

the guide

2005 - 2006

STUDENTS' REPRESENTATIVE COUNCIL
UNIVERSITY OF GLASGOW



glasgow university students' representative council
the guide 05/06

vandal

ELECTRONIC HOUSE EVERY FRIDAY AT
LIQUID LOUNGE, WITH UPCOMING GUESTS:

FREAKS (MUSIC FOR FREAKS)
FREEFORM FIVE (ANU PILAI)
SEVENTH SIGN (LABEL NIGHT)
SWITCH

PLUS RESIDENTS MASH & GIANNI PALAZZO

LIQUID SATURDAYS

UNDERGROUND HOUSE & TECHNO WITH:

LC SOUNDSYSTEM
HAPTIC
TRAXX
UPSTART

upcoming guests: CLONE, IDJUT BOYS, WIGNOMY BROTHERS.

theweechill

QUEEN'S PARK GLASSHOUSE
BANK HOLIDAY SUNDAY SEPT 25th

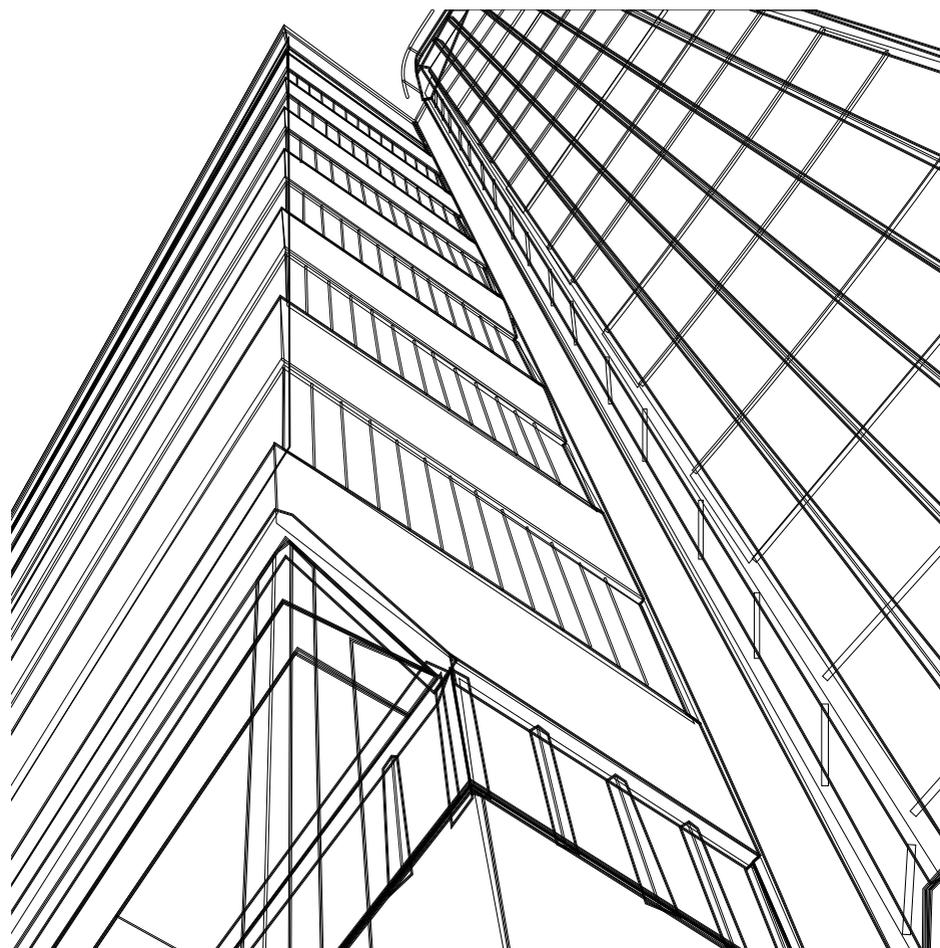
bugz in the attic LIVE
the everything treatment LIVE
hannah thomson LIVE
rhythmic rents LIVE

plus DJ sets by nick peacock, mixed bizness, buff djs

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the guide



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Introduction

About the Guide

This book won't tell you everything you need to know about Glasgow University, it won't tell you everything about the city and it won't tell you how to spend your life over the next four years. It will give you some idea of what's on offer in Scotland's most dynamic city and provide you with information on some of the opportunities available to you on campus. It will also point you in the right direction if you have problems or need advice.

The Guide is put together by the Students' Representative Council, they can advise you on anything that's covered in the book. If you think of something that's not covered then let them know. It's the only way they can make your life easier by improving their existing services.

Life as a student

University may be the first time you've had this much freedom and independence so enjoy it while you can. You may never have this much again. You have the opportunity to try out new things and meet new people, learn new skills and build towards a career or future that may, in the end, have little to do with what you studied.

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

Find out more in *Succeed* [p14-43]

It's not always easy starting something new or being in a new place or situation though. Everything from dealing with your finances to meeting departmental deadlines can start to get on top of you. It's important to remember that almost everyone else is in the same situation. You won't necessarily know how to cook the minute you arrive and there are people in 4th year who still don't know how to use the library.

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

There's so much support available on campus that there's always going to be someone to turn to if things do go wrong. From the Student Information Desk in the Reading Room for the simple things to the University Counselling Service for the more serious times.

Find out more in *Live* [p66-127]

SRC

You'll probably already have noticed that Glasgow's union system is different to almost every other university you've visited or heard about. Whilst most universities have just one organisation that looks after everything from academic representation and welfare support to cheap pints and stodgy food, Glasgow has four separate student bodies.

The Students' Representative Council won't be throwing flyers in your face or challenging you



Glasgow is one of the wettest cities in the UK, an umbrella is a cheap but essential purchase

to drink your weight in lager during Freshers' Week but you'll find that the services they offer will be invaluable throughout your time at university.

