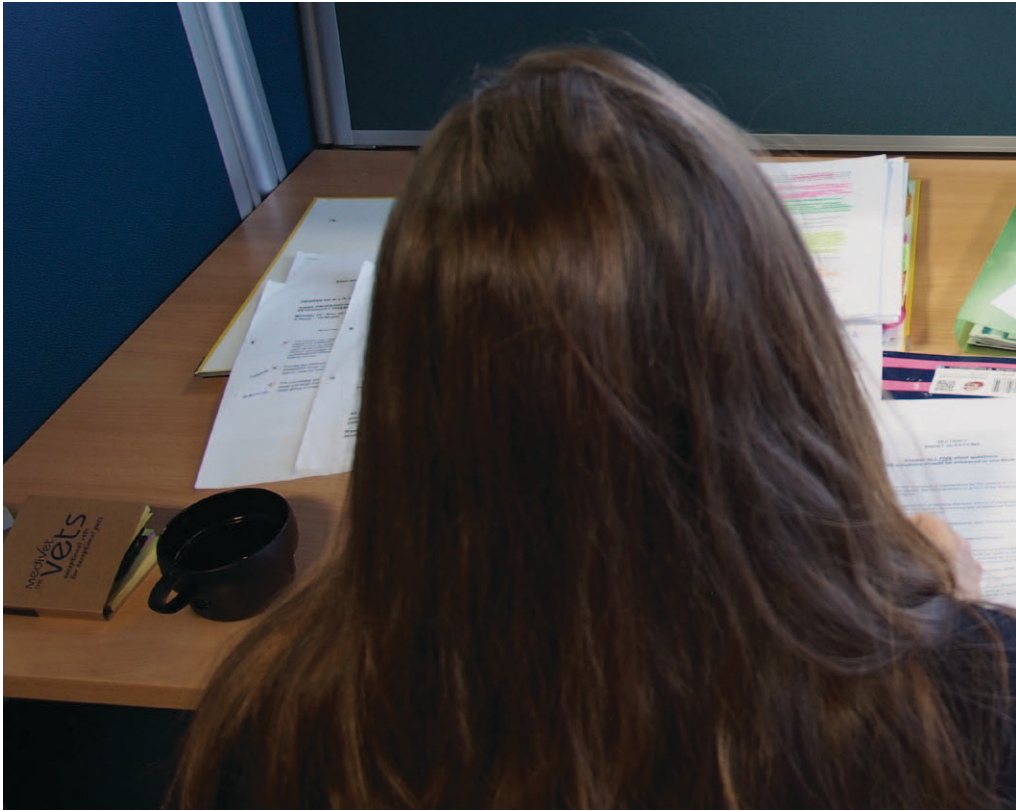
In all likelihood you won't be in the library as much in your first year as you will in later years due to a relatively lighter workload, but it's a great resource; dig a little deeper beyond the academic journals and books and you'll find classic children's stories, rare vinyls and a whole host of weird and wonderful resources. Make the most of it while you have free, unrestricted access: you might miss it post-graduation.



LIBRARY ETIQUETTE

The library is sectioned into different areas, some exclusively for silent study and others for group work and discussion. You'll come across the handy coloured zone system, each with a different set of rules; green is for group study, conversations and phone calls, amber for individual quiet study and red for silent individual study.

Unfortunately many people tend to either forget or ignore the system, leading to stressful working environments and potential conflicts. Don't let that be you, and make sure you know the rules of the zone you're in. For a bit of escapism and down time with study buddies, the level 3 café and social area is the best shout.



ANNOYING LIBRARY HABITS

Desk Hogging: This includes leaving your laptop on with a 'gone to lunch' sign stuck to the top; putting your coat on the chair next to you to 'save it for a mate'; placing a few random books on the next table to give yourself more space; all bad form, all will get you looks.

Exotic Lunches: Technically only permitted in green zones, food in the library can be contentious, especially if it can be smelled from over two hundred metres away. If you've got leftovers or been to a Byres Road chippy, be considerate and maybe eat them outside during a quick break?

Loud Noises: Most people work best in a quiet, relaxed environment so try and keep the peace by avoiding loud crunching, sniffing constantly, blaring music out of your headphones, or chatting to your mum on the phone.

Napping: We all know that when you've got to nap, you've got to nap. It's a normal part of student life, but if you're doing it in the library, you're either working too hard, or have been there too long.

Amateur DJ: You might be well into that bangin' 8-bit electro version of the Super Mario soundtrack but that doesn't mean your friendly library neighbours are. Use your headphones, and use them at a reasonable volume.



ALTERNATIVE SPACES

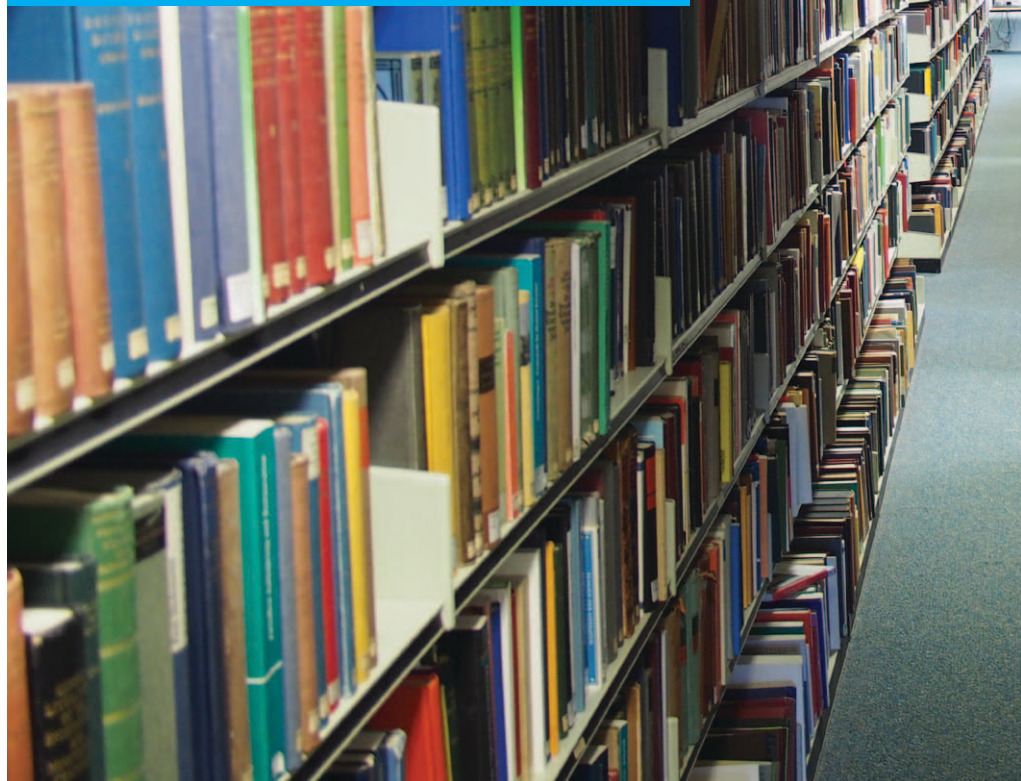
If you've slept through your alarm and can't face the struggle for a space in the library, or want a change of scenery every now and then, there are plenty of other spaces to use for quiet study or group work. The Round Reading Room next to the Fraser Building is usually a lot quieter and perfect if you only have a couple of hours work to do. If, however, you're looking to pull an all-nighter, you might be best to make camp elsewhere as it's only open 0800-1700 Monday-Friday.

Most University schools also have designated study spaces or offices within their buildings for use by students of the school. These will usually include printing facilities and they're generally conveniently close to essay drop-off points for that last minute hand-in rush. There's also librar-

ies, common rooms and committee rooms in the student unions which can be booked out and used for group work or individual study during busy periods. These smaller spaces are often forgotten in favour of the main study areas and can therefore be significantly quieter, with a much better chance of getting a PC.

If you don't want to travel into campus, or just want a change of scenery, then the Hillhead Library on Byres Road also has spaces to use, as does the Mitchell Library in town. Partick Library, on Dumbarton Road, is surrounded by wonderful eateries and watering holes and is also very close to campus if you have lots of books to carry around with you. To use public libraries you have to become a member. This is pretty simple, and can be done online via the Glasgow Life website.

BOOKS & RESOURCES



Books, glorious books. While the internet is great, the quest for academia will mean you sometimes need to go old-school and pick up some paper-based learning tools. Retro, eh?

LIBRARY LOANS

Unsurprisingly, in addition to a plethora of empty desks, power sockets and PCs, the library has quite a few books. The floors are separated into related subjects and books can be found and reserved using the online quick search; handy for making sure what you need is going to be there for you when you trek up the hill in the rain.

As an undergraduate student, you can borrow up to a bag-bursting thirty books at a time. That's quite a few but, crucially, only ten can be from the short loan section (up to one week loan) and only two of those ten can be from the 'High Demand' section (four hour and 24 hour loan). Unsurprisingly, at peak essay time, the High Demand books are pretty hard to get hold of, despite the fact that they cannot be reserved or renewed, and come with a 50p per hour fine for late return. Use the online stock checker to make sure you're not wasting a journey, and don't be the guy who takes the hit on the fines to keep hold of the book for a few extra hours - sharing's caring.

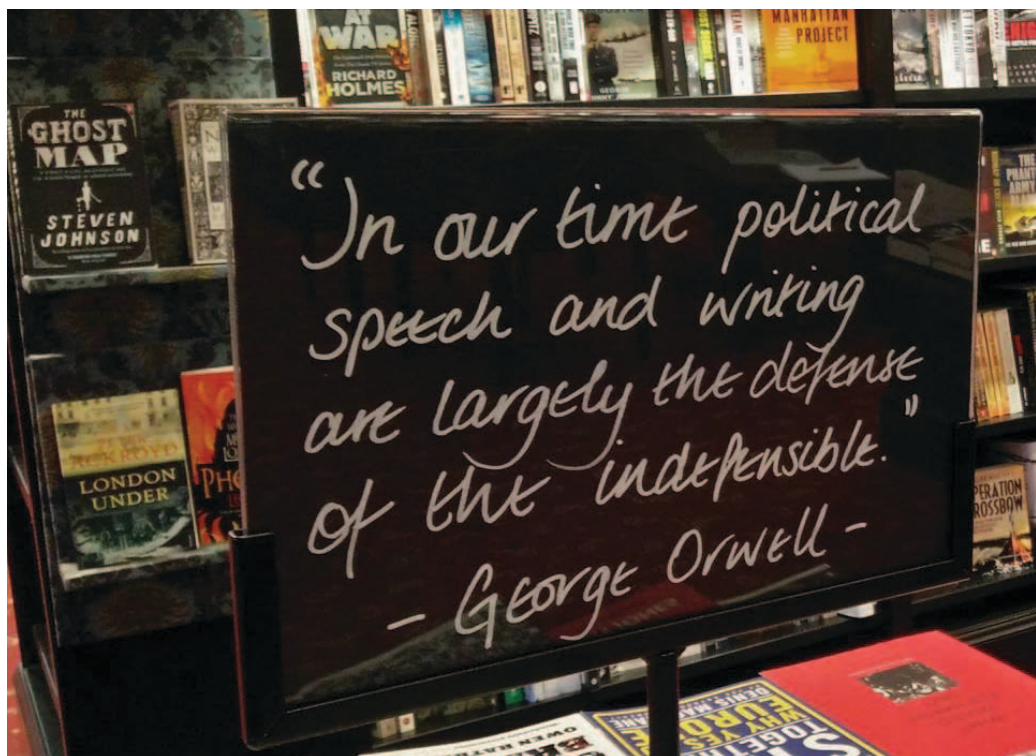


To borrow a book, go to the self-service machines on Level 3, scan your GUID card then scan the barcode on the book. It's pretty much the same as any other library in the UK, if you've ever been to one, or the self-service checkouts in any supermarket in the country.

Although late returns fees aren't too expensive they can soon rack up; it's usually a good idea to make sure you return well within the loan period. If you lose a library book you will be charged to replace it, so even if your coursemate's begging to take it off you to add a quick quote before they hand in their essay, make sure you trust them before agreeing.

In the case of non-High Demand items, if you're not leaving the library then you can take books off the shelf to use, so if you can't find the book you're wanting (even after checking it is in stock on the online search) it's likely being used by someone else within the building. Around exam time and when coursework is due it's a good idea to officially reserve a book to make sure that this doesn't happen to you.

The university has seven other specialist libraries where you can find books relating to your subject. Your tutors will point you in the right direction if your school or college has one, or check the listings online to see where to head.



BUYING BOOKS

You will at some point need to actually purchase a book or two as you'll be using them a lot. It's usually best to do this before your course starts; but most likely this'll happen once you realise you can't just copy every quote from lecture powerpoints or find them with Google. On campus, John Smith's Student Store sits in the ground floor of the Fraser Building; it carries books from most reading lists as well as stationery and over-priced flash drives. They also hold start-of-term bookstalls for the thrifty shopper in you and they can order in special titles. Convenient, if a little pricey.

For a more purse-friendly way of purchasing your reading list visit the SRC Second Hand Bookshop in the John Mac. It's a not-for-profit affair where all books for sale are technically offered by fellow and former students so, when you buy, the money goes in their pocket. They have countless

books at reduced rates, so be sure to check out the website and online database for current stock and contact them on bookshop@src.gla.ac.uk to reserve a book (November-August).

Most course-specific books can of course be found on Amazon, either new or secondhand; it can be great value and simple to use if you can find the edition of the book you need. You might sometimes get stung on the postage but the lovely guys at Amazon offer students six months free Amazon Prime and 50% off an ongoing membership which gives you free one-day delivery on new items, in addition to access to their music and video streaming services. It's one of those things you should definitely make the most of during your time as a student.

Don't be afraid to split the cost with coursemates where possible, just make sure come essay time you get equal time with them.



ONLINE RESOURCES

On behalf of students, the University subscribes to all the major online journal databases, giving you free access to a ridiculous number of incredibly useful academic papers from across the world, plus some really useless ones. These databases can be accessed anywhere on campus via the University network or by using a VPN [page XXX], so it's worth getting familiar with them; they will likely be invaluable to your studies in the next four years.

There are a few alternative ways to gain access to online journals and research. Google Scholar is a designated search engine designed for academic research. Here you can search for a subject matter, an author or a theory; you can even search by date published. The search results will detail the author, as well who published the paper and the date, perfect for referencing. It's also handy for locating a paper's further source material.

Academic papers are available in a wide variety of formats and very occasionally you might need to pay to access them; be sure to check it's not available on the University's network before cracking out the debit card and handing over details. Lots of papers will be freely available as PDF downloads, doing a Google search for file type will often yield good results and sometimes you will be able to find the exact paper you are looking for without having to pay a subscription or download fee.

Google Books is another great tool for academic study and research. If you're looking for a specific book, or have a wider subject area to look into, you can simply enter your query into the search and if you're lucky the text will be available to view online. This is another useful way of finding published work to research, although sometimes certain pages will be locked and unavailable to use.

WI-FI & TECHNOLOGY

With Wi-Fi now considered more essential than food or water, you're probably going to want to know how to get online on campus as soon as possible. Unfortunately, the University haven't made getting online quite as simple as your local pub yet, but it does have the advantage of ensuring that your passwords won't be swatched by leet hackers. Once you know what you're doing, connecting to the University's campus network is pretty straightforward and will grant you access to a world of wonders. Namely, the discount on the online Apple for Education Store and access to journals. Wonders.

EDUROAM

The main campus has a free Wi-Fi network available for students to use in order to access online resources, journals, academic research and more. To get online, use eduroam. This is a secure, world-wide roaming access service developed for the international research and education community. If you are accessing the campus Wi-Fi you can follow a simple auto-installation to access eduroam and log in using your University email address and GUID password. You can access eduroam at any participating institution across the globe.

OTHER NETWORKS

If you've already got all the articles you need downloaded from the library, there's a few options for reliable wireless internet access on and around campus.

Both student unions have half-decent Wi-Fi networks that should do you well enough to check BuzzFeed or Reddit between sentences in your essay, while local coffee shops such as Starbucks (Byres Road), Offshore (Gibson Street) and

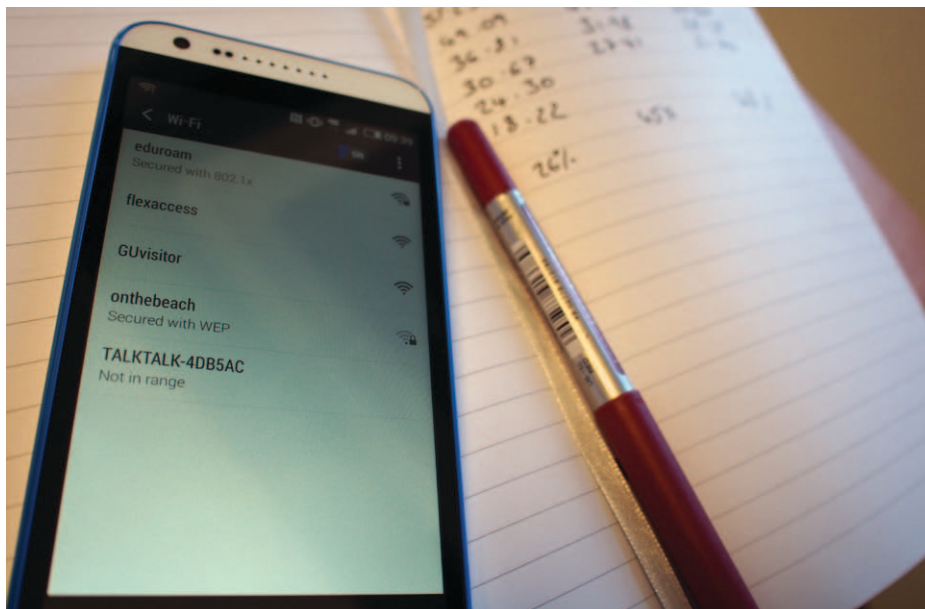
S'Mug (Great George Street) offer stable Wi-Fi, coffee and a different atmosphere if you're looking to escape the library and pretend you're working on your screenplay.

IT HELPDESK

If the university's network setup has got you confused and the online guides aren't helping, the IT Helpdesk can help you get your head round it. Based on level 4 of the library, they're there to help you with any issues with your university, or sometimes personal, IT crises. So if you drop your flash drive containing the only copy of your essay down the toilet, go see them in person or look them up online.

UNIVERSITY EMAIL

Once you have enrolled you will be given a GUID and university email address. You can access your university email at mail.student.gla.ac.uk. Using the University's email system is a good way of keeping your personal and academic life separate and make sure you don't accidentally send something dodgy to your tutor.



Your advisors, lecturers, Glasgow University administration and the SRC will also contact you on your University email address to notify you of any timetable or venue changes, issues with your course or general announcements so it's a good idea to check this regularly. It is also handy to give this out to classmates or colleagues that you don't want seeing your old-school pixi94xoxo@hotmail.co.uk (or worse) address. Generally, if you are wanting to sign up for any sites or subscriptions specifically designed for students you will need to use this .ac.uk email address, and it's a good idea to make an email address specifically for offer sites to dodge the spam.

You will forget your password at one point or another and when this happens you can reset it online with your GUID barcode number and some personal details. Full info can be found on the website via www.gla.ac.uk/it/studentemail.

The University has made some apps that integrate with your student email to download your timetable into a handy calendar and sync with Google Maps. The website has all the info if you're inclined to give them a go.

PRINTING

Thanks to the University's pull printing network, you can print from most University computers to any printer in the Library or Round Reading Room. At essay hand-in time, competition for a PC time will be fierce; but recently the University has introduced short-term log-in computers on the busiest levels. If you're on a deadline, try and get there a good couple of hours in advance: aging printers plus sleep-deprived students equals daily breakdowns (printer and human). If you break a printer, tell someone; don't just skulk away and pray no one noticed.

Printing in the library is 5p for single sided or 7p for double, so save money and the environment by printing double sided. You can load credit onto your GUID at the machines on Level 2 of the library or via MyGlasgow.

The SRC Welcome Point also has printing facilities and coming in at just 4p per sheet when topping up £10 or more, they are the cheaper option. The SRC and unions also offer binding for a couple of quid, and for a truly retro experience, you can send a fax from the Welcome Point.

COURSES & MYCAMPUS

Starting your course can sometimes be confusing, online enrolment, finding your timetable, which electives to take, how to get exam results and so on. The University has tried and tested back catalogue of offline and online systems to make this as easy as possible for all students registering for courses and degrees. They have now settled on the MyGlasgow portal, the academic record and enrolment section of which is MyCampus. It's all pretty simple once you get your head around it and will soon seem like second nature to you, as long as you don't forget your password.

MYCAMPUS

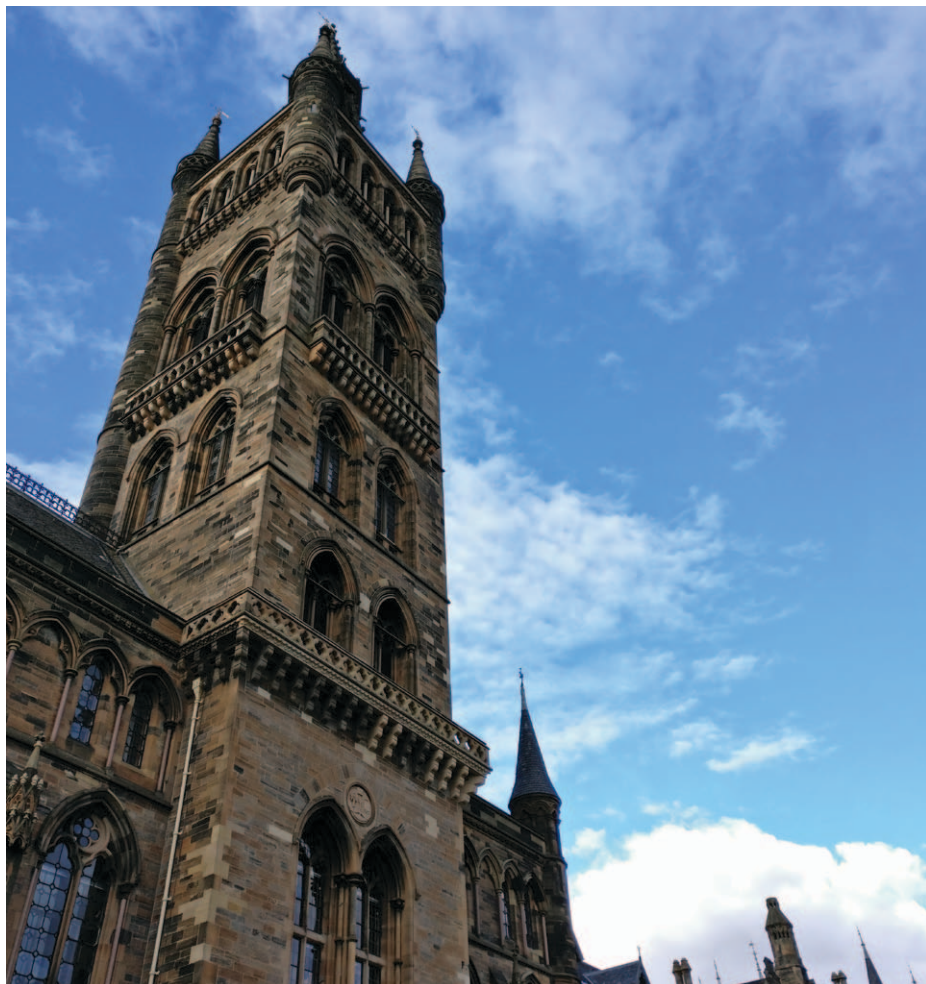
Once you have decided on your chosen course - and gained the necessary entry criteria - you need to register online via MyCampus. This is Glasgow University's online portal which allows you to see all of the courses you're enrolled on, view your results, confirm your funding and payment details, and pretty much access everything else related to your academic progress. At the beginning of the year you should have received an email titled 'Access to your Student Account' which gave you instructions on accessing your GUID and MyCampus. If you haven't received this email then you should probably contact the university sharpish by emailing mycampushelp@glasgow.ac.uk.

First and foremost you'll use MyCampus to enrol onto classes and courses each year and check your timetable. If you do want to make any changes to your course choices, you can do so online via MyCampus within the timeframe

mentioned below. Your timetable is automatically created depending on which courses you have chosen, it will be viewable in MyCampus and if you notice any clashes then you can pick an alternative time for that course within the portal.

COURSES

For most, the first two years of your studies at Glasgow University are your pre-honours years, in which you may find yourself studying up to three subjects simultaneously. Usually, you'll enrol for the subject or subjects you've applied for, and then choose one or two additional courses in order to meet the academic credits requirement to pass first year, and in second year, drop one subject to be replaced with another. It might seem annoying that you have to take on extra subjects in addition to the course you applied to study, but it's a great opportunity to continue learning a subject you were interested in at school, and you might end up enjoying it



in higher education more than your original first choice. At the end of your second year, you will decide which subject or subjects to take on to 'honours' level; these are the subjects in which you'll ultimately get a degree.

To help with confusion the University does allow changing courses during the add/drop period in the first few weeks of term. You can do this through MyCampus - providing there are still places available in the alternative course or class. After this time you will need to speak to your Advisor of Studies [page XXX] who should be

able to make the change for you (if it is available). This flexibility enables you to get the best possible experience out of your academic career at the University of Glasgow, preventing students from feeling forced into following through with a wrong decision.

Some subjects will have required electives if you're planning to proceed with them to honours (your actual degree bit), so be sure to talk through the best course of action with your advisor, or the School administrators about what you should be taking.

ACADEMIC REPRESENTATION

Not content with providing academic support functions through the Advice Centre, Glasgow University's SRC also have a key role in representing students' academic affairs to help pressure the university to make improvements on the standards of learning and teaching. Basically, the SRC listens to the student body, and takes what they hear to the University to help steer them in the right direction, and they're pretty good at it too.

CLASS REPRESENTATIVES

The frontline of academic representation are class representatives. They exist as a bridge between students and the SRC, and students and the university. Each class or tutorial group in the University will elect a class rep who meet with their school and relevant SRC reps once per semester for a free lunch and focus group on the academic practices taking place. If there's any actionable feedback that needs urgent attention, class reps are encouraged to take the issues directly to the SRC. Anything you talk to your class rep about can then be taken to an SRC Council meeting to be discussed and, where necessary, officially raised with course leaders and support staff; even the higher powers at the University in extreme cases.

If you are thinking to yourself "hey, this sounds like something for me", you can run for election and, after emerging victorious from a quick, painless contest by your class, you'll be offered full training by the SRC, enabling you to fully understand the system you're part of and fulfil the role to the best of your ability.

Being a class rep is a great way to meet new people and get a taste of the world of student politics. It's also a pretty good addition to your CV.

Also you get free sandwiches at training and meetings, so there's a reason all on its own.

SRC COUNCIL

The SRC Council are elected representatives who act as a student voice within the University Senate, University Court and various committees to ensure your voice is heard within university management. Once an issue has been brought to the attention of the SRC Council it will be discussed and taken to the necessary level for action.

The majority of the Council are academic officers, who have won a seat via a slightly bigger election than those for class rep (the whole University gets to vote). One step up from the class rep are the School Representatives; one for each School of the University. One step above them are the College Convenors, four Undergraduate, four Postgraduate and a Postgraduate Taught Convenor. The School Reps and College Convenors are responsible for collating information fed back to them and taking appropriate action.

At the top of the chain sits the SRC's Vice President - Education, one of four sabbatical officers who have taken a year out of studying to work full time in representing students.



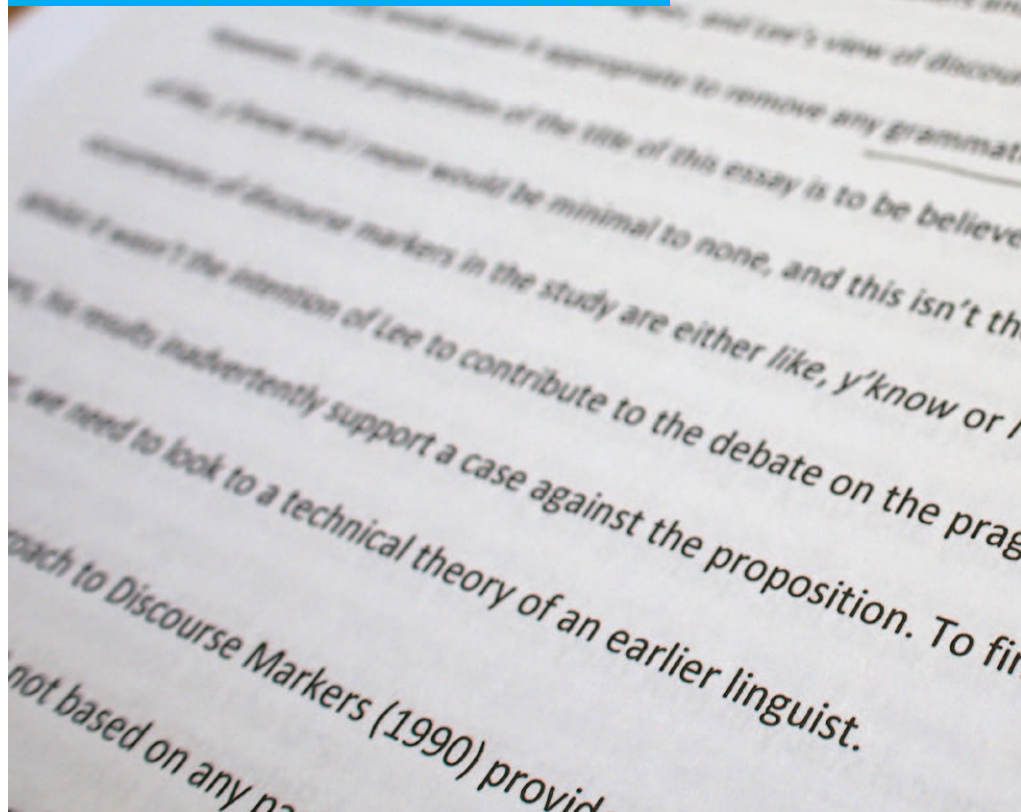
Choose who represents you academically by voting in one of the two SRC annual elections.

RECTOR

Every three years, students are given the opportunity to elect the chair of University Court, the governing body of the University in order to ensure students' voices are heard at the most senior levels of management.

Excitingly, in Spring 2017, students will have the chance to nominate and cast their vote for the next rector to replace the current holder of the position, NSA whistleblower, Edward Snowden who has fulfilled the role (to an extent) from Russia.

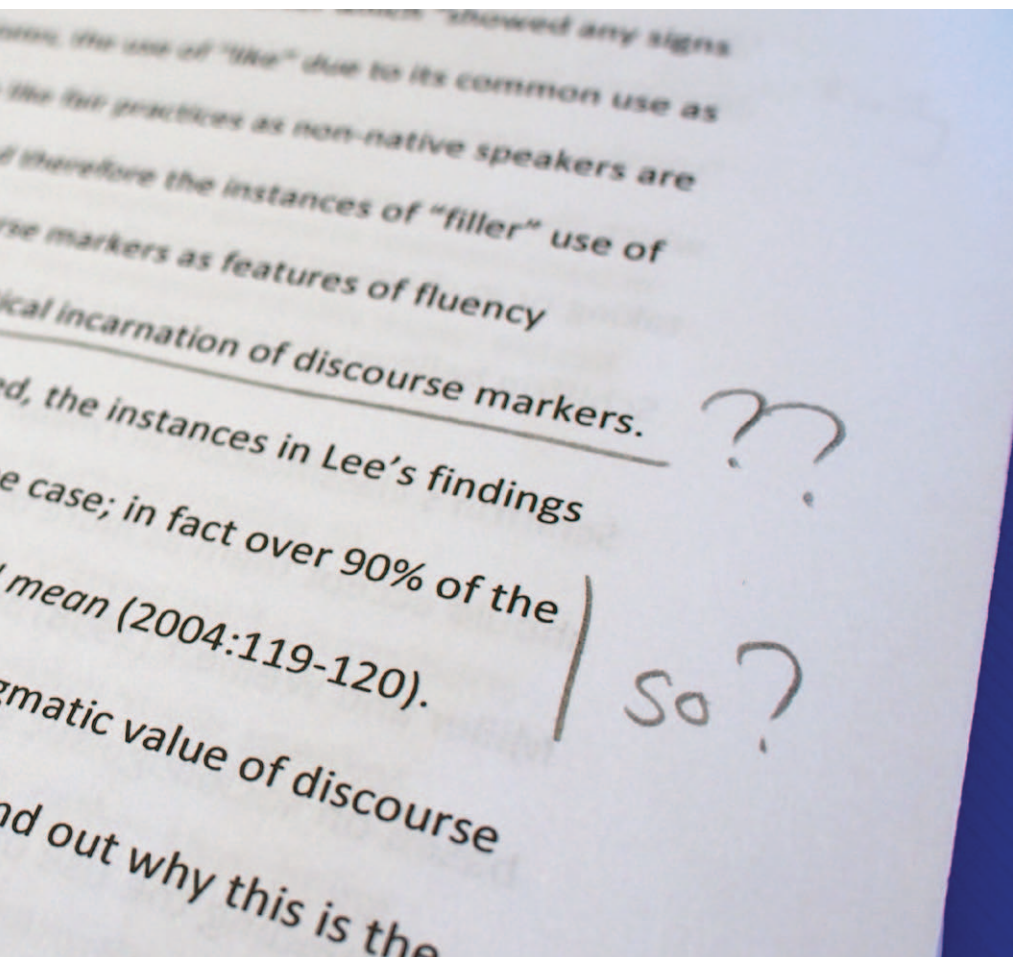
ACADEMIC SUPPORT



When starting your degree the phrases ‘independent learning’ and ‘solo study’ will be thrown around a lot. These phrases refer to the change in learning style in higher education; in contrast to the teacher-led education style of high school or college, at university, you’ll be largely responsible for your own academic progress. Daunting? Maybe, but there’s plenty of places to turn for help and support. Issues with learning skills, deadline pressures and personal problems affect us all and lucky for you Glasgow has systems in place to help you when you find yourself stuck or struggling; don’t just sit and suffer in silence when support is at hand.

ADVISOR OF STUDIES

One of the first people you will meet when you start your degree is your designated Advisor of Studies. They will be with you throughout your time at Glasgow to offer guidance and support through academic issues, financial and academic services and pastoral care. It is a good idea to build a strong relationship with this person as they will likely be the first person you contact with any problems, or for any advice to do with your studies. Don’t worry if your advisor has to change during your time at university, all advisors are trained on academic support before being assigned students.



STAFF SUPPORT

Your tutors and lecturers are one of the most, if not the most, valuable resource at University. They aren't just around to give lectures, hand out coursework and grade your papers, they are a fountain of knowledge and experience on your chosen subject.

Some students go through the whole of their University career without having a single one-on-one with any of their tutors and end up regretting it. Most staff love being asked challenging or awkward questions, engaging in debates, and getting involved in conversations with their

students, so don't be afraid of speaking up and questioning them. You can speak to them directly after class, around campus or just drop them an email.

Tutors and lecturers often have several dozen students depending on them during the year making their time very precious. To try and make it nice and fair they will have office hours where you can arrange a time to go in and speak to them. To make the most of these appointments you should go prepared with questions; try to plan what you want to get out of the time you have.

ACADEMIC SUPPORT...

STUDENT LEARNING SERVICE

If you are needing additional assistance with your studies or learning then you should check out the Student Learning Service, based in the Round Reading Room. They organise workshops and events to help with essay writing skills, exam and revision strategy, time management, note-taking and lots more. If you need to brush up on your maths skills you can head to their weekly drop-in session, details of which can be found online. They also offer one-to-one appointments for more specialist help which can be organised online via their website: www.gla.ac.uk/services/sls

DISABILITY SERVICES

The University Disability Services coordinate support for any student at the University with a disability, chronic illness, mobility issue, mental health condition or sensory impairment. They're based at 65 Southpark Avenue, at the top of Gibson Street (just down the road from the library). Services they provide include campus accessibility, assistive technology, exams, funding, and disability coordinators.

STUDENT SERVICES ENQUIRY TEAM

Located on level 2 of the Fraser Building this is where you will go when you inevitably lose your GUID, need a transcript printing, to sort out council tax exemption, and (hopefully) organise your graduation. Their desk gets extremely busy at certain times of year, usually around the beginning and end of each semester, so be prepared for a little bit of a wait around this time.

THE ADVICE CENTRE

The SRC Advice Centre offers confidential, impartial and independent advice on all areas of your University journey, including external factors such as work and accommodation. They are based on the ground floor of the McIntyre Building and can be contacted between 1130-1600, Monday-Friday. They can help you with a huge range of issues including accommodation, money, employment, health and study. The staff here are an incredibly experienced and knowledgeable about all things student; they will have no doubt seen every kind of issue before, so will know the best course of action. All information shared with them is kept completely confidential.



The SRC's Advice Centre is the place to go for pretty much any academic issue you might be facing.

APPEALS

If you feel that a decision about your grades made by university staff was incorrect or unfair then you may be able to appeal it. Appeals can't be used to simply change a grade you aren't happy about, or to get a member of staff into trouble. They should only be used in circumstances when you feel the University has failed to adhere to its own regulations, has applied them unfairly; or when circumstances outwith your control have not been taken into consideration.

There are three permitted grounds for appeal:

1. Unfair or defective procedure;
2. A failure to take account of medical or other adverse personal circumstances;
3. Relevant medical or other adverse personal circumstances which for good reason have not previously been presented.

If you feel any of these situations apply to you then your first port of call should be the SRC Advice Centre. They will help you approach your Adviser of Studies, Supervisor, Course Leader or School/College Administrator to see if there can be an informal resolution.

If the decision is made to make a formal appeal to the University you have ten working days from the date of the decision to submit your 'intimation of intention to appeal' (which is definitely not as scary or complicated as it sounds). You can withdraw this if you do come to an agreement outwith the appeals process, but it's best to get it in sooner rather than miss the deadline. You will then have a further twenty working days to submit your full grounds for appeal and any necessary supporting documentation. Again, the Advice Centre can assist.

The College Appeals Committee Convenor will decide if your appeal needs either a full hearing, or if it can be dealt with by preliminary disposal based on your appeal letter and any evidence. The vast majority of appeals are dealt with via the latter, so a well written letter of appeal is very important.

The Appeals Committee will decide whether to uphold or dismiss your appeal case and in some situations it may be possible to request a reinstatement or to go to the Senate Appeals Committee.

ACADEMIC SUPPORT...

COMPLAINTS

Are you unhappy with some aspect of your course? Has the University failed to follow its procedures in some way? Or has a member of staff or another student behaved inappropriately towards you? An official complaint may be an effective way to address the problem. Glasgow University has a rigid complaints procedure; official complaints are taken very seriously and shouldn't be used lightly. The full procedure can be found on the Senate Office website, but here's a quick outline of the steps involved in official complaints.

As with appeals, the SRC Advice Centre should be your main contact throughout any complaints process. They can help you with identifying the main points of your complaint, drafting your complaint form, and can in some instances help you to reach an informal resolution.

The first step for any complaint is to try and come to an informal resolution with the parties involved. In many cases it may be a simple misunderstanding and simple discussion may be all that is needed to clear up any confusion and resolve the situation.

If you do choose to raise a formal complaint then the first step is to talk to a member of university

staff and explain the problem, either in writing or in person. There is also a complaint form available on the Senate Office Website which sets out everything you may need to answer should the complaint be put under investigation. The university advise to do this within at least six months of the issue starting, but this can be extended to up to 12 months.