All students are automatically members of the SRC so their services are open to everyone. As well as the cheapest photocopying on campus, a 2nd hand bookshop, and the free campus to halls minibus service they also run some of the UK's finest student media groups [see *Succeed* p18-27] and organise valuable volunteering opportunities [see *Succeed* p40]. Perhaps most importantly, they run an Advice Centre that can help you out with almost anything that can go wrong at university. Whether you need to appeal against your department or need advice on money troubles they can help [see *Learn* p44-63 and *Live* p66-127]. The service is free and confidential and the advisers will be happy to deal with everything from a quick visit for information to a full consultation on more serious matters.

As well as running services, the SRC is also responsible for representing students' interests to the university and the wider world. If you have problems with your course or library opening hours then they can pressure the people that matter. If there's enough interest they might even launch a campaign about it.

There's a five person executive who make the day to day decisions and they'll be happy to deal with any problems you have or advise you on where to go to get it [their full details can be found in the *Appendix* p162]. If you want to get more involved in the politics of university life then it's worth considering becoming a Course Representative [*Learn* p59] or even running for election to Council, the SRC's ultimate decision making body.

The SRC can be found in the centre of campus in the John McIntyre building. More information on all its services and events can be found on www.glasgowstudent.net

SRC Services

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

Photocopying

Cheapest photocopying facilities on campus. They've even bought themselves a nice new colour copier.

2nd Hand Bookshop

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

Campus to Halls Minibus

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

Advice Centre

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

Nightline

Listening service runs 7pm - 7am every night of the week (termtime) [0141 353 1050]

The Unions

If you came to Freshers' Week then you can hardly have failed to notice the Glasgow University and Queen Margaret Unions. They'll work tirelessly to sign you up during the first few weeks of term so prepare to be approached almost anywhere on campus and asked to sign up. Even if you don't think you'll go along very often you might as well join up to one or the other. It's free, so even if you never use the members only services or get in cheap to any of the club nights you won't have lost out. The only difficult decision you need to make is which one to join.

Find out more in *Play* [p146]

Exploring the City

Once you've finished with Hunterian Museum, Hunterian Art Gallery or Zoology museum on campus and you've got bored with eating the same old Union food every day (unless you've discovered the Old Library Restaurant of course) you'll probably want to explore Glasgow a bit more.

There are maps at the back of this book [see *Appendix* p172] to give you an idea of the geography of the place but you'll want to get yourself an A-Z as soon as possible so you can find your way around properly. This will also come in handy when you are flat hunting [see *Live* p100] in the future.

Apparently Glasgow is 'Scotland With Style'. What this means, nobody is quite sure but Glasgow has a history of such silly slogans so people have pretty much just got used to it.

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

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

Glasgow City Council probably weren't talking about the Barras when they came up with the Style campaign but it's one of the best places to start your discovery of the city and will give you



Disused rail tunnels are just one of the many hidden treasures of the city. The tunnel pictured is only a few minutes walk from campus and has an overgrown underground station inside.

a better introduction to Glaswegian culture than any open top bus tour ever could. The East End market is spilling over with cheap tobacco, meat and clothes, pirate DVDs and second hand records and furniture.

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

Afterwards there are plenty of restaurants, bars, clubs and venues available for a full blown night out or just a quiet drink.

Find out more in *Play* [p128-157].

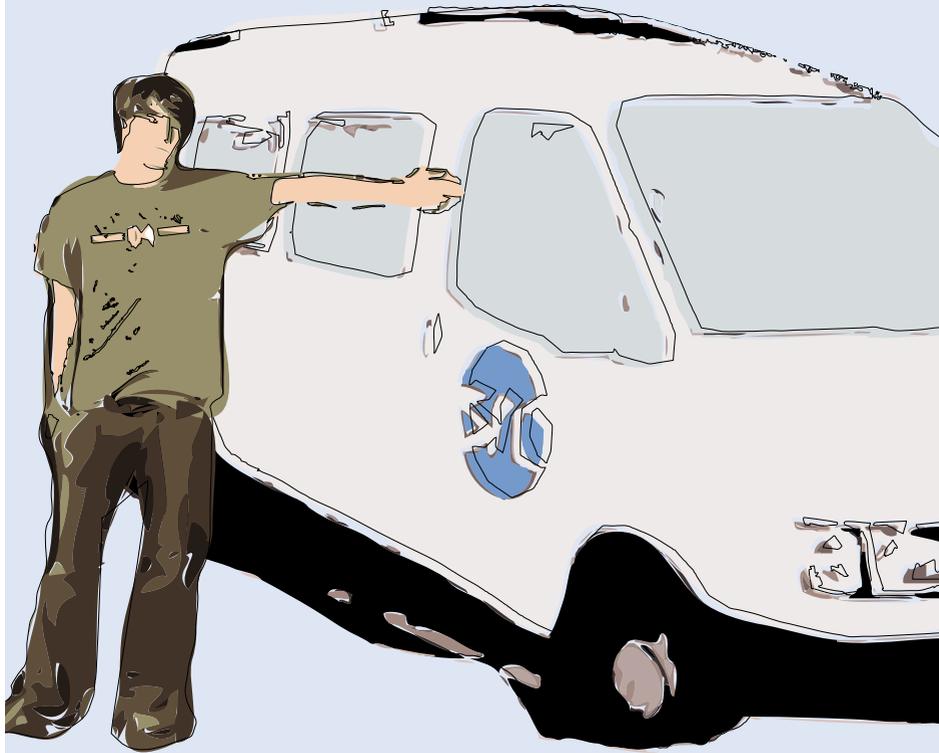
Transport

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

Buses run everywhere and operate 24hr services between town and the West End. They're basically pretty safe and reliable and are considerably cheaper than getting taxis everywhere. There's a list of some of the more useful routes in the Appendix of this book [page 169].