Once you have raised and officially filed a complaint, it can be advanced to one of the two following stages

- **Stage 1** of the process is referred to as “frontline resolution” where immediate action is taken to resolve the problem, usually within five days. If you remain unhappy with the outcome offered, you can choose to escalate it to a Stage 2 complaint.
- **Stage 2** is used when the case requires further investigation. If the complaint goes to Stage 2 it will be acknowledged within three working days in writing by the University and it's likely that the complaint investigator will want to discuss the complaint in person with you. If you are unhappy with the outcome you receive from Stage 2 you may be able to raise a complaint with the Scottish Public Services Ombudsman.



SECOND HAND BOOKSHOP

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1st Floor, McIntyre Building, University Avenue
glasgowstudent.net/services/bookshop/



GLASGOW

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GREEN PLACES



You aren't going to spend more than a week in Glasgow without being told that the Gaelic 'Glaschu', from which the city's name is derived, means 'dear green place'. Conveniently, the name's relevance persists as the city boasts the highest green space per capita in Europe. If green is a colour that makes you happy, and you are lucky enough to experience a window of nice weather, walk ten minutes in any direction and you'll find a park, or green space to relax, think, read, or get that perfect Insta-snap.

WEST END

On campus you can find Lilybank Gardens, between Ashton Lane and the QMU. Though small, it's good for meeting friends, reading and napping between lectures, and also boasts a miniature swamp for the majority of the year. At the top of Byres Road are the Botanic Gardens, whose outdoor lawns are lovely, spacious and ab-

solutely heaving at the slightest glimpse of TAPS AFF weather (above ~16°C, not raining).

Kelvingrove Park is basically on campus; part hilly greenery, part riverside walks. It's lovely and generally less busy than the Botanics; but still busy enough that those with a penchant for people watching or dog petting will be in their element. If you want a flat patch on a nice day, get down early and expect to see a fair few errant footballs, frisbees and children.

ACROSS THE CITY

Outside the West End, you can't go wrong with Glasgow Green, an enormous, flat, history-rich expanse of grass which connects the city centre to the East End. The People's Palace is also situated on the green with its tropical glasshouses, it's a great place to go if you want to spend some time in nature without getting rained on.



Slightly further East than the Green, behind the green-roofed Glasgow Cathedral is the Necropolis; essentially a fancy cemetery that's considerably less dour than it sounds. In addition to Victorian-era headstones and monuments to wonder at, the highest parts offer spectacular views of across city. Both Glasgow Green and the Necropolis are in close proximity to decent pubs, which is a bonus: if you get caught in the rain, head to WEST and Drygate respectively to take shelter when the inevitable downpour begins.

South of the river is Pollok Country Park - a quiet, green haven. It's a train ride away, but well worth trying if you find the inner city parks a bit too hectic. It is the home of a great mountain bike circuit if you're a keen rider, or lots of walks and trails for those of who are a little less thrill-seeking. Close by is Bellahouston park which is the home of the Charles Rennie Mackintosh designed gallery, House for an Art Lover.

ETIQUETTE

Bear in mind that local Glasgow law forbids outdoor drinking, at least in public areas. This extends to outdoor areas at student accommodation, so be careful when having a BBQ. When the sun comes out, you will see local police patrolling around parks, handing out £60 fines to anyone with an open bottle. Don't get caught; they won't take ignorance as an excuse.

Technically not illegal, but against the rules in most parks, BBQs are be frowned upon by police, campus security and other park-goers. It's pretty reasonable to expect that people might be hacked off if you created big burnt patches of grass, or accidentally burn a rare bush down. Keep on the concrete or in private places; don't necessarily rely on the flimsy, wire stands that come with disposable BBQs, they do not work. And try to cook away from gambolling children, dogs and frisbee games.

BEYOND GLASGOW



Glasgow is geographically positioned to offer an escape from the city to some of the most beautiful parts of the country, or Paisley. It boasts excellent local and national transport networks [page 110], with the subway, bus networks and overground rail stations connecting easily and cheaply to Glasgow Queen Street and Central train stations and Buchanan Bus Station, from which you can get out of the city for a day or weekend.

One thing to remember is that Scotland allows wild camping which is described as 'lightweight, done in small numbers and only for two or three nights in any one place.' There are a number of regulations, including a restriction on camping around Loch Lomond during the summer, so if you're thinking of going full wilderness it's best to check online to make sure you're sticking to the law of the land.

NORTH

Go slightly north and you're in Loch Lomond territory. While busy during peak months and sunny weekends, this is the closest, best example

of scenic Scotland; fresh air, mountains, walks, cycling, boat tours, sheep, dogs, cows and rolling hills, whatever they are. Great for giving your visiting family a sense of 'real Scotland'. Bring lunch unless you want to spend a lot on mediocre sandwiches at Lomond Shores and be sure to feed breadly leftovers to the ducks, they appreciate it.

Further north, Tyndrum has the best chippy in Scotland (Real Food Café), or jump back on the train to the West Coast and Oban. Oban's a seaside town of mostly worth visiting for its a distillery and seafood. From Oban you can get a ferry across to the Hebridean Isles, which are some of the most visually stunning places in the country, if a bit pricey.

SOUTH

Get the train South to Troon if you want to see a beach filled to capacity with Glasgow teenagers discovering alcohol, swearing, cigarettes and carousing for seemingly the first time, or slightly further South to Ayr for slightly more beach, and slightly less youths. Keep going South and you'll



find England; alight at Oxenholme for the Lake District and great pubs, walks, watersports and greenery. Just remember your passport.

EAST

At some point you'll think it's a good idea to head to Edinburgh; there's a couple of shopping streets, some good bars and restaurants to be found in Scotland's capital. It's also got a big hill with lovely views, some really nice old buildings such as Holyrood Palace, the Old Town and a bloody castle, as well as a couple of passable new ones, such as the Scottish seat of government, Holyrood. Be prepared to fight through a sea of tourists to see literally anything of interest, though.

If you're in Scotland for the summer and fancy a day of culture at the international festival, it's absolutely worthwhile, even if you just do the free shows. The Fringe is basically a giant Freshers' Week, so be prepared to be bombarded with flyers and for every street, pub and bus/train/tram to busier than during an Old Firm game in Glasgow [page XX].

WEST

To the west you'll find the Isle of Arran, often referred to as a 'mini-Scotland'; it has beautiful coastlines, towering mountains and calming lakes and rivers. You can jump on a train at Glasgow Central, a quick ferry ride over the Firth of Clyde and you'll be in Brodick within a couple of hours. The joint rail and sail ticket is around £10 each way and if you fancy making a weekend of it there are dozens of cheap B&Bs and camping pods available on the island. Also out west, up the road from Galloway coast and Stranraer is the Cairnryan Ferry Port, from here you can get to Belfast on the ferry in a couple of hours.

FURTHER AFIELD

To get even further out of the city, get a bus to Glasgow or Edinburgh airport, both of which seem to add another low cost, international route on a weekly basis. Spend slightly less a week on takeaways and Tennent's, book as far in advance as possible and you could quite easily sort a short break in Prague, Berlin, Dublin or Warsaw with your mates during reading week or Easter vacation.

MUSEUMS & GALLERIES



Glasgow is packed full of celebrated institutions full to the brim of art, artefacts, culture and history. In Scotland, publicly owned institutions are free to enter and, luckily, this includes most of them; just be prepared to chuck a couple of quid in the donation pot of any museum or gallery you decide to visit.

MUSEUMS

Glasgow has a brilliant reputation for free culture and its range and diversity of museums are one of the biggest factors in this. The public museums in Glasgow are run by an arm of the city council called 'Glasgow Life' who are also in charge of sport, leisure and events within the city. Other museums across the city are privately run and often charge, which for the most part

means they need the public's help to preserve their artefacts and history so if you get a chance, pop in and support them.

Within the University of Glasgow itself is the Hunterian Museum. In addition to touring collections, it houses permanent exhibits on the history and heritage of education and its development throughout the city, which for a long time was concentrated within the West End. A good way to spend an hour on campus.

A ten minute walk from the main campus is the number one tourist attraction in Scotland, the Kelvingrove Art Gallery and Museum. It houses an eclectic, fantastic and intriguing collection of art, history and culture; you'll find a stuffed elephant, a replica Spitfire plane and the world-famous Dali painting of Christ of Saint John of



the Cross within seconds of each other. The red-stone building is impossible to miss and a great view of it can be found at the University flagpole (top tip for graduation photos). This Autumn, the Kelvin Hall opposite will reopen as a multipurpose venue including housing 1.5 million pieces from Glasgow's civic collection and Glasgow University's Hunterian Museum, alongside the National Library of Scotland's Moving Image Archive. Go, it's going to be cool, and it's like right there.

On the north bank of the Clyde between Partick and Yorkhill, the architecturally stunning Riverside Museum boasts an exhaustive, if slightly oddly-presented, visual history of the city's transport, a three masted barque tall ship, along with Glasgow's sporting and industrial exports across the world.

Across the Clyde from the Riverside is Glasgow Science Museum. The museum hosts hundreds of exhibits and interactive learning tools that simply, yet un-patronisingly, explain a full spectrum of scientific concepts and fundamentals. Some may say it's aimed at kids; don't be fooled. It's a lot of fun for visitors of all ages. Negatives? It's one of the few paid entry venues in this list, and it's not cheap.

A short train ride to Pollokshaws West brings you to The Burrell Collection, situated in Pollok Country Park. Everything in the museum belonged to Sir William Burrell, a single logistics tycoon with an eye for art, artefacts and curios. The surrounding grounds and building itself are stunning and you could spend hours browsing the painstakingly selected oddities here before enjoying a walk through the park.

MUSEUMS & GALLERIES...

GALLERIES

As with history and heritage, Glasgow is teeming with contemporary and world-class visual arts. The Turner Prize came to town in 2015/16 and many former contestants, and winners, have come through the world famous Glasgow School of Art.

In the City Centre is The Lighthouse, an arts venue and event space that winds its way up four floors in an old newspaper building. The gallery hosts a rotating showcase of Glasgow creative talent, and obligatory overpriced gift shop. If you find a rare day that the roof is open, pop up for a 360 degree view of the city centre. Walk ten minutes up Buchanan and along Sauchiehall Street to the CCA, an alternative arts hub that sees over six hundred arts and cultural events a year, a succession of major exhibitions and moving picture work.

Glasgow's Gallery of Modern Art (GOMA) is just off Buchanan Street in the centre of the fairy light canopy of Royal Exchange Square. After your obligatory photo with the statue of Wel-

lington wearing a traffic cone, venture inside to view a constantly-changing, thoughtful showcase of local and international talent.

Each spring around exam season, Glasgow School of Art hosts its degree shows, with work from students showcased at its city centre campus and venues around the city. Definitely worth a look to check out the next big names in art and design emerging from Glasgow.

As you travel out of the City Centre towards the East End, be sure to visit the WASPS Artists Studios space in the Briggait, an old building by the Clyde, recently rejuvenated and now home to a vibrant arts and performance community. Round the corner from here is Glasgow Print Studio, an institution which has fostered many a Glasgow talent.

On the south side of the river you can visit House for an Art Lover, a lovingly-built tribute to Charles Rennie Mackintosh which hosts much of the iconic artist's work as well as a quaint café and gallery gardens.



Glasgow is far from short of visual arts venues, with temporary and established institutions across the city.

In the West End, just 15 minutes walk from campus is SWG3, a warehouse arts space with ground floor live music, clubbing and arts venue. They host regular club nights and cultural events and there's always some kind of display of art to check out. If you can blag your way on to the third floor, do it; there you'll find a clean, modern, creative space complete with drawing on the walls and mortuary sinks.

The Tramway in Pollokshields is Glasgow's Tate; an arts space that gives a platform to a huge variety of artists to hone and display their work. Tramway is home to a number of Glasgow's cultural institutions including Scottish Ballet, and also hosts The Hidden Gardens, a unique green space which focuses on learning and community work. Both are easily accessible by train, Dumbreck and Pollokshields East respectively.

THEATRE & COMEDY



Theatre in Glasgow can be found in about every format and venue imaginable. From classic Shakespeare in velvet-adorned auditoriums, to drama students performing in the middle of the street. It also won't take you long to realise that Glasgow is a deeply, darkly, funny place to live, a feeling that can be found crystallised in the comedy that the city produces; on the street, in the shops, especially on public transport and quite often at dedicated comedy nights.

BIG THEATRES

Glasgow Theatre Royal is the home of Scottish Opera and hosts its season's performances as well as national touring productions, musicals and straight plays. It also serves as the home of Scottish Ballet and their ever-popular Christmas production. The theatre building recently underwent a multimillion-pound rebuild, and it's worth popping in just to see the foyer; a balcony at the top gives an inspiring view of the city.

The sister theatre to the Theatre Royal, the King's Theatre is a city-standard throwback to the music-hall era, hosting everything from stand up comedy, through touring productions, to local musical theatre groups. The King's is the biggest of the city centre venues with a capacity of just under 1800, meaning tickets aren't too difficult to come by, if variably expensive. They host one of the best annual pantos available in Glasgow; this year it's Cinderella.

INDEPENDENT THEATRES

Imagine what an institution called the 'Citizens Theatre' might be like; Glasgow has one, and it's exactly like that. This theatre sits on the edge of more interesting parts of the city, and tackles local issues head-on and with gusto. It's the favoured theatre of both city veterans and idealistic students, staging all kinds of works with a distinctly Glaswegian flavour. It's well worth snagging concessions tickets and checking out a couple of pieces.



The Tron sits in the Merchant City, five minutes walk from St Enoch. It's a great, varied venue with an excellent bar and restaurant. It's where you'll best find edgy, new, energetic and experimental entertainment, and a good way to feel intellectually challenged without having to walk too far.

It's not strictly a theatre, but sitting neatly at the top end of Byres Road is Òran Mór, the towering former church building with an illuminated hoop that's hard to miss. It has spent the last decade building its reputation for entertainment excellence and is used for comedy, live music, ceilidhs and private events. Its crowning glory is the A Play, A Pie and A Pint programme that showcases local and original talent and scripts, for cheap, and with, eh, a pie. And a pint.

The Pavillion Theatre in the city centre claims to be Glasgow's 'Family Theatre', which is a bit questionable. Expect raunchy pantos, hypnotists, and lots of 'local humour' productions.

COMEDY VENUES

While the big names you see on Live at the Apollo will likely offer you the chance to see them in one of the aforementioned theatres for the bargain price of £35 a ticket and many pubs across the city will consider themselves comedy venues for hosting pop-up shows once a month, The Stand is really the centre of Glasgow's comedy scene.

Slap bang in the middle of the West End this Glasgow institution is still brave enough to offer entertainment seven nights a week. You can find everything from seasoned veterans trying out hilarious new bits to new blood absolutely tanking.

Tuesday's Red Raw is excellent value for money at £2 entry, and you'll likely witness some terrible comedy, some challenging comedy and some absolute diamonds in Glasgow's rough. Make sure to get down early and still be prepared to queue if you are thinking of getting in on a Tuesday, it gets pretty busy.

CINEMA

Glasgow used to have one of the highest cinema-per-person counts in the UK, but those days died with the advent of television, mass media and crap-quality torrents of badly-pirated films with Korean subtitles. Blockbusters and UK-wide releases are nonetheless easy to access in several venues, the IMAX screen at the Science Centre a particularly strong addition to Glasgow's repertoire, along with the new Cineworld Superscreen at Silverburn. Glasgow also lets the keen user access a colourful and wide range of international, independent and classic cinema.

NATIONAL CHAIN CINEMAS

Cineworld on Renfrew Street is in close proximity to all major city centre transport hubs and is the tallest cinema in the Europe, so it's pretty hard to miss. It has an impressive 18 screens, and the diverse range of films it shows. It deals principally in mainstream releases, but it's worth keeping an eye on the website for re-releases, special screenings, live broadcasts and mystery films. For the proper cinephile, the Cineworld Unlimited card can be good value.

If you're looking to make a day of it rather than just catch a quick flick, you can head to Springfield Quay. After a cheeky Nando's, game of bowling, and a go at the arcade you can head over to the Odeon Cinema a few doors away.

If you like your films big, loud and in your face then head over the Clyde to the IMAX at Glasgow Science Centre, where the blockbuster-of-the-day can be found on the biggest screen in Scotland. The new Superscreen at the Silverburn Cineworld boasts a wall-to-wall floor-to-ceiling screen with a stomach-churning sound system.

ARTHOUSE & INDEPENDENT CINEMA

If you're a fan of something a bit different and challenging, or at the very least would like people to think that you are, Glasgow has plenty of provision for that. The two-screen Glasgow Film Theatre (GFT) has a great heritage of culturally engaging the community with locally produced work, alternative documentary and world cinema really can't be overstated. It's absolutely worth a visit, even if only to get a look at the art deco cinema building and retro-classic interior.

Just off Byres Road on the ever popular Ashton Lane is the Grosvenor, a tiny two-screen cinema with comfortable real leather armchairs and sofas. It has a licenced bar, allowing you to have a booze while watching the latest blockbuster or well-reviewed documentary. Just avoid any major chick-flicks, they tend to draw gaggles of rowdy middle-aged women encouraged by 2-tickets-and-a-bottle-of-wine deals.

Screenings take place in multipurpose venues across the city, keep an eye on the unions, the CCA and the Skinny/List for the latest.



The Grosvenor on Ashton Lane is super-convenient, but a little pricey and to be avoided at the weekends.

GLASGOW FILM FESTIVAL

Glasgow Film Festival (GFF) is a unique feature of the city. Taking place in February each year to capitalise on the post-Oscar season enthusiasm, the festival largely focuses on arthouse films in the GFT. Events run for around two weeks with 2017 earmarked for 15-26 February.

Tickets range from free up to around £20, with special rates available for those booking tickets for multiple films. GFF doesn't just feature

screenings, but aims to engage the viewer with the work with Q&As and special events. Alan Rickman was here back in 2015 sharing his second film as director, *A Little Chaos*, and last year Richard Gere came along to present his new film *Time Out of Mind*.

To make the most of the festival it's best to keep an open mind and maybe book tickets for something you wouldn't choose in normal circumstances.

EATING OUT



Cultural renaissance aside, Glasgow has quietly and confidently been growing a reputation for excellent local and world food. The Glasgow food scene is a captivating mix of high cuisine - a refined and highly-developed product of an internationalised, creative city - and the kind of sticky street/pub/fast food that will knock a hangover on its back and leave you full for hours. Here are some of the best bits from both categories. Extra treats await those who escape the bounds of the Byres Road and venture into the city's centre, and districts like Dennistoun and Finnieston that are quietly pulling ahead of the pack.

CHEAP EATING

This will be the discerning student's most important factor in choosing locations to eat. While you can get some artisan, organic, craft burgers for a ridiculous price on most streets in Glasgow now, a little planning and a clever use of Google

can get you something equivalent and a hundred times more satisfying for a fraction of the price. Don't forget, making food at home is always cheaper than going out, but if you're on the go or don't have time to get back to the flat for dinner/lunch check out some of the better value places below.

Student life, particularly the first instance, will be full of restaurants throwing discounts at you. Take full advantage, but be mindful that you'll be bombarded with email/text spam from them forever.

If you're really after a deal, it's worth acquainting yourself with websites such as itison, 5pm and Living Social; browsing between the three when you're after a bargain almost always guarantees a cheap meal somewhere in the city. Check out reviews before booking to make sure you're actually getting a good deal and aren't paying £15 for two courses in someone's back room.



DAY-TO-DAY EATING

Eating is one of the best things about being a student in Glasgow, it has a thriving food scene for breakfast, brunch, snacks and lunch as much as it does for dinner. Listing all the spots you'll stumble across and try out is impossible, but the list below is probably a good few options to start with for when you forget or can't be bothered to make a packed lunch. You'll soon find your favourites.

Campus: There are plenty of places to stop for lunch on campus. Both Student Unions offer a range of food with the GUU's in-house Subway and new G12 cafe, and the QMU's Food Factory both offering a range cheap eats. The QMU also offers a sit down restaurant on the second floor and you can find decent quality hot and cold food at One A the Square in the main University building. The Fraser Building has a large canteen; it's often gets extremely busy so good luck finding a seat!

West End: Good food can be found in Taco Mazama, Curlers Rest, La Vita Spuntini, Bar Soba and for something much, much better than Greggs check out My Home Bakery in Partick. Tennents Bar offers pub grub and and meal deals (~£3) can be found in the local mini-supermarkets to fill you up. A few minutes further will get you to Dumpling Monkey on Dumbarton Road, a Chinese dumpling shop without equal anywhere in the city.

City Centre: If you're in the city there are plenty of places you can get a quick meal without breaking the bank. Opposite Renfrew Street Cineworld, Thai Lemongrass is a must for any fan of asian cuisine. For burgers, Bread Meats Bread emerged victorious from the great Glasgow burger war 2014-2016. For traditional Scottish fayre head to The Pipers' Tryst at The National Piping Centre, or if you're after some amazing Tapas and cocktails check out La Boca on Hope Street.

EATING OUT...



PUB EATING

If you fancy something a bit casual, or a place you can go for a drink and something decent to eat, Glasgow excels in pubs with good food and quiet corners. You may have to go a bit further afield, but quite often that's the whole point.

Inn Deep: Close to campus, this pub is situated under the Kelvinbridge and can be accessed via Great Western Road or the Kelvin river footpath. The food is affordable and solid, and the beer/spirits list is enviable. It's got an outdoor area for fresh air, dogs and people watching while inside you'll find booths, street-art murals and often DJs.

WEST: On the edge of Glasgow Green is the iconic Templeton Building, worth a look by itself. Sitting on one corner of this is WEST, a brewery, bar and restaurant established by a

German Glasgow University graduate unimpressed with the city's beer offering. Excellent beer, great currywurst and other German fayre. Their upmarket West End bar, West On The Corner is worth a look if you're feeling lazy, but isn't quite as nice.

The Raven: At the top of Renfield Street, The Raven has a significant menu of BBQ style food including brisket, chicken and ribs. They also have a great selection of beers and offer good value cocktails. It gets extremely busy post-5pm so make sure to book if you're wanting a table.

The Crafty Pig: living up to its name, this Great Western Road bar has cunningly combined two big food/booze trends, serving smoked BBQ meats and craft beer, in addition to showing sport. Great special offers throughout the week.



FANCY EATING

There will come a time when you have to host various people and 'show them your city'. Name-ly your family, or old school friends who are tragically under the impression that they're going to University in a 'better' city.

Ox & Finch: A fairly new kid on the block, Ox & Finch is well on its way to a Michelin star and dethroning stalwarts like Ubiquitous Chip as kings of Glasgow's food scene. They serve top-quality food in small plate, sharing-style dining. You should absolutely save up, absolutely go at least once, and absolutely book in advance if you want to guarantee a spot.

Stravaigin: Scottish food, done good and posh. And not cheap. There's one on Gibson Street and another on Byres Road. This is the kind of place

your parents will bring you if you graduate with a first. 2:1 at a push.

Two Fat Ladies: Their Dumbarton Road spot serves the best fish in Glasgow, though there's a couple more around the city. The Buttery in Anderston, underneath the M8 where the west end meets the city centre - and is outstanding, if a little twee. Occasionally these appear on discount websites; snap them up.

111 by Nico: A tiny bistro cafe, 111 by Nico is a new kid on the block up in the residential part of Kelvindale. This unassuming little eatery is found between a Spar shop and dry cleaners, but don't be fooled. Forget its humble exterior and head inside for some truly inspiring food offerings and an outstanding five course tasting menu at £30.

EATING OUT...

LATE NIGHT EATING

It is very important that you get the right kind of food on the way home from a night out, or even a late-night stint in the library (if you're into that). There are hundreds (literally hundreds) of late night takeaways in Glasgow, but here are the few you will be likely to frequent.

Koh-I-Noor: Not to be confused with the all-you-can-eat Indian of the same name in Charing Cross, this takeaway on Gibson Street is a lifesaver on the way home from the GUU.

Morello's: In the heart of Woodlands at the St George's Cross end of Great Western Road, offering the cheapest kebab and chips and super greasy pizzas if you're walking home from town.

727/Philadelphia: The two chippies at the top and middle of Great Western Road open late and supply fried goods and pizza, which is about as much as you need.

Hong Kong Express: One of the many (many) late night takeaways on Sauchiehall Street around the Garage/Nice N Sleazy area. Not cheap due to location, but they do a late night buffet with the chance to cram as much food into a container for a set amount and with practice, you can get your money's worth.

COFFEE

Technically, coffee isn't food, but as you'll find within a couple of weeks of early morning lectures, it's just as crucial. As you might be able to guess, Glasgow has quite a few options for coffee, here's a few highlights if you're looking for a high-quality caffeine fix.

Artisan Roast: Current Glasgow coffee champion, despite the fact that the beans are roasted in Edinburgh. Their coffee is available in a few shops around the city, but their own cafe is on Gibson Street with a huge range of international beans and styles on offer. Genuinely great.

Riverhill: The best option in the city centre, Riverhill is just around the corner from Central Station. It uses Dear Green, which as you might be able to guess, is a Glasgow roastery of a very high standard. Solid food options too.

Laboratorio Espresso: A slick operation, also in the city centre, blending Italian espresso culture with Glasgow's desperation for caffeine to keep them functional. Popular with local workers.

Kember & Jones: Favourite of Glasgow's upper-middle class coffee-lovers, Kember roast their own beans on Byres Road. Convenient for between-lecture dashes.



Street food isn't really a big thing in Glasgow due to Council regulations, but don't let that stop you improvising.

VEGGIE & VEGAN EATING

Down in Finnieston is The 78, a great vegan eatery with a decent drinks selection including midweek specials and cask ales. Don't make too much noise or try to have too much fun though, it has an oddly conservative attitude to animated conversations and, well, fun.

Just off Gibson Street is Tchai Ovna, a tea house with a fascinating range of brews and a menu of freshly-prepared vegan snacks in addition to shisha pipes. Be prepared to wait.

Also in the West End is Usha's; at the bottom of Byres Road, it serves a lot of vegetarian Indian cuisine in the popular small plates format, though recently started serving some meat as well.

In town are CCA Cafe, Mono and Stereo which, as well as being great little healthy eateries, are all excellent live music venues and bars. Be sure to check out the creative suggestions you'll find on their specials boards.

BARs



THE HIPPO TAPROOM			KEG 01	KEG 02	KEG 03	KEG 04
			ALECHEMY YOUNG DUMBS & FULL OF PLUM PLUM SAISON	HAWKSHEAD GREAT WHITE SPICED WHEAT BEER	RUNAWAY AMERICAN BROWN ALE	MOTHER EARTH CALI CREAM VANILLA CREAM
			4.9% 1/2 PT £2.70	4.8% PT £4.70	5.7% 1/2 PT £2.65	5.2% 1/2 PT
KEG 06 THE KERNEL PALE ALE CITRA			KEG 07 BOUNDARY PUSH & PULL BLACK MASS DARK I.P.A.	KEG 08 MAGIC ROCK CANNONBALL I.P.A.	CASK 01 ILKLEY ROMBALD AMERICAN AMBER	CASK 02 MALLINSON GALAXY SINGLE HOP
5.3% 1/2 PT £3.30			5.5% 1/2 PT £2.65	7.4% 1/2 PT £3.55	4.6% PT £3.40	3.9% PT

Glasgow's reputation as a city that likes a bit of a drink doesn't come from nowhere. You're rarely more than two minutes' walk from a pub or bar of some description, and the only truly financially incompetent pub landlords would ignore the student market. This, coupled with an increasingly efficient police force mean that student money is good almost anywhere that serves beer, and you'll be welcome in most establishments.

The city has a somewhat undeserved reputation for being a scary place to go out, but Glasgow's bar scene has moved on and reinvented itself in the same way the city has in recent years. While you may meet some people in pubs who will remember the days Glasgow developed that prior reputation, Glasgow locals are generally charismatic, funny people with great stories to tell over a pint or two. Don't mistake aggressive friendliness for actual aggression, it's just how they talk.

Avoid football colours, stick with your pals and don't do anything idiotic and you'll be fine in most pubs in the city.

STRAIGHT-FORWARD BARS

The West End is, by most people's standards, one of the best places to go for drinks. It has its fair share of modern bars, with places like Hillhead Bookclub and Grosvenor Café keeping both students and young professionals coming back weekend to weekend. You can grab a bottle of Kamikaze with some friends at Vodka Wodka or a cheap cocktail at The Lane at their movie-based weekly pub quiz. Brel, on the corner of Ashton Lane, has just been through a major refurbishment and now has a fantastic beer garden which gets rammed at any sight of the sun. Ashton Lane in general gets very busy on Friday and Saturday nights as the city-based workers head to the cobble street for Instagrammable weekend drinks.

Byres Road itself has Tennents, a traditional pub with decent beer and cheap food; Curlers Rest, with an upstairs restaurant and decent selection of drinks; and Oran Mor, an impressive old church building tempting visitors with a nice outdoor area but pricey drinks.

Walk a bit further to get to Cottiers (Partick) and Inn Deep (Great Western Road), both of



which have a casual night out feel with good food and won't break the bank. Of course you also have the two unions; still the source of some of the best priced drinks in Glasgow, as well as daily entertainment in some form or another in one of the many, many bars.

In town, Sauchiehall Street is packed full of places selling cheap spirits, shots and five pound wine in the evening – try Firewater for cocktails and pitchers, Nice N Sleazy for the best value white russians in town and The Raven for good BBQ food. There's also a collection of predictable dependable Wetherspoons outlets.

If you're in the city centre for shopping, cinema or sightseeing and don't fancy spending too many pennies, get to the Flying Duck for cheap cans, Bier Halle for beer, or 'The Howlin' Wolf for a killer Bloody Mary.

The Merchant City is often filled with office workers from 1700 on weekdays, or 'trendy professionals' at the weekends. There are a few diamonds in the rough with Blackfriars, Bar91 and Mono topping the list.

HIDDEN GEMS

Keep an open mind when it comes to pubs in the city, and don't be afraid to try somewhere new. There are new bars popping-up all the time, just be sure to keep in mind the above 'don't do anything stupid, or in a football strip' guidelines.

Less obvious/accessible areas for drinking including Govan, brimming with charisma, sounds and pubs, or Shawlands, the most up-and-coming area South of the river with big players including Rum Shack, Glad Cafe and Allison Arms. Dennistoun, slightly east of the city centre, also has some great bars including the Drygate brewery.

Arguably the best pub in the city sits on a run-down crossroads just across the river. Surviving thanks to its proximity to the O2 Academy and Bridge Street Subway (for the aforementioned subcrawls), The Laurieston has some of the best staff, beers and locals in Glasgow, along with a free jukebox and a photo album of subcrawl groups that have been through the bar. They were legitimately frying an egg behind the bar for a customer last time we visited. Heroes.

BARS...

SPECIALIST BARS

If you're looking at becoming an expert on a particular type of alcohol, Glasgow's likely got somewhere for you where you might sit with fellow scholars and remark upon colouring, nose, palate and other such characteristics that most people probably don't care about. You may discover something new about your drink, yourself, life, the universe or everything. Or you may just wake up with a headache and a dodgy tummy.

Beer

The beer scene in this part of Scotland is surging, with plenty of pubs, old and new, banging the drum for real ale and craft beer. Awkwardly, the two have the same, rather nebulous definition; you'll find that some people apply equivalent fervour to their advocacy of real beer, or craft ale. Ignore them and enjoy it for what it is; artfully gone-off sugar water. Mmm.

In the West End; The Three Judges, Inn Deep and Tennents bars are good for beer, as is the Brewdog bar. It's opposite Kelvingrove gallery, which basically makes it a cultural day out.

In the city centre, Bar 92, Bier Halle, Shilling Brewing and the newer DogHouse (Brewdog's younger sister) offer dozens of house and guest beers for you to try. Hippo Taproom has a solid selection to be imbibed while snacking on some outstanding Mexican food.

Head over to Drygate to the East of the city for great guest ales and experimental brews (though consider skipping the core range). South you'll find Clockwork Brewing Co for a microbrewery with a good atmosphere.

Gin

Gin is fast becoming a thing, not just fuel for tears, rumours and regrets. You'll find a whole pile of artisan gin joints popping up in Glasgow, and even more tastings. What they all have in common, however, will be that one bloody Casablanca quote tacked onto the wall somewhere. Notable are the destination-spot Gin 71, on Renfield Street, and Alston Bar & Beef, conveniently nestled under Central Station. The latter also specialises in steak, in case the gin thing doesn't get you there.

Whisky

Whisky is Scotland's national drink, aside from Irn Bru, and its most valuable export. Almost every drop produced that isn't consumed here comes through Glasgow on its way across the world so it's not a surprise that the city has a few bars dedicated to the stuff

Start your trail in the Lismore on Dumbarton Road, then head to Finnieston for a visit to the Park Bar for a dram and a dance to top quality live Scottish music, finally stopping in at the Ben Nevis's corner bar which literally has floor-to-ceiling shelves stocked with single malt. These three should be adequate for any avid whisky drinker staying in the West End.

If you really want to take it seriously, though, head into the city to the Pot Still. They have a collection ranging into the hundreds; it's worth a look just for the logistics and another look for, you know, the whisky.

Be sure to keep an eye out for malt-of-the-month offers in many bars, you might catch a bargain.



This is Brel, one of Ashton Lane's many bars, on every sunny day.

SPORTS BARS

If you're looking for a place to watch national or international sport, most bars in Glasgow have a couple of screens, but not all of them will be worth a visit.

In the West End, your best options are Coopers on Great Western Road, the Old Schoolhouse, down Gibson Street, Tennents on Byres Road, or for somewhere a little more sophisticated, with decent drinks and ace BBQ food, The Crafty Pig, which is opposite Coopers and generally better in every way.

The biggest sports bar in town would be Walkabout; if you've been to one before, you'll know what to expect; average food, drinks and service. They do show big American sporting events live, the Superbowl and Wrestlemania included, if you're looking for a super-late night sports session.

Be warned though, any sport clashing with a televised fixture of either of the Old Firm teams will certainly take second preference in order to keep the locals happy, no matter how good the football might actually be.



SUPERMARKETS

The bittersweet truth of this is that off-sales have been taken over, in the main part, by supermarkets who can do it cheaper, easier and with more range. There's always one nearby, either fullsize or local/express. For those living in Murano or Queen Margaret residences, the 24-hour Tesco in Maryhill has an exhaustive selection of spirits, beers, wines and mixers. Closer to Campus are Tesco Express and Sainsbury's Local on Byres Road which have everything from £3.50 wine and Tennent's to champagne and craft beer.

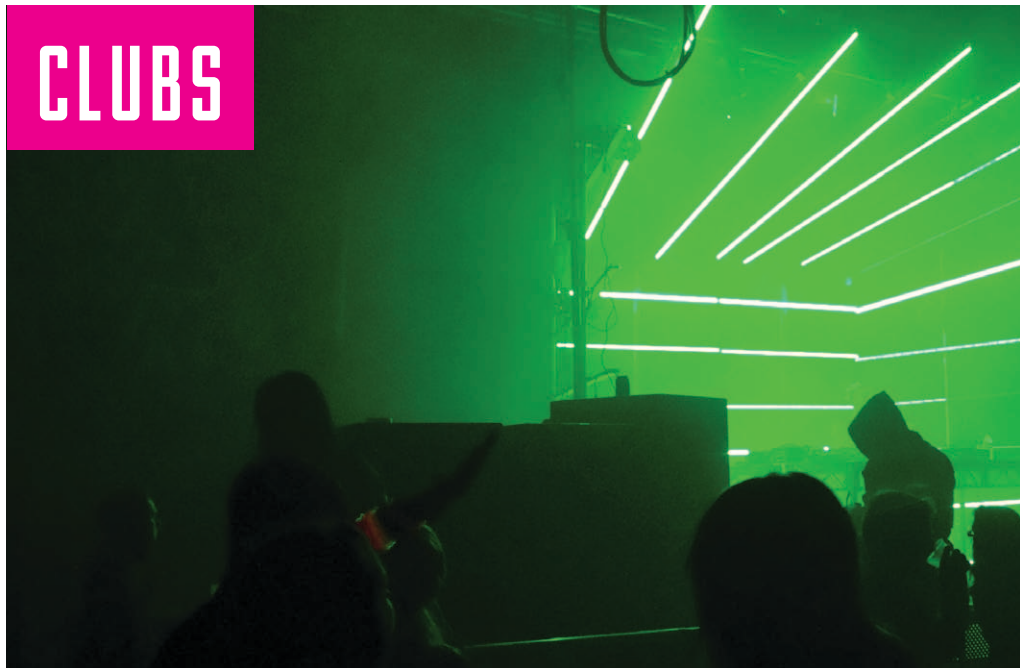
Supermarkets will also tempt you with own-brand versions of spirits which, while cheaper and good enough to throw in a punch bowl, probably aren't the best if you're actually looking to enjoy the taste of whatever mixed drink you're making.

SPECIALIST

Each few months another specialist booze shop opens, stocking high-quality imports and tasty local delights. The West End is particularly good for these, with a new Good Spirits Co. in Hyndland, Valhalla's Goat near Kelvinbridge Subway, Hippo Beers on Queen Margaret Drive and Grunting Growler in Yorkhill, who will pour you up to two litres of decent craft beer to take-away in a jug.

In town, the Good Spirits Co has an excellent basement spirits shop and dedicated beer and wine shop in close proximity. Both feature expert staff that will advise you according to preference, intended recipient or budget. Elsewhere for beer, the Doghouse Merchant City's attached bottle shop has a great selection of crafty deliciousness.

CLUBS



Glasgow has plenty of options for late-night revelry. Fans of any particular music genre will find a weekly or monthly offering throughout the city, and Glasgow has a wealth of alternative or experimental clubnights that mesh genres, attracting fans and the curious alike.

As a rule of thumb Glasgow's clubs generally open at 2200 or 2300, get busy around 0030, and shut at 0200 or 0300. It's very important to note that you can't get in after 0100, under any circumstances (door staff often use this to turn away drunk folk who've nipped out for a smoke as well); it's a city-wide regulation clubs must follow. You'll often find clubs offer significant student discounts, so bring your GUID card when heading out, just don't lose it or you'll not be able to get into the library for that 6am study session. Discounts, or indeed free entry, can be found on facebook pages, twitter hashtags, mailing lists or friendly flyering staff near entrances. Take a look at *The Skinny* or *The List* websites to get an idea of what's going on on any given night, when and where.

WEST END

The West End and campus itself have several options for mainstream club nights; essentially everything you'll find in the charts, with some nostalgia thrown in. The student unions have their own resident clubnights; these are generally considered safe student spaces, are the best value, and are good and busy at the start of the academic year.

Going out in the West End had traditionally involved ending up in *Viper* on Great Western Road. The infamous club was a small, sweaty attic that's seemingly purpose-built to make you do things you'll later regret. However the club shut its doors in May 2016, allegedly as part of a change of ownership, and is due to reopen in early September. Who knows what the new *Viper* will bring? We're guessing it'll be vodka, sticky floors and a general aura of desperation (in a good way).

Along Byres Road are the *Oran Mor* and *The Record Factory*, two late-night locations that



couldn't be more different if they tried. The Record Factory offers cheap drinks, is open til 0200 seven nights a week and serves food from Meathammer, one of Glasgow's burger champions. The Oran Mor is the gothic church building on the corner of Great Western Road where you'll often find cast members of River City drinking on the weekends. Drinks are more expensive, but if you're after a nice place for a celebration, or hosting friends from out of town, it's a really good night.