If you're going to be using public transport a lot there are loads of reduced student tickets available and it's worth investing in them. You'll save plenty of money in the long run.

src campus to halls minibuses



Direct buses from Murano Street, Cairncross, Kelvinhaugh Street & Gate, Lister House, QM Hall, Winton Drive and Wolfson Halls. Dropping off next to the main gate on University Avenue.

see www.glasgowstudent.net for timetable and pick up points

fast, reliable, free buses to and from uni 



**need information?
or maybe just someone to talk to...**

at 4am you can't always rely on your best friend to be there to talk to. whatever the reason for phoning, nightline provides a friendly impartial ear.

OPEN 7PM - 7AM, 7 NIGHTS A WEEK TERM TIME

nightline 0141 353 1050



succeed

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

student media

award winning tv, radio, magazines and newspapers

p18

clubs and societies

something for everyone - from pagans to aberdeen fc

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sports

keep in shape and relieve stress

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volunteering

make a difference to the community and other people

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making it

getting the most from what you've done

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Introduction

Join a club

The first people you will get to know at university will be the people you study with and the people you live with. Chances are you'll find people who share your interests as well as your kitchen but even your closest friends may draw the line at some of your more obscure pastimes. Luckily there are clubs representing almost every imaginable pursuit on campus, from network gaming to Ultimate Frisbee.

There are also societies based around nationality, belief and lifestyle which can often play an important role in your welfare as well as your social life.

Most are free or very cheap to join so there's no reason not to get out there and try as many as possible. You'll probably see most of your membership fee back in food, drink and activities.

Student Media

The well established SRC media department has been winning awards for decades and it remains the best place on campus to build skills that will be vital for anyone who wants to end up in the industry. Glasgow University Student Television, Guardian, Glasgow University Magazine and Subcity Radio have all attracted talented contributors over the years and continue to come up with the goods at award ceremonies every year.

New publications from the unions are also growing in popularity and quality, so writers

are now spoiled for choice on campus. There's even a record label at the QMU.

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

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

Sports

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

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

Volunteering

With all the spare time you inevitably have at uni, it's worthwhile thinking about how you can use it, not only to expand your own group of friends and increase your employability prospects; but to help other people too. Of course, you still get all the former benefits but with the added satisfaction of making a positive difference in someone else's life.

Projects range from working with refugees in



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

Glasgow to school children in Africa.

our generation.

Events

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

Media Week [6th-10th February]

A chance for you to meet and listen to some of the biggest names in the industry.

Unlike a careers fair this week of events allows you to meet the people that count face to face, learn more about the industry and make valuable contacts. Even if you don't plan on working in the media this event is vital for understanding the processes and politics behind the most powerful weapon of

Refreshers Week [23rd-27th January]

The ingeniously titled Refreshers Week is an opportunity to do all the things you meant to do during Freshers Week but just never quite got round to.

This week will give you a chance to check out the Clubs, Societies and other organisations available to you without the distraction of a forest's worth of flyers being thrown at you.

Student Festival [21st-25th November]

Student Festival will give you some ideas on how to spend your time doing something worthwhile. From volunteering and ethical job fairs to welfare and safety seminars, Student Festival is all about self improvement.

Subcity Radio

About

For the past eleven years Subcity Radio has been pushing the boundaries of student radio in all respects. Unlike most other student stations, Subcity has always been aimed squarely at music lovers across the city. It has consistently provided a service unavailable anywhere else in Glasgow with nearly 90% specialist programming.

Probably the only station in the country to be playing UK Garage, US Garage, Grime, Death Metal, Dancehall and Indie all in one night. The station broadcasts online all year round and annually for a month on FM, There are also plans to establish a year round AM broadcast this year. To get a taste of the station's sound you can listen back to old shows on the website.

Subcity.org

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

Events

Subcity's reputation is strongest as one of the major club promoters in Glasgow. Their tenth birthday celebrations saw 1800 people turn up, their events attract major attention from press and have launched the careers of some of the cities biggest DJs including; Optimo, Freakmenoovers, Mixed Bizness and Mish Mash. See clubbing Pg72. Last year's events included:

Subcity's Vinyl Sexpitt

Freshers' Week entertainment that went beyond the usual cheese and kerazy student games. Featuring a live scratch battle using only charity shop records, london dubstep and grime, to early 90s



“

You see all these names on the old Subcity posters like Slam and Optimo, and they were once as small as myself.

It's the biggest launch pad of Glasgow DJs I know of -the Subcity night last October was the first big thing I'd played at.

”

Boom Monk Ben
DJ/Promoter
Mixed Bizness



Subcity's Vinyl Sexpitt at the QMU scared the freshers last year with its french hiphop, dancehall and bass heavy grime. The only place you'll hear anything like it in Glasgow.

house - freshers didn't know what hit them.

West End Festival

Glasgow's annual celebration of all things hip and trendy in the city's most affluent neighbourhood. Usually targeted at a middle aged, middle class crowd, Subcity aimed to change that. They knew that there was a market for something a bit more adventurous than the usual inoffensive 'world music'. In keeping with promises of ASBOs the police eventually shut the old skool hip hop and dancehall down for carrying on too long. Despite this the festival organisers have asked them back next year and want them to run an even bigger stage.

Subcity presents Club Fandango

Club Fandango is indie record label Fierce Panda's regular club night. Subcity show cased three bands from its weekly City

Sessions live music show in the company of some of the year's more bizarre visuals, half finished carnival marionettes and a broken down Victorian elevator. To add to the kitsch appeal a free buffet was provided, prepared and served by one of Subcity's own DJs in a "kiss the chef" apron.