CITY CENTRE

Moving into town (get a shared taxi/uber with friends, it's easily the cheapest way to travel in groups), you'll most often find yourself on Sauchiehall Street in first year, seemingly along with the entire population of Glasgow's youth and students. The big attractions here are The Garage and the O2 ABC, both of which are major, multi-room venues that generally play mainstream music, provide cheap drinks, discounted entry and guestlist promo deals.

If you're looking for something a bit more niche, bring your skinny jeans and ironic shirts to Sub Club and Nice N Sleazy: they've pioneered the 'basement club' genre in Glasgow, with established reputations for good music, drinks and atmosphere. Sitting alongside these would likely be Buff Club, though it's not in a basement so it throws the narrative off a bit.

The streets adjacent to Sauchiehall include Kushion on Bath Street, and Bamboo on West Regent; probably best described as bars with dancefloors; they offer table service, comfy yet sticky seats, and a range of club nights. Glasgow's 'bar with a backroom' category is thriving well, with decent bars like the Flying Duck and Stereo offering good-quality music nights.

LGBT+

AXM, and The Polo Lounge comprise Glasgow's most popular LGBT+ clubs, both of which are situated in the Merchant City. The latter in particular is a good night out for anyone, and often has a crackin playlist featuring nostalgic greats.

LIVE MUSIC



Live music is in Glasgow's blood. If you go into even the most out-of-the-way bar in the city, you'll notice the doorway surrounded by posters advertising open mics, local bands, international acts and DJ sets.

Glasgow's venues range from the intimate to the massive; lovers of international arena-pop will be as happy as hipsters looking to be over the next big thing that they saw in the front room of someone's tenement.

You can keep track of gigs in Glasgow through podcasts and online magazines, principally Podcart and Pop Cop. The Skinny and The List magazines also make a fair go of comprehensive listings and decent reviews for everything in Scotland, and have extensive websites.

THE BIG ONES

Getting the big ones out of the way first, the relatively new SSE Hydro dominates this market now; boasting Adele, Muse and Barry Manilow over the last couple of years. It sits to the side of the SECC complex, an entertainment and conference venue that previously held the city's largest events before the building of the Hydro as a dedicated live music and entertainment arena. Musical acts soon to be gracing the stage of the Hydro include Justin Bieber, Black Sabbath, The Who and Jess Glynne.

Hamden Park is still the undisputed venue of choice for megastars, this year having hosted Bruce Springsteen and Beyonce within weeks of one another with sold-out crowds of around fifty thousand in attendance for each.



You should get to an event in the Barrowlands Ballroom at some point in your time at university; the iconic venue has hosted hundreds of acts since its opening in 1985 including Oasis, The Libertines and Muse. Being a former ballroom, the venue retains its sprung floor in addition to barrels of charisma. The iconic lighting on the front can be found on most postcards of the city.

In the city centre you'll find the O2 ABC on Sauchiehall Street. As well as weekly clubnights, the ABC hosts dozens of bands and solo artists. You can often see tour buses parked outside and the occasional screaming fangirl camped out for a glimpse of some boyband or other. Just south of the river you'll find the O2 Academy, slightly larger than the ABC and further afield but still only a short walk from Bridge Street subway.

NICE AND INTIMATE

Most bars looking to court the student market will have some kind of live music slot in their weekly schedule - it's worth looking around to see what you can get to (or what to avoid, sometimes you don't want someone singing into your ear during a pint). Most often this is free, particularly in the case of open mic nights, and you'll quite often find a real jewel in the rough.

The venues that fall into this category are too numerous to mention, but a couple of highlights include bloc+ on Bath Street, which deserves a shout-out for having birthed, introduced and/or honed many a Glasgow band and The Hug & Pint, the brainchild of a music producer and a restaurateur with a strong support for local artists.

LIVE MUSIC...

SOMEWHERE IN BETWEEN

Small and medium-sized venues permeate the city and if you catch a gig in one of them, it will generally be a more cramped, cheap, fun and atmospheric affair. They all have their own quirks; lighting, sound quality, door staff and attitude to health and safety vary wildly; but here's where you have the best chance of seeing something you can boast about down the line, if you're into that.

The University's own QMU is still regularly used for live music, with touring acts visiting the nine hundred capacity venue regularly throughout the year. In addition to being local, the drinks are a lot cheaper than any of the city's venues, so it's worth a night out. They also put on local acts in Jim's Bar once per month.

Independent music promoters throughout the city use venues such as Mono, Nice N Sleazy (Sleazys to friends), Stereo or the Berkeley Suite to promote local bands, novice DJs and everything else up and coming.

King Tut's Wah Wah Hut in the city centre is iconic. If you talk to anyone about seeing live

music in Glasgow, they'll likely mention Tut's and no student should go through University in Glasgow without experiencing a gig here. It's a small, intimate venue with a capacity of just three hundred, but don't be fooled by its size. It's run by DF Concerts, a national promotion company who also run and book bands for T in the Park every year, so they know what they're doing and have an eye for the next big thing.

A BIT DIFFERENT

Outwith your guitar-bands and touring pop megastars, there's a great diversity to Glasgow's musical scene, and you should definitely make an effort to check out the Royal Scottish National Orchestra and Scottish Opera doing their thing in the Royal Concert Hall or other venue in the city.

For a cool, unique night out, try to catch Glasgow Funk and Soul Alliance - they do semi-regular gigs across the city playing ace covers of big tunes with a 10+ piece band. Their infectious enthusiasm and general quality make them a must-see/hear.



Bearded, brick built men with acoustic guitars can be found in many pubs across the city.

LIVE SPORT

Whether taking part [page XX] or watching, Glasgow's sport scene is rich and diverse. Here we'll cover what there is to see from the city's mainstream sport offering, and what there is to do outside of the Sports Association's remit.

If you're looking for a place to watch it happening in real life, Glasgow plays host to the national stadium, Hampden, and some world-class arenas built for and around the Commonwealth Games. Foremost among these is the Chris Hoy Velodrome in the East End; it's a world-class venue built for for cycling (and offers fun, cheap intro sessions).

FOOTBALL

You may have come to Glasgow knowing a little of its tumultuous history in regards to sports teams, specifically the controversies that lie around the football teams in this fair city. Yes, football can be divisive, so it's worth addressing the issues head on: Kingsley, Partick Thistle's recently introduced mascot is ace, and if you think otherwise, you're an idiot. If you've not seen it yet, Google it, fall in love and then go to the club shop in Maryhill to buy a mug with his beautiful yellow face on it.

When it comes to the Old Firm rivalries, unless you go out looking for trouble, you won't find it in Glasgow. You shouldn't be scared of wearing a certain colour on a certain day, nor should you fear any pub in the West End or city centre on match day. Unless you wander into some particularly spicy postcodes well out of the way of your day-to-day routine, you should not be worried at all. Even if you do head out to a game featuring one of the two teams, you're unlikely to see any trouble, despite what the empty Buckfast bottles on the train/bus/street might make you think.

Celtic FC: Celtic are now one of Scotland's most prestigious footballing exports, experts in qualifying for Europe's top competition and quickly dropping out. Worth a look if you're looking for international-quality football, or at least the best Scottish imitation of it. They play in the city's Celtic Park in the East End.

Rangers FC: Rangers may have fallen on financial hard times recently, but have worked their way back up the ranks to the SPL. They've retained a loyal fanbase working their way through the lower leagues and play in Ibrox in the Southside.

Patrick Thistle FC: The plucky underdogs of Glasgow football, Partick play in the West End, ten minutes from Murano (not in Partick, though). Good for cheapish tickets, good Bovril and pies, and generally great fans.

ICE HOCKEY

Glasgow's ice hockey team, Braehead Clan are based a short bus ride away. It's a fantastic, physical sport - played surprisingly well - and the atmosphere and fans are exemplary.



Partick Thistle FC: worth the ticket price to meet the greatest mascot in British football.

RUGBY

Glasgow's principle rugby team, the Glasgow Warriors, have been completely transformed over the past five years. Their support has increased by a factor of ten, and they cemented their claim in 2015, by thrashing Munster to win the Pro12 league. Catching a Warriors game can be a great day out, and one of the best crowd experiences to be found in Glasgow.

Scotland's national rugby team play out of Murrayfield in Edinburgh, and tickets for tournament games such as six nations are like gold dust, so if you're looking to watch rugby live, give the Warriors a shot!

OTHER SPORTS

Seek and ye shall find, there's live sports taking place all over the city. Well-established sports like cycling have new homes such the velodrome. Glasgow has an ever-expanding scene for sports such as roller derby (at ARC Centre), parkour (everywhere), climbing (Ibrox), watersports of all kinds (Pinkston, by the canal) and more to watch or join in with.

Finally, if you're looking for some pure entertainment, Insane Championship Wrestling, one of the UK's biggest indie wrestling promotions, runs out of Glasgow with shows regularly held in the city with visiting stars from the US.



COMMUNITY

Summer sees a load of locally-based festivals take place, with recent additions in the a Southside Fringe Festival and East End Social joining the established regulars. The Merchant City Festival takes place in the streets of Glasgow at the beginning of August. The West End Festivals runs every June, an ambitious affair that attempts, with high rate of success, to span about every art form. It usually ends with a parade for which the whole of Byres Road is pedestrianised for up to 100,000 visitors.

FOOD & DRINK

If you're a fan of craft beer make sure to put the Great Scottish Beer Celebration in the calendar for March. It's all things good about beer from Scotland, under one roof.

Glasgow Restaurant Festival runs throughout April and offers special deals for some of the top restaurants throughout the city and The Scottish Coffee festival hits Glasgow in August each year.

CULTURE

Fireworks Night may mean a sleepless night for many pets across the city but it is a killer night out for most students. The city put on a big, gated display on Glasgow Green each year which is free to enter, but can often get overcrowded with seemingly the entirety of Glasgow pouring out to 'ooh' and 'aah' at the sky. A good view can be found elsewhere if you want to avoid the hordes and burger vans, including the next door beer garden at WEST.

Glasgow Loves Christmas comes in, uh, December, and usually takes the form of a bedecked city centre, complete with underwhelming light switch-on and controversial reindeer. There's also an ice rink and big wheel in George Square. It's a nice novelty, if expensive.

Glasgow Mela, Scotland's biggest free multicultural festival, takes over Kelvingrove Park in July each year. Filled with live music, theatre performances, exotic foods, kids events, and market stalls this is one of the highlights of the year.

POLITICS & CURRENT AFFAIRS

Glasgow is a political hotbed and always has been. If you're the kind of person who likes to go into pubs and start discussions with the locals about what's best for them and the country, expect to be both very welcome, and to lose resoundingly. Glaswegians are passionate, relentless debaters, and are generally well-informed to boot; just look at the public outcry over the removal of the traffic cone from the Wellington statue. You wouldn't get that in Edinburgh.

If you're living in halls, you're automatically registered as a Glasgow resident and can vote in next year's Glasgow City Council elections; if not, be sure to visit the council website to get in the system.

GLASGOW CITY COUNCIL

Glasgow has long been viewed a Labour stronghold at city council level, having being held by a Labour majority since 1980. The last election in 2012 returned two Labour, one Scottish National Party (SNP) and one Green councillor within the Hillhead ward, where the University is based. The next council election takes place in May 2017 so make sure you are registered to vote in time.

HOLYROOD

Holyrood hosts the Scottish Parliament, the devolved government in charge of Scottish laws including education, health, agriculture and justice. Scottish Parliament is currently governed by the SNP after the 2016 election saw the party win 63 of the 129 available seats. The second largest party is the Conservatives, with Labour taking third. The major issue for the Holyrood government at the moment is the post-Brexit fallout for Scotland; who knows where that's going. The current MSP for Glasgow Kelvin, Glasgow University's constituency, is the SNP's Sandra White.

WESTMINSTER

The 2015 General Election, the first since the referendum on Scottish independence, made the whole of the UK take notice of the changing political tides in Scotland. The SNP climbed from six MPs in 2010, to 56 of a possible 59 in 2015 with Labour, the Lib Dems and Conservatives returning just one MP each north of the border. The MP for the University constituency is the SNP's Patrick Grady.

MEDIA

The nation isn't exactly short in news outlets to keep you abreast of what's going on. The main players are the license-fee funded, public broadcasting body, the BBC, with their Scottish headquarters on the Clyde. Glasgow's rich tradition of quality print journalism survive in the Evening Times, a local, and The Herald, a broadsheet. The recently-launched National is worth a look; an ambitious publication with a host of young, talented writers. It's also the only Scottish daily which support Scottish independence, a niche that has seen it claim the second highest circulation of any paper in the country.



Nicola Sturgeon: Not even the First Minister of Scotland is above posing with a voter's baby.

GROOMING & STYLE



For some, appearances won't be high on the priorities list during their studies, but if you're new to the city and worried about finding a hairdresser that won't give you a mullet and charge you £70 for it, here's some tips on finding reliable, affordable and friendly local businesses that will keep you looking sharp or get you ready for a special occasion.

HAIR

If you're in and about the West End of the city, it's pretty easy to find somewhere to get your hair sorted, with dozens of hairdressers and barbers on or around Byres Road. Most places offer a student discount (if they don't, walk less than five minutes in any direction and find somewhere that does) that will cut the price, sometimes quite dramatically.

For guys, Kelvin Hair is on Queen Margaret Drive (ten minutes from Byres Road, five from Murano Street) is reasonably priced with nice staff. Nearer campus is University Barbers on Argyle Street. If you're after a more styled look go to the Soul Barber Room on Argyle Street who offer a free drink while you wait, or Mo Hair in town near Trongate just off Argyle Street.

Ladies should check out Sculptur, of which there are two in the West End, one on Byres Road and another down in Woodlands. They're quick, good quality and offer a student discount, VIP card. Kennedy & Co. on Dumbarton Road is a nice mid-range hairdresser who offer all of the usual treatments and have super friendly staff. For a more specialist cut or colour, Rainbow Rooms is a step up in both quality and price but is definitely worth the added time and cost.



There are literally hundreds of places in the city and outskirts where you could get a decent haircut, the best advice we can give is to try a few out and not invest yourself in the first place you try.

SALONS

The same rule of thumb goes for salons, spas and nail bars, with the city centre full of places to get any form of waxing, plucking, colouring or scrubbing you could want. If you're looking for a special treat then the Spa at Blythswood Square is highly regarded as the best in the city. They offer only the best quality massages, facials, wraps and treatments, all of which come with a pretty hefty price tag, so one to keep in mind for special occasions or presents from parents. For a more affordable treat take a look on the deal websites and student offers pages.

TIPS

Glasgow is a city full of students and this means hair and beauty on the cheap. Check the university and college websites, and sometimes Gumtree, oddly, for offers of being a guinea pig for keen students learning a beauty trade. It's a way to get free stuff, but be aware that you are being experimented on, and - like an animal in a lab - any illusion of choice is just that. Okay, that's probably a bit far.

If you fancy something less risky, consider looking on the discount sites: 5pm, Groupon and so on, for discount bookings and appointments. It's easy to find reviews online for a lot of places, so make sure to do some research to be reassured that wherever you're going isn't going to dissolve your nails off or turn your hair blue, especially in the run up to graduation photos.

SHOPPING

Two fun shopping facts about Glasgow: it is not only the second most popular shopping destination in the UK, it's also the second largest, with only London pipping it as a consumerist haven. You can buy anything in Glasgow; whether you want the latest designer gear or love trawling through racks of vintage clothes to find that perfect piece, Glasgow has it somewhere.

CITY CENTRE

The city centre streets are variously described as 'the Golden Z' or 'the Style Mile' by councillors and city planners, and 'Buchanan Street', 'Sauchiehall Street' and 'Argyle Street' by everyone else. Buchanan Street is full of upmarket High Street shops like Lush, Urban Outfitters, John Lewis, and the Apple Store. It is topped-and-tailed by shopping centres - Buchanan Galleries and the St Enoch Centre, which are full of shops with stuff you actually might need. Argyle Street has a lot of the city's larger shops including Debenhams, HMV and a huge Primark. Sauchiehall Street is the more rough-and-ready shopping avenues with a number of low-cost shops, corner shops and the Savoy Centre which should really be experienced first hand.

WEST END

On the other end of the commercial scale, the West End is home to some excellent vintage and independent shops; just off Byres Road on Dow-anside Lane (opposite Hillhead subway) is Starry, Starry Night, full to the brim with vintage clothing, antique jewellery, and retro fabric. On Byres Road itself is Vintage Guru and round the corner onto Great Western Road, Oxfam have a brilliant vintage clothing store. A few minutes walk onto Dumbarton Road and you'll have had the chance to visit three or four different charity and second-hand shops, stocked to bursting by

West End luvvies' annual clearouts and departing students.

For more traditional shopping in the West End, head along to Partick and you'll come across Crow Road Retail Park, probably the closest such collection of shops within walking distance. In addition to a large Sainsbury's and Marks and Spencers for food, the precinct also contains an Argos and a Home Bargains for picking up useful things, or things that you think might be useful, but probably aren't. Inexplicably you'll also find two different outdoors shops; citizens of Partick clearly love camping. Also a McDonalds that's open 24 hours, for sustenance.

FURTHER AFIELD

Further afield, and accessible by the 77 bus, is Braehead Shopping Centre. It has all the shops you could think of needing, along with an ice rink, laser quest arena, ski slope - and is attached to an IKEA. Silverburn is the other major shopping centre to the west of the city and holds every chain restaurant you can imagine, alongside the majority of major high street shops. Make friends with someone who owns a car; there are other shopping centres sprinkled throughout the city outskirts if you know someone who won't mind taking you on a few shopping trips. The Fort and Forge in the East and Silverburn to the South all have pretty comprehensive websites detailing the occupants and opening hours.



Buchanan Street attracts 50% of the population of the city on the weekend, unless it's just before payday (45%).

ONLINE

One of the greatest, nae, the greatest invention of the 21st century has to be online shopping. The ability to sit in your pyjamas while browsing page upon page of clothing, gadgets, accessories, homeware, without the hassle of seeing other people or even get out of bed. Amazon should be your number one destination, and with their half

price Prime next day delivery for students it's a no-brainer. Most high street shops now offer online stores, a lot of which have free delivery.

Make sure when shopping online you are buying from a trusted source; the best way to check this is to make sure you're buying from a <https://> address.



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ACCOMMODATION: MOVING IN



When coming to the University of Glasgow there are three main choices for where you can live. The majority of students that have come to Glasgow from outside the city, whether it be from somewhere else in the UK or from abroad, are likely to have chosen to live in either the official University halls of residence or privately rented accommodation. If your family is within commuting distance of Glasgow you may have chosen to live at home during your first year, or entire time, at University.

There are pros and cons whatever accommodation you have chosen. Hopefully this section will give you an idea of what to expect and a bit of advice for wherever you're spending your first academic year including how to live with strangers, how to keep yourself and your stuff clean and safe.

Whether you've decided to stay with your folks or are flying the nest for the first time, there's plenty to be excited about.

MOVING OUT

Moving away from the familiarity of the family home can be a little bit daunting, but don't worry if leaving friends, family, pets and that super comfy hangover chair in the living room has got you feeling anxious, you're not the only one. The great thing about coming to university is that the vast majority of the people you meet in the first few months will be in the exact same position as you.

Of course, you may be bundled in with new flatmates who made the leap into the great unknown of living away from home before university by embarking on a gap yah to find themselves; they're easy to spot because of their aura of superiority and the fact they'll mention it at every opportunity. Everyone will be coming from different backgrounds but the joy of student living is that everyone is now in exactly the same position, which is one of the things that makes moving into shared accommodation, if you choose to do so, so exciting.