Interested

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



GUST

About

Glasgow University Student Television is the oldest student TV station in the UK, and is also consistently voted the best, by judges from the industry. The station broadcasts on a network of monitors around campus, as well as putting programmes online, and produces fresh content each week to keep students at Glasgow Uni entertained and informed.

Programmes

Every week, GUST News follows what's going on around campus, Glasgow and the rest of the country. In the past year, news that has been covered includes the G8 Summit, controversial top-up fees and the up coming Glasgow smoking ban.

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

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

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

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

GUST also film one-off programmes such as The Fresher's Address and daily Fresher's Week coverage, as well as their own events like last year's Battle of the Bands, and the annual Daft Thursday four-hour live broadcast from Jim's Bar.

“

If you want to get into the industry student media's a great place to start. With GUST I was coming up with ideas and turning them into finished programmes every two weeks. You can produce, direct, design, act, present or work on the technical side.

”

Shona Morrison
SRC Vice President
(Communications)



GUST's James Cheyne gets friendly with riot police during G8 protests in Edinburgh. He sold the footage to Sky for an undisclosed sum. Now he's a trainee producer for them.

How to get involved

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

You don't need to have had any experience

of working with TV equipment. The more experienced GUSTies will happily teach you anything you want to know. Nor do you have to be studying Film & TV. Contributors come from a wide variety of courses, so it can be a great way to make friends from right across uni. And you can meet them all in the pub, after filming at the studio.

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

Glasgow University Magazine



Colours Present Renaissance Album Party
Saturday 10th September. The Arches, Glasgow

Nic Fanciulli

Gio Ferri & Michael Paterson

Tickets From Arches Box Office, Ticket Scotland, 23rd Precinct & Usual Outlets

SATURDAY 24TH SEPTEMBER
CARLING ACADEMY, GLASGOW

FELIX DA HOUSECAT

PLUS SUPPORT: VIRGIN TEARS (DJ SET)

TICKETS £10 TILL 12TH SEPT (LIMITED NUMBER) £13:50 AFTER. MORE ON THE DOOR
AVAILABLE FROM CARLING ACADEMY, ARCHES BOX OFFICE, 23RD PRECINCT, TICKET SCOTLAND.

IN ASSOCIATION WITH SLAM

STREETRAVE 16TH
SIXTEENTH ANNIVERSARY

SATURDAY 1ST OCTOBER, 10PM-3AM. THE ARCHES, GLASGOW

LIVE: FPI PROJECT. THE BASSHEADS. JOE SMOOTH
TECHNOTRONIC. DJs: NIGHTMARES ON WAX (DJ SET)
GRAEME PARK & MIKE PICKERING. JON & BONEY

EARLYBIRD TICKETS AVAILAIBLE ONLINE AT: www.ticketweb.co.uk

COLOURS & ARMADA PRESENTS

SATURDAY 22ND OCTOBER. THE ARCHES, GLASGOW

ARMIN VAN BUUREN

PLUS DJ REMY (HOLLAND)

EARLYBIRD TICKETS AVAILABLE ONLINE AT: www.ticketweb.co.uk

Saturday 12th November, 10pm-3am
The Arches, Glasgow

Erick Morillo

www.erickmorillo.com www.subliminalrecords.com
Earlybird tickets available online at: www.ticketweb.co.uk

www.colours.co.uk www.colours.co.uk www.colours.co.uk



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

Not limited to writers, GUM are also eager to employ budding designers, artists and cartoonists as well as those interested in media sales. GUM is the oldest student publication in Scotland and last year's fashion writer, Jenny Munro's Herald Student Award for "Features Writer of the Year" continues a long history of success at awards ceremonies.

Guardian

About Us

The University Guardian is the country's leading student newspaper. Breaking nationally covered stories and conducting controversial investigations has placed Guardian at the cutting edge of student media. With an estimated readership of over 15,000 students per issue they're one of the most influential voices both on and off campus.

The publication aims to provide an independent news and features service which reflects a long tradition of innovation and scepticism in a format that is original, distinctive and challenging.

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

Success and Past Masters

Guardian has won more awards in the last two years than any student newspaper in Britain. Winner of the top three prizes at this year's Herald Student Press Awards (Best Newspaper, Best Design and Student Journalist of the Year) the paper is also recognised nationally, having picked up the award for Sky News Student Reporter and The Guardian Student Critic Prize.

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

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

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

Free Stuff

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

Want In?

Guardian are always looking for new writers, designers and editors to join the team. Whether you want to seriously pursue a career in the field or just get your name in print, Guardian is how to do it. Go along to the weekly contributor meetings where editors commission new articles, discuss your ideas, give training and advice as well as distribute the free stuff. Afterwards you can go for a few drinks and chat to the section editors and staff writers. If you can't make it get in touch by emailing the editor, David Crow, via guardian@src.gla.ac.uk

Herald student newspaper of the year Best publication design Student journalist of the year

Glasgow University
guardian
glasgowguardian@yahoo.co.uk 10th June 2005

Summit to fight?
Before the powers arrive and the protests begin...
Outline centre

Cool Runnings
We check out the Free-running craze
Back page

UNI AXES 250 JOBS

David Crow

Glasgow University is planning to axe around 250 jobs as part of its effort to combat a £7m operational deficit.

Although University Principal Sir Muir Russell said he hoped the majority of jobs would be lost through a voluntary redundancy scheme it remains unclear how many staff are willing to sacrifice their jobs.

It seems increasingly likely that compulsory redundancies will be a necessity.

Union official Bill Stewart responded by threatening to paralyse the university with strikes if staff are forced to leave their positions.

Stewart said: "All four unions are as one opposing compulsory redundancies and will ballot for industrial action. If we were all to vote in favour, we could bring the university to a standstill."
(Full story page 4)

'The management are using the situation to get rid of staff that are a thorn in the flesh of the establishment'
(Senior Professor, Faculty of Arts)



The West End Festival kicks off on 12th June with a Byres Road street party complete with a carnival, live music and five DJ stages, one taken over by Subcity. 50,000 people are expected. As well as a multitude of Ashton Lane events the two-week festival boasts lessons on Japanese traditions, the Sunday Afternoon Philosophy Club, Buddhist meditation, comedy, theatre and music.
(See Insight Arts page 9) [See Insight Clubs page 10]

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

GUUi



GUU INDEPENDENT

Issue Eight, Thursday 5th May

IN THIS ISSUE:

OSCAR'S BACK, GROUCH: P7 BEZ INTERVIEW, MUSIC: P8 THE GRAPEVINE, GOSSIP: P10

BLOCKGRANT SLASHING

Newall Tightens the Purse Strings

Mike Greer

The University court has cut its grant to the GUU and QMU in half, in a move that could see the death of the current union structure within three years.

Change to the funding allocation was seen as necessary to bail out the SRC after the financial decline that has resulted from the closure of The Hub last year. The SRC will now receive £368,000; £74,000 more than both Unions put together.

The initiative to re-structure the current funding system came from the new Secretary of the University Court, David Newell. Mr Newell is thought to be a supporter of a students association, under which the two

Since the announcement of the cuts, there has been outcry from the Unions who believe they are being punished for their own success. The Court's reasoning for the cuts was partly based upon the GUU and QMU having both amassed significant funds in reserve – something that the University Court had previously encouraged the Unions to do in order to preserve their financial

unions, the SRC and GUSA would be merged into a single student body.

While such change would result in the complete loss of the dichotomy of services currently provided by the unions, and spell an end to some 120 years of history, it has been suggested that a Students Association might prove cheaper for the University.

continued page 3

Card Cloning Epidemic Hits Students

details on a magnetic strip

Rectorial Installation



The GUUi, formerly GUU Independent, is the Glasgow University Union's in-house magazine-newspaper. The youngest publication on campus, starting up just before Christmas in 2004, Independent takes a satirical look at what's happening on campus and in the wider world, as well as keeping members informed of events and opportunities at the Union.

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

Qmunicate

RED DWARF: THE MOVIE, FINALLY GETS UNDER WAY
FILM : PAGE ELEVEN

HOW I LOST MY VIRGINITY
THE BARLOW TALKS ABOUT HIS FIRST TIME IN HIS LAST COLUMN : PAGE 15



qmunicate

Wednesday 25th May 2005 Summer Special FREE

NEWS

GLASGOW UNI CUT JOBS
PAGE 2

REVIEW OF THE YEAR
PAGE 3



CHELSEA: LOVING IT
PAGE 4

TOP TEN SONGS TO STALK TO
PAGE 9

STAR WARS
PAGE 10

FESTIVALS FOR FREE
PAGE 12

MS. HONEYDEW'S MOTH/MAN PROBLEM CONTINUES
PAGE 13

LORNA LOVES

JURASSIC FARCE





DINO DESTRUCTION

•DINOSAUR SLAUGHTERED AS STUDENTS SLEEP
•PROTESTS FALL ON DEAF EARS AT IVORY TOWER

Mhairi Wilson

FOLLOWING a week of speculation, Millie the Dinosaur has been torn down from her home in the University grounds. The replica Tyrannosaurus Rex was secretly removed on Saturday 21st of May, despite the University space outside the main building, as plans for the removal were not announced publicly. After repeated vandalism the model has endured, it was always clear that there were plans to get rid of Millie, but definite plans were never released. During the week, students past and present from the University of Glasgow, as well as admirers that the University was planning to move Millie. The University had previously commented on the proposed relocation. A spokesperson told The Evening Times, "(Millie) is very shabby – past her proper life-span – every time she is vandalised it costs approximately £2000 to repair her claws or tail – it's not package." Many will be disappointed the University has chosen to demolish rather than relocate the dino though. Employees from the Estates and Buildings service started to pull down the dinosaur at seven o'clock on Saturday morning, taking over an hour to completely destroy the model. Security were

Qmunicate is the QM's free fortnightly magazine. Covering news, film, music and a vast array of other issues, some trivial, some not. There's coverage of all the major events on campus and interviews with bands ranging from Goldie Lookin' Chain to the Polyphonic Spree. There's also been hard hitting articles about dodgy landlords and democracy and

opinion pieces on such pressing issues as no-strings sex, giant moths, and nakedness in the gym.

If you have an idea for a new article, want to review gigs, films or CDs for free or have aspirations to be a photographer or designer then head to a meeting and find out more.

Clubs and Societies

There are new clubs starting all the time so if you can't find something here then check www.glasgowstudent.net/activities for a full list of clubs and societies, contact details and web addresses for each and info on how to start your own club.

The Kelvin Ensemble

The Kelvin Ensemble allows students to perform challenging music to the highest level and produce public performances led by professional conductors. Entry is by audition only, players are recommended to be grade 7 or above. The Ensemble has produced recordings and frequently include world premieres of works in their programme.

The Choral Society

The Choral Society is a group of around 100 singers who perform choral works from all periods. Recently performed pieces have included Bach's St John Passion and works by Brahms and Handel. There are no auditions, though some choral experience is useful.

Big Band

Big Band provide students experience and enjoyment from playing jazz and big-band music, it promotes jazz and big-band music to a wider audience through live performances. There are also smaller specialist groups such as a funk band for those interested in different styles of music.

Dancemania

Dancemania provide basic instruction in different types of dance including jazz, ballet, contemporary and street dance to students of all dancing abilities. The society mainly offers members opportunities to develop their dance skills, though they also stage an annual performance to showcase members' talents.