LIVING AT HOME

There are a lot of benefits to staying at home while studying; the most obvious being the cost. It is significantly less expensive to live at home compared to both halls of residence and private accommodation. The cost of rent, bills, laundry, kitchen gear, bedding and other 'essentials' soon stacks up, and sometimes it just isn't viable. If you are fortunate enough to have relatives or friends who are welcome to the idea of you living with them, it can be a more realistic option. There will, of course, be some expenditure included in this, such as a monthly contribution to living costs - essentially rent - as well as the travel costs of getting to and from campus, but overall you can expect to be a good bit better off than your halls-residing peers. The downside of staying at home can often be a feeling of isolation and or FOMO, but you can still do a lot to take advantage of the range of social activities, clubs and societies and mates' couches or floors to find like-minded people to hang out with in the early days of your degree.

3RD PARTY HALLS

The west end is packed with private student accommodation. Third party halls are more commercial and luxurious than University halls, with high quality fixtures and fittings, high speed Wi-Fi, en-suite rooms, but they do come with higher prices, and unlike the main halls, there's no guarantee you'll be with people from similar backgrounds or studying similar courses.

PRIVATE ACCOMMODATION

Unfortunately, the University's official halls of residence are oversubscribed every year, meaning that some students will be in private accommodation. Fortunately, not being packed into the freshers-farm of hall can be a blessing in disguise. Private accommodation, it can often be cheaper, better located, more peaceful and generally a bit nicer than some of the official halls. With most students heading into private accommodation in their second year, those who get in early have a head start on independent living.



LIVING IN HALLS

The majority of new students opt to live in University-operated halls of residence, a weird and wonderful place where complete strangers are thrust together and have no choice but to get along. The University will do their best to profile incoming students, often grouping those on similar courses - or from similar backgrounds - together to encourage friendships, but when it comes down to it, it's a free-for-all; your flatmates could be anyone. Luckily, everyone in your flat will have at least one thing in common: you're all now living the same place. And if you're unlucky enough to be in a flat with people you don't quite see eye-to-eye with, there are hundreds of other students living within metres of your front door. If you're quiet for a moment you can probably hear them.

In addition to having a ready-made community, other upsides about halls include those little extras like pre-existing Wi-Fi, security staff, social areas and not having to worry about the hassle and drama of splitting electricity bills at the end of every month (it's all included). You also have the added bonus of the having people to walk

or share a taxi with when getting to or from the University when it's pissing rain.

Halls are managed in partnership with private companies, however all administration and day-to-day management of the accommodation is done through the University. All halls of residence have a management office and designated wardens - these should be your first point of call with any issues or queries regarding your flat, except maybe if it's on fire. Then it's the Fire Brigade. Try 999.

There are seven halls of residences of the University spread across the city and based around the main campuses. The majority of students will be placed near their main course location; here's a quick run-down of the halls you may find yourself either living in or visiting friends in:

- **Murano Street** is the largest of the student residences with over 1100 (pretty small) rooms available. Known for its thriving social atmosphere, it is situated approximately 25 minutes from the main University building on foot.



- **Cairncross** is the closest to campus but the smallest halls with around 200 rooms
- **Kelvinhaugh Street** has 347 bedrooms. Usually for 2nd, 3rd of 4th year students.
- **Queen Margaret Residences** are the most expensive halls. They are close to the university campus and offer en-suite bedrooms and awesome kitchens.
- **Winton Drive** is located next to Botanic Gardens and is mainly occupied with 2nd, 3rd & 4th year students, particularly those who are studying from abroad.
- **Wolfson Hall** is the only catered halls of residence, located near West of Scotland Science Park and vet school. There is a games room and TV room, study area and bike storage. It is around a forty minute walk to Gillmorehill but is mainly occupied by those studying locally.
- **Firhill Court** is part-privately owned but still managed by the University. It has four hundred rooms and is close to Murano.

FLATMATES

The wonderful thing about shared accommodation is the variety of people that you will in-

evitably meet. Living with new people is not an easy task. There will be arguments over who's left their washing up on the table/in the sink/ in a mould-growing pile on their bedroom floor, disagreements on the amount of time taken in the shower, and the dreaded 'flat shop' discussion (someone's going to eat your cheese, prepare accordingly or just eat someone else's). It's probably going to be the only time of your life that you won't get to choose who you live with, so embrace all of the weird and wonderful quirks of your new cohabitators. Learn things from them and learn new things about yourself with them. You'll be enriched by the end. Promise.

Inevitably you and your flatmates will make friends outside of the four walls you call home, but it is always a good idea to try and keep the peace in the flat, even if you're spending more time outside than in. There are no set rules or guidelines for getting on with flatmates, and you may find that someone doesn't see eye to eye with you. That is fine. It is okay not to get on with flatmates, after all you have been thrown together by a secretary with a list and God-complex. There are, however, a few tips that may make things a little easier.

ACCOMMODATION...

TIPS FOR LIVING WITH NEW PEOPLE

1. **Respect.** You don't have to agree on everything but showing respect to one another's belongings and feelings is a good way of keeping things civil.
2. **Check-In.** Tell flatmates when you have guests. You don't need to get permission but no one wants to crawl out of their room at 1600 after a heavy night at one of the unions, head into the kitchen for a mug of beans and be greeted by a room full of strangers.
3. **Stay hygienic.** Wash yourself and wash your stuff; leaving a sink full of dishes every night just isn't cool and doesn't allow others to use the space. Keeping the place clean will also be something you're incredibly thankful for once inspections roll around.
4. **Don't steal food.** Seriously, no one wants to be part of a conversation about labelling every bit of food in the fridge, make it easy on your flatmates by making sure you don't need to have it and don't steal their food (especially not cheese).
5. **Make an effort.** Some people don't want to socialise, that is fine. They may be happy enough just watching Netflix in their room so leave them to it. Others may need a little nudge every now and then so be conscientious and ask them if they'd like to join in with a flat outing/watching a film/going shopping/stealing your other flatmate's cheese.

LAUNDRY

Most university halls have a number of laundry rooms scattered throughout the site, but it's a good idea to stay on top of your dirty washing as they can get very busy at times. A wash costs around £2.20 and dryers about £1 in most halls; most machines only take specific coins so save the change from your lunch. There are also laundry facilities at the QMU if you need to get your washing done between lectures, or fancy a pint while the dryers do their thing. Their laundry is £1 for a wash and 20p upwards for drying, depending on time needed. Public launderettes are also an option if you find yourself stuck, some even offer a service wash if you're feeling flush.

FIRE ALARMS

Late-night fire alarms are pretty much a rite of passage for those living in halls. As hilarious as it may seem seeing everyone in their PJs (hopefully) the first couple of times, when you have to get up at 0700 the next morning for a tutorial the

novelty soon wears off. Don't be the flat that always sets off the alarm with their burnt toast at 0300. Simple things like keeping windows open when cooking, keeping the fan on and not leaving anything hot unattended will hopefully save any calls to the lads in red. Each of the halls has their own safety guidelines, make sure you read them, but the key one is don't smoke in your flat at all.

SECURITY

The first rule of keeping yourself and your belongings safe is to keep your room locked. There may come a time when you and neighboring flats are in and out of each other's rooms fairly regularly; this might make for free and easy passage between you but it only takes a few seconds for an unwelcome guest to seize the opportunity. Literally. Always keep your room locked, your flat locked and your block locked. It doesn't hurt to bolt your windows too; if you're in the ground floor, it's essential.



Another common reason for halls of residences being the victim of crime is students being too trusting and letting strangers enter their block, not realising that the other flats may not have taken the above advice and left everything open. Never let in a stranger. If they live there they will have their keys; if they don't then either they're an idiot and can phone one of their flatmates or they're up to no good.

Should the worst happen and you or your flatmates end up as the victim of a robbery, there are a few immediate steps you should follow.

- Report the incident to the police.
- Report the incident to University security.
- Contact your insurance company.

INSURANCE

If you're actually reading this section and didn't skip it because insurance is one of the most boring things in the world, well done, you're the best +10 points to whichever house the sorting

hat put you in [page XX]. No matter how careful you think you are, it's something to consider; students bring a plethora of valuable possessions to university including technology, transportation, designer gear and personal items. Insurance is probably something you should look into if you don't want to be totally screwed when the camera or Macbook your mum and dad bought you as a leaving present gets lifted. A lot of students are covered by their parents' home contents insurance so check their policy; there are also a number of insurance providers who specialise in student halls of residence insurance.

Endsleigh are one of the more popular choices for students and come highly recommended. Although these policies are used by hundreds of thousands of students annually, it's worth checking the terms as some items like bikes or instruments might be extra, and you might need to add accidental damage or walk-in theft cover. End of boring insurance section, if you made it through, get yourself a pint as a reward.

ACCOMMODATION: MOVING ON



There will come a time for many of you (probably around May 2017), when it's time to leave your first year accommodation and venture out into the world (probably West End) to seek a dwelling of your own (probably rented). It might seem a little scary thinking about it now, but come the Spring, you'll likely be glad to put halls behind you to find somewhere with a bit more freedom, a few less rules; somewhere with the opportunity for you to make it feel like your own (within reason).

Of course, if you dived in at the deep end of private renting from the off, you need not worry, nor will you if you are continuing to live at home, or staying on as a halls senior resident. For you, this section might be useful to spot bits you missed first time round if you're ready for a change, or a handy reference should you decide to seek privately rented accommodation in the future.

WHO?

Choosing who to live with can be tricky, and is worth thinking about fairly early on. Unlike university halls you actually have to decide who you want to live with. Most flatshares come about naturally through friendship groups or classmates, but some may take a little thought. It's a good idea to think about how many people you are comfortable living with, especially compared to large communal living of halls. Some people prefer to share with one or two close friends, whereas others prefer the communal living of a big flat. If you think you would be interested in the latter then you should be looking to put a deposit down sooner rather than later as flats with lots of bedrooms are hard to come by. Don't be afraid to turn down an offer for a flatshare; many factors go into choosing who you live with as well as where you live. Take everything into consideration when making a decision including the people, cost, location and style of flat.

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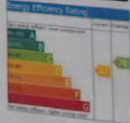
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cairn
MAKING PROPERTY WORK

Gibson Street, Hillhead, Glasgow, G12

Price per calendar month £1,200



Three bedroom property comprising large bay window lounge, modern fitted kitchen and family bathroom with shower over roll top bath. Kelvinbridge underground is 500yds from Centre, the West End and beyond. The great selection of bars, restaurants and local amenities on Gibson Street itself and Byres Road make it a popular place to live.

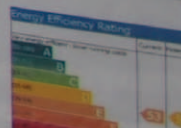
Council Tax Band: E

Landlord Registration: 99997/260/02721

cairn
MAKING PROPERTY WORK

West Princes St, Glasgow, G4

Per Calendar Month £1,100



Great location for easy access to City Centre, West End and within walking distance of Glasgow University. Beautifully presented TWO BEDROOM top floor tenement flat with sandstone floors, stylish furnishings and decor. Entered via a long reception hallway leading onto a large bright bay window lounge with feature fireplace, two double bedrooms, newly re-fitted bathroom with shower and modern fitted dining kitchen. Property further benefits from gas central heating and security entry.

Council Tax Band: D

Landlord Registration: 372883/260/15311

TYPES OF PRIVATE ACCOMMODATION

The majority of accommodation within Glasgow is in the form of flats or apartments, usually within the traditional sandstone tenement blocks. Tenement flats traditionally have a shared close or 'hallway', a communal outdoor space and waste disposal area, and are 3-4 stories tall. Tenement flats can be beautiful and spacious but often have higher energy costs and are on busier streets so parking can often be tricky. There are a number of new builds popping up around the city, with a more modern flat comes lower heating bills, but they are often further out of town in more residential locations.

WHERE TO STAY

The city is split into a few dozen neighbourhoods or districts. The areas closest to the University are Hillhead, Partick, Woodlands, Hyndland, and Finnieston. These all have numerous stu-

dent flats, rich social scenes and great transport links. Hillhead, Hyndland and Woodlands are the most expensive areas as they are popular with both students and affluent families. A little further out, but still within walking distance to campus are Partick, Kelvindale, Anniesland, Charing Cross and Maryhill. Here you should find that rent is a lot less but you still have access to the great amenities of the West End.

If you don't mind travelling a little way to get to campus, there are other districts which offer much the same for a fraction of the price. Dennistoun towards the east of the city is an up-and-coming community with lots of new restaurants and bars popping up. On the Southside, Shawlands and Pollokshields are new cultural hotspots. Less popular locations for students include Castlemilk, Easterhouse, Drumchapel, Dalmarnock, and areas around football stadiums such as Ibrox.



COSTS

There are a lot of costs involved in moving into a private flat. The first of these is the deposit, which is paid in advance; it is used as security against any damage you may cause or bills you leave unpaid. Deposits are generally one or two months' rent and it is now a legal requirement that landlords register this deposit with a government-approved organisation, who oversee any disputes which may arise over the amount of deposit returned at the end of tenancy.

The second largest expense is, of course, rent. This is usually paid monthly, although some landlords will ask for a weekly rent to be paid. The amount of rent you will pay depends on a number of factors including location, number of rooms, quality of fixtures and fittings and popularity of the property.

Bills are the next highest expense and are not usually covered by landlords, unlike in halls of residence. You will likely be responsible for your electricity, gas, water, telephone, TV license and internet supplies, as well as any other services you choose such as satellite TV or subscriptions.

Another sometimes overlooked cost in moving into a new flat is furnishings and equipment. Most university accommodation comes fur-

nished with the necessary equipment such as kettles, vacuum cleaners, ironing boards and so on. However, you may need to purchase additional items to make it feel more like home. September sees shops like Argos, B&M, The Range, and IKEA filled to the brim with students purchasing cheap, low quality goods for their new flats.

COUNCIL TAX

If you are a full time student living only with other full time students then you will be exempt from paying council tax. To claim this exemption, you need to complete an exemption form from the University and return it to Glasgow City Council, or register for exemption on My-Campus [page 42]. If you're living with anyone other than a full time student you are still eligible for a discount on your Council Tax. Full details of exact rules can be found on the City Council website.

Remember, your exemption only lasts until the official end date of your studies, not until your graduation. Get this sorted early to avoid Glasgow Council's rather zealous pursuit of your unpaid council tax. It escalates quickly.



HOW TO FLAT HUNT

There are a lot of places you can find available flats across the city. Glasgow PAD is a website designed to help students find suitable, secure and good quality places to live. It is managed by all five higher education institutions within Glasgow. Here you can search by area, price and type of flat and they also have a lot of useful information about landlords and leases.

The SRC website has a section devoted to flat shares and flat rents on offer. Here you can not only find a flat or room, but can also use it to find a new flatmate should you have an empty room within your chosen property.

Word of mouth, especially from older students, is another great way of finding a reliable and trustworthy landlord. If you know people who have lived in a place then you are able to find out all you need to know about the tenancy and the flat's pros and cons. You will find that the flats on offer to students have been passed down from year to year, you may even get a knock on the door from nostalgic past residents!

Other websites such as Rightmove or Gumtree can also be helpful for finding accommodation but should always be used with caution. Make sure to do your research before signing up to a

privately let flat by checking that the landlord is registered with Glasgow City Council. Your landlord should have an HMO (Houses in Multiple Occupation) license if you live in a property with three or more other people and you share a kitchen, bathroom or toilet. There is a range of criteria standards that HMO properties must meet including the provision of adequate facilities for each resident and fire safety features.

Landlords and unofficial letting agencies are notorious for ripping off naive students who are inexperienced in finding accommodation. If you're unsure about a landlord or letting agent then you shouldn't go through with a tenancy. There will always be another flat. Here's a few warning signs you should steer well clear of:

- No valid HMO certificate
- Requests for cash-in-hand deposit or rent
- Additional upfront fees
- No notice required to terminate tenancy
- Non-local authority registered landlords/agents
- General state of disrepair

If you have any concerns about the legitimacy of your potential landlord or new flat, make sure to check in with the SRC Advice Centre before signing the lease; they'll be able to guide you through the necessary checks to make sure everything's above board.

TRANSPORT: GETTING AROUND



Glasgow may be the biggest city in Scotland in terms of population but it is relatively small and easy to navigate using any mode of transport in comparison to other major cities across the rest of the UK and Europe.

A mixture of having a small city centre, an excellent public transport system and inexpensive taxis means that getting around is straightforward once you've figured out where you're going. Unlike other major cities you won't need to be on the underground for ninety minutes to get from one side to the other and trams aren't extortionate (because they don't exist). It's a good idea to get to know the quickest and cheapest ways of getting around to save yourself missing the last subway or train home and having to fork out £20 for a taxi.

WALKING

Glasgow is a small city, geographically speaking, with the majority of the city's goings-on happening within a 4km radius of the city centre. This means it's relatively easy to travel on foot; what starts as a daunting two mile trek from halls to campus will soon become second nature as you get to know the route and city.

Walking is not only good for the environment, but also for yourself. It gives you time to yourself without distractions of Netflix, Facebook, studying, work or cheese. You will find that the majority of Glasgow is very safe to walk around in and there are ample footpaths away from busy roads. You can walk from the main campus to the city centre in approximately forty minutes; thirty if you're in a hurry.



SUBWAY

The Glasgow Subway system is a brilliant way to get from the West End into the city centre, as well as covering a bit of the Southside. The second oldest underground rail in Europe and possibly the simplest in the world, its circular line has 15 stops and two tracks, one going clockwise (outer circle) and the other going anti-clockwise (inner circle). Quick note; going one stop on the subway is the equivalent of going down one floor in a lift; it takes about the same amount of time to go through the barrier, walk down the stairs, wait at the platform, travel the distance, get off the train, walk up the stairs and out as it would to simply walk from one station to another. As a rule of thumb the stations are a maximum of tenish minutes apart by foot - think of the exercise and walk it..

The ticketing system has both single/return/day tickets and a smartcard, much like the Oyster card in London. You can top up this smart card and the barriers will take off the correct amount, with a wee discount, each time you use it for a journey. If you are going to be using the subway a lot you can also load a seven-day or 28 day pass onto the card, meaning you can use the subway as much as you want within this time-frame without paying for each individual journey.

The subway finishes around 2330 Monday-Saturday and 1800 on a Sunday; it's busiest during the morning and evening commute, and around football matches at Ibrox, which has its own stop. The nearest stop to campus is Hillhead, while Buchanan Street and St Enoch are the most central.

GETTING AROUND...

CYCLING

Cycling is a popular form of transportation in Glasgow and bike routes are continually being improved throughout the city. The West City Way runs from the University campus to the city centre and there are hundreds more cycle routes throughout the city spanning over 300km.

Cycling in city centre traffic can seem daunting at first, especially for those used to rural cycling. Always stay alert around traffic. Cars and lorries can't always see you so take extra care at junctions and roundabouts. Always wear some kind of high visibility clothing and make sure your lights are working. Remember it is illegal to cycle at night without a front light and rear reflector or light, and night comes at around 1500 during winter in Glasgow, so be prepared.

If you're looking to get a bike then there is a great scheme down in Finnieston, just at the bottom of Kelvin Way, called the Bike Station. They offer full cycling proficiency courses and bike maintenance lessons for people new to cycling. They also repair and sell old bikes for the fraction of the price of a new bike every Saturday morning.

You will likely see the People Make Glasgow hire-bikes dotted around the city. You have to register on the Nextbike website to use them and can get an annual subscription for cheaper rates. Hire costs start at £1 for thirty mins and is capped at £10 for up to 24 hours, which is pretty decent for a bit of urban adventuring. You can also get an annual subscription for £60 which significantly discounts rates if you're not ready for the commitment of your own bike.



Glasgow's simple subway system makes it easy to navigate the West End, city centre and parts of the Southside.

LOCAL TRAINS

As well as the underground rail system, Glasgow's overground is a great way of getting across the city. It's fairly reliable (as far as Scotrail goes) and is cheap as hell. The main overground station in the West End is Partick. From here you can get into the city centre and further afield, with a service also running directly to Edinburgh. The two main train stations in Glasgow are Central (trains South/West) and Queen Street (trains North/East) which are around a 3 minute walk from each other. They sit directly in the city centre, visible from Buchanan Street, and are the hub of all rail travel in the city. All

local train lines go through one of the two main stations and with Buchanan Street subway lying somewhere in the middle they are both very well connected.