Student Dance Company

The Student Dance Company run dance lessons, workshops and a contemporary dance company. Last year they held free workshops in more than 20 different dance genres ranging from Belly dancing to Graham technique. The Company also hold performances throughout the year around Glasgow as well as shows at the Edinburgh Festival.

Scottish Country Dance

The Scottish Country Dance Club aim to keep traditional Scottish dance alive at Glasgow University. They run classes during term-time, various dancing outings, a first-term ceilidh, and a demonstration team for the Scottish Universities Scottish Country Dance Festival.

STAG

Each year Student Theatre At Glasgow put on several plays in the Gilmorehill G12 theatre. They are dedicated to producing stage plays, which are acted directed and managed by



Berlin graffiti captured by Photo Soc President Mathew Sillars.

students. STAG have produced many successful and popular plays over the years at various venues across Glasgow and Edinburgh.

and before their founding acted as the student representative body.

Comedy Society

The Comedy Society's activities include talking about comedy and writing it. Open to anyone who thinks they're funny enough.

Photo Soc

Photo Soc is a place for anyone to discuss the various aspects of photography. The society provides opportunities for members to exhibit photographs, as well as cheap film, use of a darkroom and specialist equipment.

Dialectic Society

The Society is responsible for running debates across campus as well as training in debating and public speaking. The Society is the oldest of its kind in the world, having been founded in 1451. In the 1870's they played a major role in the founding of both the GUU and the SRC,

Aberdeen Supporters Club

The Aberdeen Supporters Club aim to make being an Aberdeen fan in Glasgow that wee bit easier. Members range from regular match attendees to those who only come along to the pub to reminisce about great times.

Poker Club

The poker society encourages students to play all forms of poker in a more friendly environment than a casino. The society introduces its members to the lures of this exciting, and occasionally profitable, game whilst in the company of fellow students.

GUNS (Network Gaming)

GUNS hold LAN Parties every month with regular get-togethers on and off line as well. A wide range of games are played, from old classics like Starcraft & Counter-Strike, to current releases including Far-cry & HL2:DM.

IO

IO's meetings alternate between film nights and 'games nights'. On film nights the society's members take the time to watch, and loudly mock, movies or episodes of TV shows. Games nights range from quizzes to team challenges, including their annual version of Children's TV classic 'Knightmare' - you have a bucket on your head, a monster looming somewhere off to your left, and your team helpfully informing you - 'You're in a room'.

Formula Student Team

The Formula Student Team participate in the annual Formula Student Competition which is run by the Institution of Mechanical Engineers. It challenges students to compete as a racing team with a small single-seated racing car. It's run almost like a business so there's places for people that are interested in media, promotion, accounts and finance as well as engineering.

Conservative Party

The Conservative Students' Association stands for individual freedom, liberal economics and a sense of national unity. Their highlights for the coming year include a St Andrews' night dinner, a trip to Hollywood and the opportunity to meet key figures in the party at lectures, debates and less formal events such as pub crawls and sports events.

Labour Club

One of the oldest clubs on Campus (past members include John Smith and Donald Dewar), the Labour Club runs a programme of speaker meetings, debates and social events throughout the year. Working closely with other Labour Clubs in Scotland and the UK they help deliver the values of fairness and equality that the Labour Party believe in.

International Society

The International Society brings together students of all nationalities and gives international students a good footing in Glasgow culture. The society is open to exchange students, students returning from a year abroad, people learning a new language, and those who just want to meet people from around the world.

Taiwan Students Society

The Taiwan Student society is mainly aimed at Taiwanese Students studying at Glasgow. The society helps Taiwanese students quickly get used to studying abroad by organising events for them to get together and meet other similar people.



Late night network-gaming action at one of GUNS monthly LAN parties.

French Society

The French Society gives students learning French and native French speakers the chance to meet and experience each others' cultures through film, theatre, food and nights out. A good way to improve your second language, be it English or French.

Hellenic Society

The Greek society brings together students who are interested in Greek civilisation, tradition and more contemporary Greek culture. Throughout the year they run Greek parties, dinners, sports and cultural events.

Jsoc

The Japanese Society provides a sample of Japanese culture by running a variety of events throughout the year like 'make your own sushi', saki tasting and a film festival as well as language workshops.

Friends International

Friends International is a UK wide Christian organisation that aims to meet and befriend international students who come to the UK to study. They also offer discussion on spiritual matters relating to the Christian faith.

Christian Union

The Christian Union was founded for students to support each other through faith in Jesus Christ. The CU also run courses, for example 'Christianity Explored', for those wanting to learn more about the foundations of Christianity. The Christian Union is set apart from a church environment, but supported by churches in and around Glasgow.

Student Christian Movement

Student Christian Movement is a society of open-minded Christians seeking to explore issues of faith and justice in a friendly environment. Meetings feature challenging speakers including the likes of Kathy Galloway, leader of the Iona Community, and an opportunity to reflect, act and pray. It is committed to an inclusive, radically thought out exploration of the Christian faith.

Turnbull Hall Catholic Society

Turnbull Hall strives to help students achieve their goals and aspirations, develop friendships, and nurture their faith. They organise trips to events such as World Youth Day and places like Iona, Santiago, Lourdes, Taize and Dalmally. One goal of Turnbull is to help turn friendships made at uni into lifelong bonds. Students are also given the chance to perform various types of ministry.

Muslim Student Association

GUMSA represents Muslim students at the university and seeks to nurture relations

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

Hindu Society

The Hindu Society aims to provide a religious platform for Hindus to meet and help fellow students whilst simultaneously aiding integration between Hinduism and other religions in the UK. Previous years have included trips to the Highlands, movie nights, yoga sessions and Diwali celebrations featuring fireworks, curry and a movie.

Pagan Society

Paganism is an umbrella term covering many faiths including Wicca, Druidry and Heathenry. The common factor is reverence for nature - respect and admiration for animals, plants, and the world as a whole. The Pagan Society run both formal moots, involving talks and workshops, and more social moots at the pub. The Pagan Society also provide support for anyone who is experiencing religiously motivated discrimination and they aim to raise general public awareness of Pagan beliefs and practices.

Alive

Alive stands for "a life is valuable for everyone". They believe everyone has a right to life – a right to be valued, respected, and protected at every stage of their life. They want to share this belief with the University.



Rev. Stuart McQuarrie sits in a cage made by Amnesty to remind people of unfair imprisonment across the globe

Lesbian, Gay, Bi-Sexual and Transgender

The LGBT Students Association organises socials, drop-ins and several large events throughout the course of the year to help support it's members, ranging from history workshops to nights dedicated purely to partying. Students can also meet up with a couple of their members away from the crowd through their befriending scheme.

Amnesty International

Part of the larger Amnesty Worldwide movement concerned with protecting human rights; their aims are to raise awareness of abuses like torture and unfair imprisonment, and to take action where they can by writing letters to governments about specific cases. Guest speakers regularly attend to talk about human rights issues, members also attend conferences and run stalls.



“

If I ended up leaving university tomorrow without a degree I wouldn't regret it. I've spent my time meeting great people and doing really exciting things. You have to take a break from study and do some other stuff. It should be less work more play until exam time comes around.

”

Heather Spurling
SRC Vice President
(Activities and Development)

Student Action for Refugees (STAR)

Student Action for Refugees has 5 established projects working locally in Glasgow, from helping refugee kids with homework to legal research and media analysis. Refugees are amongst the most vulnerable and impoverished groups in Britain, and also the most victimised and neglected. STAR help people rebuild their lives and try to make the system fairer.

Dirty Weekenders

This years Dirty Weekender projects have included planting hedgerows and clearing streams at Linnpark (Glasgow), building a path and planting in the University's Wildlife garden, and Rhoddy bashing on the Isle of Arran. Dirty Weekenders is all about getting your hands dirty, seeing more of Scotland and learning some practical conservation skills at the same time.

People and Planet

People & planet is part of a nationwide network of student campaign groups focused on issues like poverty, world peace, Fairtrade, Aids and the environment. People & Planet were one of the groups responsible for the University receiving Fair Trade accreditation last year.

Duke of Edinburgh

The Duke of Edinburgh Society meets weekly to assist those who've already started the award as well as students who just want something to enhance their CV. Meetings offer a chance to learn new skills, such as First Aid and camp craft.

Scouts and Guides

The Scout and Guide Club's activities are possibly the widest ranging of any club including traditional Scouting activities like swimming, cycling, sailing, climbing, hill walking as well as other sports, cultural, social and adventure pursuits. Members don't have to have been a Scout or Guide, and they don't wear uniforms.

Students into Enterprise

Students into Enterprise run a variety of workshops, competitions and events which aim to help their members be more innovative, inspiring and unique. They also support and advise students looking to set up new businesses.

Med-Chir

The Medico-Chirurgical Society is for medical and nursing students, founded in 1802 it is one of the oldest medical societies in the world. In fact at some time long ago Med-Chir owned West End beauty spot the Botanic Gardens. Med-Chir is primarily a social society, running parties, field trips to other Universities, sporting events, and regular educational talks from specialists in their field.

Earth Science Society

GUESS aim to show students outside the department as well as those within it the interesting side of Geology. They hold social events throughout the year, which as well as being fun can prove beneficial to members who'll get to know both students and staff.



As well as camping the Scouts and Guides' activities include cycling, sailing and climbing

Alchemists Club

The Alchemists' Club is a society designed for chemists, it is the oldest chemistry soc in the country, founded in 1916, and is one of the largest societies on campus. They organise chemistry lectures and events for education as well as parties to enhance the social life of chemists.

EGEA

EGEA is the European Geography Association, which acts as a network around Europe with knowledge and information for geography students and young geographers. EGEA organises congresses, student exchanges, hosts foreign students and takes part in activities across Europe. They are open to all students, not just those who study Geography.

Alexandrian Society

The Alexandrian Society aim to promote classics, the perception of classics and classically related subjects within the University. They run talks, plays, quizzes, parties, film nights and discussion groups. Founded in 1887, the Alexandrian Society is one of the oldest student societies at Glasgow University.

JogSok

The Geography Society run events every fortnight including wine tasting, guest lecturers, pub quizzes, discussions and ceilidhs. Jogsok involves staff as well as students in their events. This includes persuading staff to sponsor bottles of alcohol and subjecting them to routine humiliation.

Sports Clubs

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

Sports

GUSA

While you're having fun getting to know Glasgow and the people in it it's easy to forget that you need to keep looking after yourself. Glasgow University Sports Association gives you the chance to do both at the same time. Working alongside the Sports and Recreation Service (SRS), GUSA promotes sport across campus and helps to provide the first class gym, training and coaching facilities available at Glasgow.

Membership of SRS costs £30 and automatically makes you a member of GUSA. Access to the kind of equipment and facilities provided by clubs and the gym would cost a small fortune in the real world so it's worth taking advantage now. See *Live* [p78] for more info on sports facilities.

Clubs

GUSA runs 46 clubs, ranging from traditional Scottish sports to extreme American imports. Once you are a member of GUSA you are free to try out as many of these as you like. Most will lend you all the equipment you need to get started (from guns to parachutes) but bear in mind that you might have to fork out for your own equipment in the long run. Trial sessions for non members run throughout the year so keep an eye out if you feel like trying something new.