There are a few key overground stations you should know about for key attractions. Exhibition Centre is next to the SECC and the Hydro, and a short walk from Glasgow Science Centre. To the East lies Bridgeton which is a short walk from WEST Brewery, Glasgow Green and Celtic Park. Pollokshaws West gets you to Pollok Park and The Burrell Collection. For Hampden Park you should use Mount Florida station.



CAR

If you or your new flatmates have a car it can sometimes be useful for things like shopping or travelling outside of the city. Glasgow's road network can be daunting for those not used to city centre driving as the one-way systems take a while to get your head around. Outside of the central maze you will find Glasgow's roads very quiet for a major city. The M8 is the backbone of road travel in Glasgow and gets extremely busy at rush hour. It can take up to three or four times the normal journey time during rush hours (0800-1000 & 1630-1830) so try and plan to travel outside of these times.

Glasgow has a lot of on-street parking with very reasonable rates. There are also a number of multi-storey and secure car parks available, with park and ride available at Kelvinbridge, Shields Road and Bridge Street subway stations for just £5 per

day. Be wary of NCP car parks whose rates tend to be pricier and who are often crowded. These are where Google will try and send you, however you can usually find on-street or smaller car parks for much better value.

TAXIS

Another good way of getting places, especially if you are in a large group or have somewhere away from public transport to go is a taxi. Glasgow has a reputation for very reasonably-priced taxis unlike most major cities, and a black cab journey from the centre of town to campus would cost between £5-7 depending on time of day.

Glasgow is well served for taxi services, from Uber to black cabs, there's plenty of ways to get hold of a car and driver to get you around the city. Black cabs can be summoned via the Gett



app, flagged on the street (if they've got their light on) or found at one of the many ranks around the city, perfect for when it's hammering with rain or you're stranded in the city centre with a phone with a dead battery. Private hire cars are cheaper, but can't be flagged, and can't be booked to a public place in advance, but many supermarkets have a direct line phone to the nearest private hire taxi firm which saves minutes and lets you know it will be a trusted driver. Uber is still in its infancy in Glasgow, with a limited number of drivers meaning surge pricing is common, so be sure to check estimated pricing before committing.

Glasgow taxi drivers are a friendly bunch, they probably have the best knowledge of the city out of anyone you'll meet, so be nice and you might learn something new! Most importantly, do not vomit in the taxi. It'll cost you.

BUSES

The public buses in Glasgow are mainly run by First Bus and Glasgow Citybus. Citylink have a direct bus from Glasgow to Edinburgh and further destinations across Scotland. Buses are great for getting to those slightly more out-of-the-way places a subway or train station isn't close to. If you've got a hospital appointment in the Queen Elizabeth University Hospital, or if you are recommended a great hairdresser in Knightswood, you are often able to get a bus almost door to door. Be aware that buses in Glasgow only take exact change, so don't rock up with a £20 note for a £2.20 journey, as you might be out of luck.

The buses that stop at Gilmorehill campus are Firstbus numbers 4/4A, 8, 15, and 90. You can purchase a SimpliStudent week ticket from just £14 or £360 for the year which gives you unlimited journeys within the city.

TRANSPORT: GETTING AWAY



Though you'll undoubtedly come to love Glasgow, there will be times when you want to escape the city boundaries for the comforts of home, some sun, sea and sand, or just to explore what Scotland has to offer. Whether you're visiting the folks, fancy some summer sun with your flatmates, or looking for a quiet weekend in the highlands, Glasgow's excellent transport links will take you wherever you want to go with little fuss.

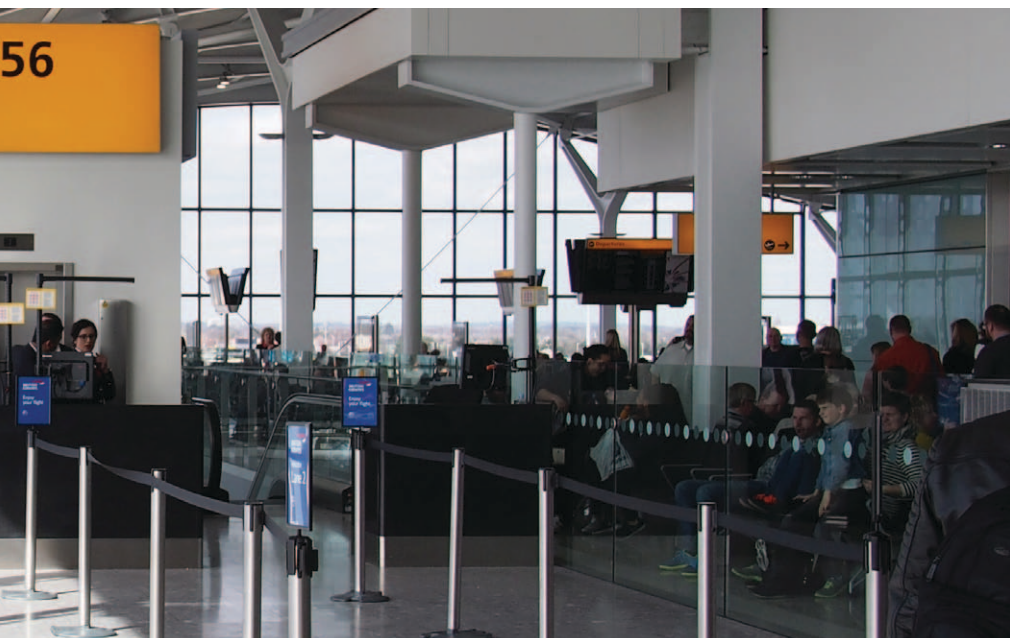
TRAINS

The Scottish train system is one of the easiest ways of travelling to both surrounding areas of Glasgow and around the country. You will become very well acquainted with the two main train stations, Queen Street Station with mainly serves north of Glasgow, and Central Station which, you guessed it, mainly serves South. There are exceptions to this rule so it's best to check timetables before you just jump on the first train you see. Scotrail have a great (free) app with live departures and network alerts to keep you up to date on their services. One of the most common

journeys is the Glasgow to Edinburgh line, with thousands of commuters going one way or the other on a daily basis. Glasgow Queen Street to Edinburgh Waverley runs very frequently, every 15 minutes on Saturdays and takes around fifty minutes. Be cautious of off-peak times which are different between weekdays and weekends; if you have an off-peak ticket you won't be able to travel on any peak trains.

You can buy your ticket on trains in Scotland without paying ridiculous fines, useful if you've had to do the dreaded dash for the last train, however you won't be able to get any railcard discounts aboard so it's usually best to buy in advance.

A 16-25 railcard is well worth its £30 per year fee if you are travelling regularly, offering a third off all journeys and more often than not will pay for itself in a few journeys. Also, if you are booking trains, book well in advance as most companies release their highly discounted 'advance' tickets 12 weeks before departure. If you know you have somewhere to be, or if you're travelling home for



Christmas/Easter this can be a super cheap way of getting home. Travelling at less than preferable times of day will also mean cheaper tickets (the 5.30am London to Glasgow is a weird and wonderful place to be), and you can always have train naps.

PLANES

If you choose to go abroad either for academic research or (more likely) a holiday then there are a few things you should know. Firstly, Glasgow's air networks are always improving with new direct routes to Budapest, Cape Verde, Marseille and more added in the past year. Unfortunately Glasgow Airport is a little way out of the city. To get to the airport you have two choices: taxi or bus. If you book a pre-hire taxi you will be looking at around £15 for a journey to the airport from the city centre. Black cabs are around £20. Taxis can be a good option when there are a group of you travelling to split the fare, or if your flight is early morning or late night. The two main buses, which drop off and pick up at Glasgow Airport are the 500 Shuttle bus and the 77.

The 500 goes direct from Buchanan Street and takes around 25 minutes. The 77 comes from town through the West End, including a stop at Partick bus/train/subway station, but does take longer, with an hour long journey taking you to see the sights of the new hospital and Paisley en route.

If you can't find a direct flight to your preferred destination then there is a direct bus from Buchanan Street Bus Station to Edinburgh Airport which opens up your possibilities tenfold.

BUSES

If planes nor trains can get you where you want to go, or if you're a bit strapped for cash, Buchanan Bus Station in the town centre has loads of options for national travel, including the ever-reliable Megabus. If you're brave enough, they'll get you as far as Barcelona cheaper than anyone else and you can always treat yo' self to a MegabusGold if you fancy experiencing what sleeping in a coffin feels like.

HEALTH

PHYSICAL HEALTH

If you've come to read this after a heavy week of partying and are feeling the effects of the inevitable freshers' flu, you're in the right place. This section is all about taking care of yourself physically, mentally and sexually, and making sure that, should anything go wrong with any aspect of your health, you know where to turn.

DOCTORS

If you haven't already, you will get ill during your first year in Glasgow. It's inevitable, so it's very wise to register with a GP in Glasgow sooner rather than later. On campus you'll find the Barclay Medical Centre, located inside the Fraser Building. All students can register for the practice, and you can even do it online, but that does mean it can get very busy and they'll more often than not recommend one of the packed drop-in sessions over offering an appointment. If you're the kind of person who goes down ill with the slightest whiff of something contagious, or have an ongoing health concern that requires regular

appointments, it may be more convenient for you to register with a GP nearer to your halls or accommodation. Check out www.nhsggc.org.uk to see where to find your nearest registered GP.

Always make sure to attend a pre-booked appointment as you could be fined if you're a no-show and always take the advice of your GP over the internet. Only ask for prescription medicine if totally necessary; a lot of illnesses like freshers' flu or a seasonal cold can be treated at home on over-the-counter treatments.

PRESCRIPTIONS

All patients registered with a GP in Scotland are entitled to free prescriptions. The nearest pharmacy to campus is also based in the Fraser Building, but there's a Boots store on Byres Road, a few down Great Western Road and heaps of other pharmacies scattered around the West End should you find yourself off campus and needing to pick up some pills.

MEDICAL EMERGENCIES

If you do fall ill with a more serious condition, or think that you need to see a doctor on the weekend, then your first call should be to NHS24 on 111. They'll put you on to a healthcare professional who will be able to advise the best course of action, which is usually 'go to hospital, we have no idea what's wrong with you 'cause diagnosing people over the phone is basically impossible', though they will sometimes suggest from visiting your GP at the next available opportunity. The nearest A&E to campus has recently moved to the new Queen Elizabeth University Hospital on Govan Road which is really cool looking, and is served by a number of bus routes or a quick ten minute taxi ride.

DENTIST

To keep those pearly whites in tip-top condition it is best to register with a dentist in Glasgow. Staying with your family practitioner might be fine for your yearly checkups when you're down with your parents in the summer, but if you're caught out with an issue that needs treatment in

the short term, you'll probably want a tooth doctor a bit closer. Plus, annual checkups are free in Scotland.

There are a number of NHS registered dentists throughout the city; to find your local practice you can look on www.nhsggc.org.uk. For dental emergencies, the dental school located on Sauchiehall Street is an option if you're looking for significantly reduced treatment prices and you're willing to literally put your teeth in the hands of someone still learning the trade.

OPTICIANS

Like prescriptions, museums and an increased risk of heart disease, eye tests are also free for those living in Scotland. As a student, you're probably going to regularly be spending a majority of your day looking at a screen, be it a laptop, tablet, or phone and it's worth getting regular check ups to make sure it's not detrimentally impacting your eyesight. As with everything else, there's a Specsavers opticians on Byres Road as well as others scattered round the West End.



MENTAL HEALTH

Student life can be difficult; pressures from both within and outwith your academic pursuits can weigh heavily on you during your time at university. It's worth remembering to take care of your mental health and wellbeing in the same way you would your physical health and be aware of anything that might impact your studies.

SUPPORT

The first thing you should know when considering mental health issues is that you are not alone; there are a number of support systems both within the University and externally which are there to help should you feel the need to talk to someone. Don't be afraid to speak out; there's

no shame in caring for your mental health, and talking can often be part of a solution. If you're looking for support, consider the services listed below. It is very much a case of what works for you and what will help your personal situation. Do not be afraid to ask for help, it's there if you need it and here are a few places to turn.

COUNSELLING & PSYCHOLOGICAL SERVICES

The University of Glasgow's Counselling and Psychological Services offer a drop-in service where you can discuss your current state of mind, issues, or concerns. They also offer self-help materials and regular support and advice.

CAMPUS INITIATIVES

The SRC runs Nightline, a helpline which is a confidential, non-judgemental information and



listening service. If you feel you need to talk, then you can call them any time between 1900-0700 every day on 0141 334 9516 or visit www.gunightline.org for instant messaging. The SRC will also be able to put you in touch with a university counselling service.

Keep an eye out for Elephant in the Room initiatives; it's an ongoing campaign from the QMU's campaigns and charities committee, designed to raise awareness of mental health issues and encourage links between students and mental health support organisations.

GP

Your GP is trained in both physical and mental health concerns and will be able to not only listen to concerns, but in cases where action is warranted, talk you through treatment options.

WELLBEING CHARITIES

Talking to external mental wellbeing charities such as The Samaritans and the Scottish initiative Breathing Space can be beneficial when looking for advice or direction on how to deal with any kind of mental health issues or anything that might be causing them. Both services are confidential, free, and are highly recommended for use as a first step in addressing problems at an early stage.

Samaritans

Phone: 08457 90 90 90 (24/7)

Web: www.samaritans.org

Breathing Space

Phone: 0800 83 85 87

Mon-Thurs: 1800-0200

Fri 1800 - Sun 0600

Web: breathingspace.scot

HEALTH...

SEXUAL HEALTH

You might think that considering your sexual health is a bit of a buzzkill but, if you're having sex, it's something you need to keep in mind, especially when you know that nearly half of all sexually active people will have contracted an STI by the age of 25 (now you know). Being responsible isn't difficult; just get to know the basics, if you don't already.

STIS & SCREENINGS

It's estimated that one in four students come to University having already had an sexually transmitted infection at some point in their life, or are currently carrying one, so it's important to know what you're dealing with when it comes to STIs.

Some STIs, including chlamydia and genital warts, do not have any noticeable symptoms. It is important to get regular checkups and screenings via your GP or a local sexual health clinic. For those who have unprotected sex, an appointment at least every six months is recommended.

If you have any symptoms including itching, redness, unusual lumps, pain or discharge then you should get checked out as soon as possible. And, in the case that you do have an STI, it is important to inform all previous sexual partners to en-

able them to get checked and receive treatment. This can be an awkward and embarrassing talk to have; try and do it in person rather than over messenger or text. You don't want to be 'that guy' who sends a group text and hopes for the best.

If you need a check-up for any reason, the local West End sexual health clinic is the Sandyford Clinic in Finnieston, check out sandyford.org to find out about the services they can provide.

CONTRACEPTION

To keep yourself and future partners safe from STIs the most effective method is to use a condom. There is no better way of ensuring that you don't contract an STI so if you are - or hope to be - sexually active then make sure to keep one to hand. You can pick up free condoms from the SRC, QMU, GUU and a lot of other places - the Sandyford website contains a directory of official free condom distributors.

For those looking for an alternative to condoms, there are a wide variety of options for contraception available via your GP or a sexual health clinic appointment including the pill, coils and implants. Many contraceptive options interfere with your body's natural hormones so it is important to follow the advice of your GP or medical professional when considering which method would be best for you.



If you're ever caught out and find yourself needing an emergency contraceptive or 'morning after' pill for any reason, there are two forms available, both of which can be obtained for free in Scotland. The easiest way is to request it from your local pharmacy, who can provide it over-the-counter, but they can also be obtained via at sexual health clinics or GPs offices. Both pills are more effective the quicker they are taken after having sex. An emergency intrauterine device

(IUD) is considered more effective than both, but must be fitted by a trained doctor.

PREGNANCY

If you or your partner gets pregnant while at Uni, or even thinks there might be chance or pregnancy, go see your doctor; they're more reliable than pound shop tests and will be able to talk you through your options.

DRUGS



University is a time for exploration and trying new things and you will no doubt find yourself in a position to try drugs. These range from legal substances like alcohol to illegal substances including amphetamines and cannabis. If and what you want to experiment with is of course up to you, but it's best to do so safely and responsibly.

ALCOHOL

The most popular substance used and abused by students, by far, is alcohol. Students have a reputation for drinking a lot and often, and there are certain clubs and societies who will actively encourage drinking through games and challenges. Student life can sometimes feel like it revolves around drinking, going out, meeting in bars or flat parties; that doesn't have to be the case for everyone. There's plenty going on outside of drinking-based social activity and if you're not into it, no one will judge you. Your coursemates

or friends will likely invite you for a drink until you let them know it's not for you.

If you do choose to drink then there are a few tips that will save you from being that guy passed out in your own vomit in the middle of the dance floor at 2200.

Firstly, know your own limits. Alcohol affects different people in different ways and a general rule of thumb is the smaller you are, the less you can handle. You may be able to down ten pints and still hold a decent conversation (not advised), but you may also find that two glasses of wine will have you dancing on the tables. Don't be afraid to go a little slower than your pals to make sure you last the night.

Secondly, pace yourself. Alcoholic drinks take up to twenty minutes to start affecting the body so it's probably not a good idea to go for another four shots straight away if you aren't



feeling that buzzed. Hydration is another tip when out drinking. Alcohol dehydrates the body so try and have a few pints of water during the night, and especially just before you go to sleep. Your body will thank you in the morning with a slightly less terrible hangover.

Although you may feel invincible when you've had a few drinks, you definitely are not so it's important you keep your own safety and the safety of those around you in mind. Never leave your drinks unattended, even if it's just placing them on the table you're dancing next to. It only takes a second for something to end up in there. Always have a plan of how to get home - never make your way home alone and always tell someone where you are going, be that to a taxi or to the toilet.

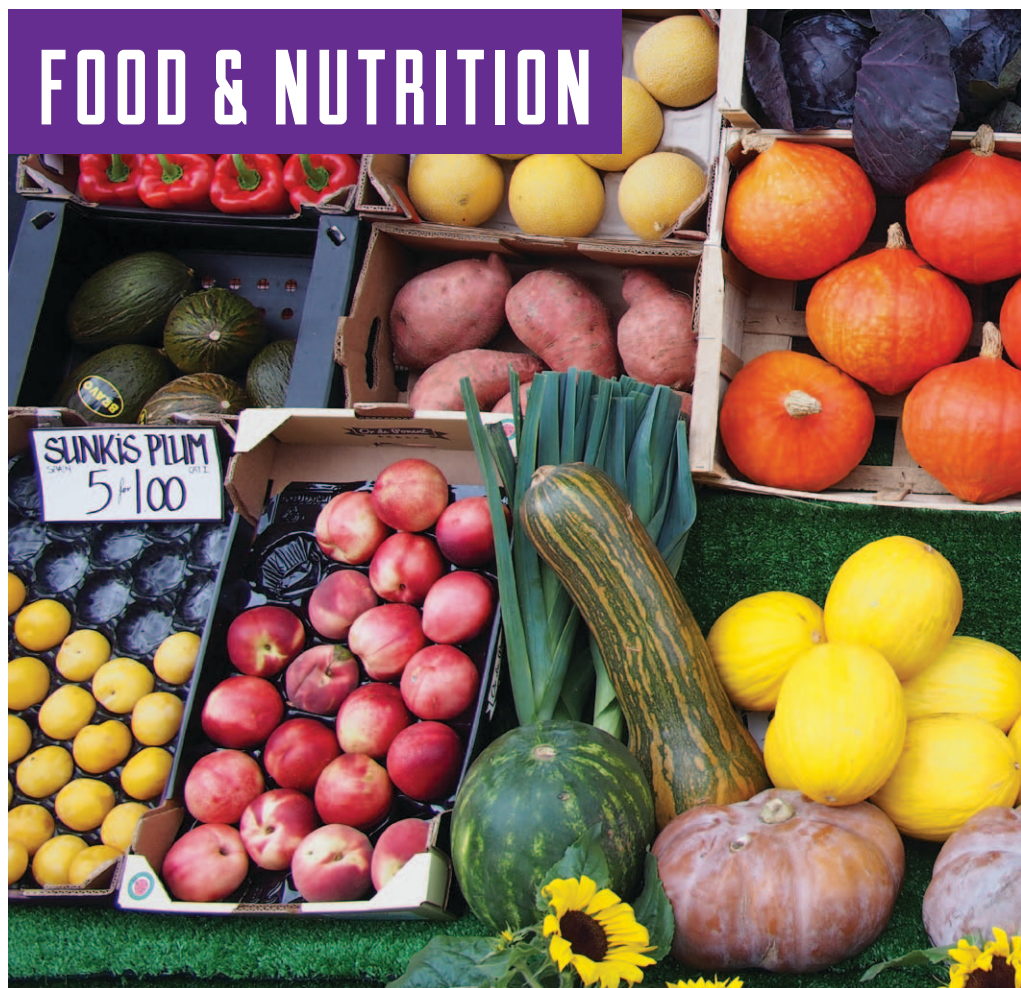
ILLEGAL DRUGS

Drug use is amongst students is not uncommon and can be seen at private parties and social

gatherings. The most likely drugs you may come across are nitrous oxide (laughing gas) and cannabis. Although drug use may seem commonplace amongst friends, the police and University are in no way lenient towards casual use in any context. Drugs are strictly banned on campus and in University accommodation.

As with anything in life, the key is moderation. There is a big difference between having a good time and having your semester, year, or life taken over by something out of your control and it affecting both your degree and your personal life. If you do find yourself becoming dependant or reliant on any substance then a great online resource is www.talktofrank.com where you can find information and help on dealing with substance abuse. Similarly if you feel that a friend, flatmate or someone else you're close to may have a substance abuse problem, the website offers help on how to address it with them and tips for offering support.

FOOD & NUTRITION



Believe it or not brain food really is a thing, and it's not just about tuna and avocados. The better you eat, the better you will feel and the better you will work. A lot of new students think they can't cook, are scared of using fresh ingredients, and so turn to the questionable, warm embrace of Rustlers' finest fake meat products, Iceland frozen pizzas and terrible takeaways to survive. There is nothing worse than getting into a routine of bad eating so here's a few tips to keep you and your bank balanced happy, healthy and focused on what's important.

COOKING

Many students will be brand new to cooking for themselves and will make mistakes in the beginning. You will learn from these mistakes and you will improve so don't be afraid to try new things; the internet is a brilliant resource for recipes. If you find yourself with a random selection of ingredients in the bottom of the fridge, check out supercook.com's meal planner function; you can put the ingredients you have in one end, and they will create a few recipes for you to choose from. BBC Good Food is another great online resource with hundreds of simple and easy recipes.



Cooking is a great way of getting people together. Big occasions such as birthdays or Christmas are usually one of those times 15 people try to squeeze round your four-person table, every oven in the vicinity are on full blast and there is an abundance of drinks on the go. Embrace these occasions, and learn tricks and recipe advice from friends and flatmates who will all likely want to show off their speciality dish. Even small scale, cooking enough to share with a flatmate who's had a tough day can be a great gesture, one which should hopefully be returned when you find yourself in need.

You will, inevitably, spend a lot of time just cooking for one as your schedule won't match up with your friends' and it's often just easier to knock something up for yourself; this is when you'll find that tupperware becomes your new best friend. If you've got the ingredients, cook big batches of dishes like curry, chilli, pasta bake or stew that can be portioned out and easily reheated after a long day in the library, after a shift at a part time job, or for lunch when you've got a hangover. This method will save money, effort and leave you more free time to study, socialise or work in the long run.

FOOD & NUTRITION...

SUPERMARKETS

One of those things no-one really thinks about until they have to start doing it on a regular basis is the 'big food shop'; this will soon become part of your routine. It will take a while for you to establish a system, you'll forget to buy the essentials and come home with things you don't need or won't eat more often than not in the first few trips. It's easily done. After a few weeks you'll figure out what you use a lot of and what you can afford to skip out on.

There are lots of ways you can save a few pennies when supermarket shopping. Bulk-buying non-perishables is an obvious one; pasta & rice should only ever be purchased in giant 2kg bags and will last a good six months if sealed and stored correctly. If you have a large freezer this is another way you can stock up, either on meat (keeps four-six months) or on home cooked batch meals (two-three months).

There are a plethora of supermarkets in Glasgow with the big four (Tesco, Morrisons, Sainsbury's and Asda) positioned throughout the city so if you have family loyalty to one it won't be hard to carry on that time honoured tradition. The Tesco Extra in Maryhill is one of the most acces-

sible to Murano Street Student Village and sells almost everything. It's open 24 hours every day and has a reduced section roughly the same size as regular supermarkets. Venture in with caution, though; with the confidence of a student loan sitting pretty in your bank account, you will inevitably go in for a pack of bacon and leave with a new TV, 12 champagne flutes, 24 packets of ginger nuts and an entire ham. Morrisons in Partick is another easily accessible supermarket and is just next door to a subway and train station - handy for getting things home.

The two European conquerors, Lidl and Aldi are scattered across the city and are challenging the big four in terms of quality as well as cost. They stock everything you need at super-reasonable prices. Another great shop is the Chinese supermarket SeeWoo in Possilpark; it offers a full afternoon's worth of activity and is full of weird and wonderful ingredients as well as bulk packs of things like rice and soy sauce.

Don't forget about independent stores in the West End, who often have fresh meat and veg at even cheaper prices than the budget supermarkets, and most of the time the produce is even better quality; some will also serve Halal meat.



Tantrum Doughnuts in Yorkhill is the current Glasgow doughnut champion.

TAKEAWAYS

Yes, takeaways can be cheap, convenient and tasty, but there is such a thing as too much of a greasy thing. You'll absolutely end up getting takeaways semi-regularly, especially when the weather's taken a turn and the fridge is bare but try to balance out the intake by ensuring you're getting your five-a-day elsewhere and try not to make a habit of having too many in a week and that not every one is deep-fried.

Managing to find healthy-ish options for fast/convenient food is easier now than ever with online ordering sites such as Just Eat bringing food to your door for a wide range of establishments and some restaurants including the excellent Dumpling Monkey on Dumbarton Road have their own app for ordering. Just avoid Deliveroo, not only for their questionable business tactics, but also because the service is generally slow meaning the food's usually a bit cold.

MONEY

Coming to university, for most, means complete financial independence. It may seem like Christmas has come early when you check your bank balance on the first day of term - a lot of students waste the entire term's allowance with frivolous spending, leaving them stuck at home eating boiled rice for the second half of the term. Along with tuition fees, accommodation and daily living there are a whole host of other expenses along the way to getting your degree. It is often a struggle balancing outgoings and income, but there are a few simple things you can do to make that struggle a little easier.

BUDGETING

First things first, set a budget. Try to balance your loans, grants and wages from part time jobs against outgoings, such as fees, rent, groceries, course materials, insurance, phone bills and travel (including holidays and trips) and socialising. If the two don't match up you can do three things: increase income, decrease outgoings, or both. It is always a good idea to leave a little wiggle room in your budget for unexpected emergencies or unforeseen expenses.

It's a good idea to shop around for things like mobile phone contracts, insurance, and - when moving out of halls - internet, gas & electricity providers. Being conscientious of the best deals can end up saving you hundreds of pounds over the year.

If you're looking for good deals or financial advice, one of the best places to look is www.moneysavingexpert.com. They rate things like bank accounts, travel companies, service providers and insurance companies to find the best deals.

STUDENT DISCOUNTS

A lot of places offer student discounts on their products which you have no doubt seen and used in the last couple of years. Many high-street shops including New Look, Paperchase, Dor-

othy Perkins and more all offer discounts when you show a valid student card. The Glasgow Royal Concert Hall also offers student discounts, as do a number of arts venues across the city. Bigger name brands have special student rates, the foremost being Apple's education discount where you can get significantly reduced rates on Macbooks and iMac computers, in addition to free pairs of crappy headphones which are probably best sticking on ebay. Even if you don't know whether or not a place does student discount you should always ask, 20% off here and there might not seem like it will matter but it soon adds up and makes your money go a lot further.

STUDENT LOANS

Student loans are a common way of funding your studies. Most full time students will be eligible for some financial support in the form of a loan. Applications are completed through the relevant funding body in your home country and totals are dependant on an assessment of your household income.

What makes a student loan different from a personal loan from a bank or building society, is the way it is paid back. You won't pay anything back until your salary reaches £18,000 per annum.

As with any loan, if you don't need the full amount being offered to you, you don't have to



accept it. If you are planning on funding your time at University through savings, part-time work, or otherwise it might be a good idea to decrease the amount of your loan. Although the interest rate is reasonable, you don't want to be paying it on money you didn't really need.

FINANCIAL DIFFICULTIES

University can be an expensive time, it will take you a while to find your financially-independent feet. A lot of students will end up in the red and may stay there until a number of months after finishing their studies.

Making sure you have a similar amount coming in as you do going out is a good way of keeping your finances on track. If you find that you are spending more than you have budgeted then it is

sometimes a good idea to go back through your bank statements to see where you've been going wrong. Sometimes with a simple fix and some responsible saving, it's easy to get back on track.

Student bank accounts are a brilliant service and often offer free overdrafts for those months when things don't quite add up - take advantage of these instead of opting for credit or store cards. Applying for credit while studying can be a dangerous path to go down so think very hard about how you will make the monthly payments before applying for any.

If you find yourself in trouble financially then there are places that can help. The SRC Advice Centre should absolutely be your first port of call; their advisors are well versed and experienced in dealing with such situations.

JOBS

With studies taking up most of your time and income at a minimum, many students choose to supplement loans, grants and savings with part time work. It is important to find the right work-life balance while studying for a degree; often the appeal of more money in your pocket can affect students' performance. Work should never take precedent over studies - you have invested four years and a lot of expense into gaining a degree. Always make sure this is your main goal.

FINDING A JOB

If you do choose to seek employment while studying there are a number of ways to ensure that you find a credible employer.

Your first stop should be the Jobshop at SRC. Local employers post new positions regularly and these listings always come from trusted sources.

Another useful resource is Gumtree. This online notice-board hosts listings for, well, anything; jobs, property, cars, pets and everything inbetween. One must be more cautious when browsing the jobs listings on Gumtree and when something seems too good to be true, it often is.

Word of mouth is one of the best ways to gain employment as recommendations from friends or coursemates come from a trusted source and can easily be checked out. It is good to work with people you know or live with as getting home late at night or early in the morning is a lot easier, cheaper and safer.

RIGHTS & TAXES

Because there is a sizeable number of students looking for part time work in the city, some employers sometimes see students as an expendable commodity.

To avoid this firstly make sure that you have a written contract that is signed by both yourself and your employer, that it has been witnessed, and that you have a copy for your own records. Secondly, check the terms of employment, whether you are an employee, contractor or self-employed. If your shift is six hours or longer, you are entitled to a break of at least twenty minutes, and you are entitled to spend your break away from your working area or desk.

A common mistake students make is thinking they don't need to pay tax or National Insurance - this is not totally true. You must pay National Insurance if you earn over the annual personal allowance of £10,800 per annum, increasing to £11,000 for financial year 2017/18. Many stu-



Dropping CVs into coffee shops and bars is hard work, but can pay off if looking for part time work.

dents won't reach this threshold as they only work a few hours per week; perhaps on the week-end or evenings. If your monthly or weekly wage equates to the personal allowance or higher your employer will usually deduct Income Tax and National Insurance from your wages through Pay As You Earn (PAYE). If at the end of the tax year you've paid too much or have stopped working part way through the year (thus not reaching the personal allowance) you may be able to claim a refund, sometimes this comes through automatically.

WAGES

The current minimum wages are £5.30 per hour for 18-21 year-olds and £6.70 per hour for over 21s. If you find yourself in a situation whereby you are not being paid minimum wage then you should contact the SRC Advice Centre or Citizens Advice Bureau immediately who will be able to help raise the issue with your employer. If you want to formally report your employer for failing to pay the minimum wage, contact the Pay and Work Rights Helpline on 0800 917 2368.

FAITH



The diversity and mixture of different faiths and religions within the University of Glasgow is one of the aspects which make this University - and this city - so special. You will find it not only very easy to share your faith and get involved in active societies and communities, but you can also learn a lot about other faiths, religions and ways of life. Glasgow University has a large number of faith- and belief-based groups on campus for students to join and get involved with. If you can't see a group which appeals to you, you can always come together and form a new one.

UNIVERSITY CHAPLAINCY

The University runs a multi-faith chaplaincy which has a full weekly schedule of events, and is also available for bookings throughout the academic year. Whether you are looking for space for a one-off event or a regular meeting, the chaplaincy is able to accommodate various needs and purposes. The interfaith room has allocated fellowship times for a variety of religious societies. For more information on the religious services and support provided by the University Chaplaincy visit their website at: www.gla.ac.uk/services/chaplaincy



CLUBS & SOCIETIES

If you're looking for other students who are going through University with your shared faith then Glasgow has student societies for the majority of religions and beliefs. Having a close knit community in which to share experiences and seek advice is essential for academic and personal development of students with a faith or religion. Some of the biggest of these groups are the Christian Union, Hindu Society, Muslim Students Association and Jewish Society. A full list of religious societies can be found on the SRC website at www.glasgowstudent.net/clubs

WIDER COMMUNITY

The city of Glasgow has a wide variety of religious institutions and organisations with diverse and welcoming faith-centric communities within each. Even within Glasgow's West End there are numerous places of worship within walking distance of campus; the chaplaincy website has a helpful list of organisations organised by religion, so don't be afraid to venture beyond the University and its societies to find somewhere you feel at home expressing your religious views, or to find a community which shares your own faith and beliefs.

LGBT+

The University of Glasgow is a fully inclusive, safe and supportive environment for people of all genders and sexual orientations. A strong network of student groups represents LGBT+ students with support from both staff networks and university-led committees. The LGBT+ community in Glasgow aims to promote equality and diversity - and social interaction - throughout the city. There's plenty to get involved in within the communities at university through clubs and societies. There are dozens of events, festivals and campaigns taking place throughout the year. It is important to have a strong support network of people who you can relate to and share experiences with.

REPRESENTATION

Representation within the University for both LGBT+ students and staff is something which Glasgow prides itself on. The University is fully committed to equality for LGBT+ staff, students and potential staff and students, and its Equality and Diversity Policy includes detailed appendices on sexual orientation and gender equality measures in place.

Sexual Orientation Equality Officer is an elected SRC Council role representing the interests of LGBT+ students at University level, they can be contacted via soe-officer@src.gla.ac.uk if you feel like you need representation within the University. The Sexual Orientation Equality Group (SOEG) brings together the University's Sexual Orientation Equality Champion, representatives from the Equality and Diversity Unit, SRC and both staff and student LGBT+ networks, and provides students with a safe place to discuss issues affecting them on campus.

OFF CAMPUS

Off-campus Glasgow also has a number of clubs, societies and groups which can be found all over the city. LGBT Youth Scotland is an organisation who offer a wide range of groups, activities, volunteer opportunities, and events for lesbian, gay, bisexual and transgender young people and their friends. They also run groups and drop ins in Glasgow and have information about what other LGBT+ youth and community groups that are running across Scotland.

SOCIAL SCENE

In terms of places to go out in the city, Polo Lounge in the Merchant City is the most popular place for students. It's the biggest LGBT+ venue in Glasgow running clublights throughout the week. Other clubs include AXM, The Underground and Delmonicas, all of which offer a fully inclusive atmosphere and pretty banging night out.



CLUBS & SOCIETIES

Glasgow has a thriving LGBT+ community with a dedicated society for students. The Glasgow University Lesbian Gay Bisexual Transgender and Queer + Students' Association (or GULGBTQ+) was formed to provide an open and welcoming space for people under

the LGBT+ banner. They run a number of special events throughout the year to celebrate the LGBT+ community both within and outwith Glasgow. They also get involved in campaigning on and debating issues relevant to the community. GULGBTQ+ meet every Wednesday and can be found at gulgbtqplus.com.

GLOSSARY

ADAM SMITH CAT (1996- 2015)

Miller, the unofficial University mascot that started hanging around the Adam Smith building as a kitten and sadly passed away early in 2015. RIP.

CHANCELLOR

Head of the University and elected to the post by the General Council. The Chancellor confers all degrees at the University. Currently held by Professor Sir Kenneth Calman.

CLOISTERS

The large pillared space between the quadrangles underneath the Bute Hall in the main building. Looks like Hogwarts.

COLLEGES

The University is made up of four colleges which all cover different areas of academic study and research. These are Medical, Veterinary and Life Sciences, Science and Engineering, Arts and Social Sciences. You will be registered in one.

COURT

University Court is the governing body of the University, much like a board of directors.

FIRST

The highest class of undergraduate degree. Equivalent to an A.

ERASMUS

European Community Action Scheme for the Mobility of University Students, exchange programme with other institutions within the EU.

FRASER BUILDING

The useful building at the centre of campus, next to the Library.

FRESHER

A student in their first year of university. Probably you.

FRESHERS' HELPER

A current student volunteering during Freshers' Week for one of the student organisations. Often shouting.

GENERAL COUNCIL

The 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.

GILMOREHILL

The name of the hill on which the University sits.

GILBERT SCOTT BUILDING

The building that most people refer to as the Main Building, designed by architect Sir George Gilbert Scott.

GLASGOWSTUDENT.NET

The SRC's official website. Useful.

GPA

Grade Point Average, the formula which calculates your work's grades against the credits they are worth to see what your marks actually mean.

GRANITE VAGINA

The granite sculpture at entrance to the Gregory Building. Often used photo prop.

GUARDIAN

The University's student newspaper [page 22].

GUM

The University's student magazine [page 23].

GUSA

Glasgow University Sports Association [page 19].

GUU

Glasgow University (student) Union [page 12].

HUNTERIAN

Art gallery and museum situated on campus [page 58].

JOHN MAC

John McIntyre Building, home of the SRC & associated student media [page 10].

MACKINTOSH HOUSE

The house with the door half way up the wall, next to the Library, a replica of the house Charles Rennie Mackintosh lived in.

MAIN GATE

The large stone archway leading into the main University campus on Gilmorehill.

QMU

Queen Margaret (student) Union [page 12].

QUADRANGLES

Or quads, the greens either side of the cloisters in the Gilbert Scott Building.

QUODS

The QMU's main venue. Nirvana played there once, they don't like to talk about it.

RECTOR

Head of University Court, elected by students every three years. Currently Edward Snowden (2014-2017).

REGISTRY

Admin kings: registering students, examinations, distribution of grant and loan cheques, financial aid, tuition fees and graduations. Accessed via the Student Enquiries desk.

SCHOOL

The University is made up of 25 schools and research institutes, which are home to academic disciplines that are closely related. Each school sits within the college with which its area of academic study and research most strongly identifies with.

SEMESTER

The academic year is split into two semesters. September to December and January to June.

THE SQUARE

The West side of the Gilbert Scott building, features the University Chapel and One A the Square Café.

SRC

The Students' Representative Council - the representative body for students registered at the University [page 10].

SVSS

Student Volunteering Support Service, part of the SRC. Offers volunteering opportunities to students.

SUBCITY

Radio station based at the University [page 20].

SUB CRAWL

15 stop pub crawl using the Glasgow Subway system.

THIRD

Confusingly, the fourth class of undergraduate degree. Equivalent to a D.

TWO ONE (2:1)

The second highest class of undergraduate degree. Equivalent to a B.

TWO TWO (2:2)

The third highest class of undergraduate degree. Equivalent to a C.

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Rector:
Edward Snowden
www.glasgowstudent.net/about/rector/ask
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