The largest memberships (and followings) are normally associated with Britain's big team games - rugby, football, hockey etc. - and these usually have both men's and women's teams. Competition can be hard for places in the first teams but what more would you expect for squads playing in the top student leagues in the UK. The men's football team is even eligible to qualify for the Scottish FA Cup so a clash against Rangers or Celtic isn't impossible.

Some of the more specialist clubs offer you the opportunity to try out sports you may never have heard of, let alone tried. Gaelic Football and Shinty will probably be unfamiliar to anyone from outside Scotland, Ireland or Wales but they will prove popular



The Ski and Snowboard Club compete at various UK slopes

with those who like their sports fast and physical. Similarly you may not have brandished a sword or fired a gun before but clubs are available to let you do just that (all under expert supervision of course).

Considering the beautiful scenery available just miles outside Glasgow it can be worth getting involved in some of the outdoor pursuits just to see some more of the countryside. But sports like mountaineering, orienteering and sailing will keep both your mind and body in shape too.

GUSA are based on Oakfield Avenue and more information on all services can be found on their website www.gla.ac.uk/gusa



“

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

”

Vikki Jackson
GUSA President

Volunteering

Student Community Action

An SRC organisation, Student Community Action aims to give students the chance to undertake volunteering opportunities both on and off campus and provides a valuable link and input into the local community.

Some of the projects supported by SCA (e.g. Dirty Weekenders and STAR) are also societies in their own right and are covered in *Clubs and Societies* [p34].

The following are just some of the projects SCA is involved with. Other opportunities often arise and SCA frequently works with external organisations such as The Muslim Women's Resource Centre, Barnados, Enable and Glasgow Women's Library.

More information can be found on the SRC website or by visiting SCA on the 1st floor of the John McIntyre Building.

Assistant Sports Coaching

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

Buddy a Granny

Volunteers chat to and entertain residents from one of several homes for the elderly. This might involve anything from simply chatting over a drink to playing games from dominoes to carpet bowls. No special skills are required but those willing to play an instrument, sing a song or read poetry are particularly valuable.

English for Doctors (EDS)

Aiding refugee and asylum seeker medical professionals who need to attain a high level of English to practice medicine in the UK. E.D.S. provides supplementary practice in preparation for the completion of basic English requirements. The doctors are aiming to practice medicine in the UK but conversation does not need to be medically based.

GUSH

Working with Glasgow Simon Community Soup Kitchen, volunteers hand out tea, coffee, hot chocolate and biscuits and lend a friendly ear to rough sleepers in Glasgow.

Splash

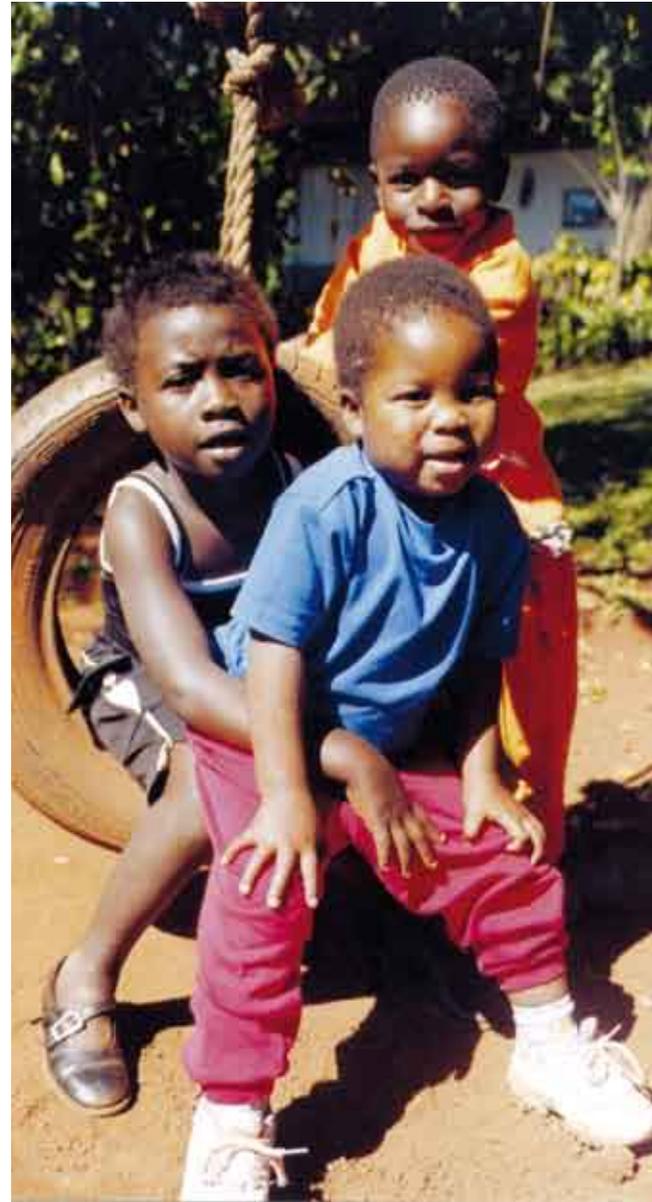
Students volunteer to help children, primarily with special needs, to swim. Volunteers are not coaches, but are there simply to assist in lessons. No previous experience is needed but an ability to swim is essential.

Student Tutoring Scheme

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

Nightline

The SRC's telephone listening service runs from 7pm-7am every day during term time. They are always looking for new volunteers to help give out information and offer support.



SVA projects take place in India, Mozambique, Nepal, Senegal and South Africa. Tackling poverty and exploitation and building an awareness of HIV/AIDS are hugely demanding but extremely rewarding challenges. The time and effort put in to fundraising makes the experience all the more satisfying.

Student Volunteers Abroad (SVA)

SVA offers university students in Glasgow the opportunity to get involved in community and environmental work in developing countries during their summer holidays.

SVA work with local organisations on sustainable projects that help to provide long-term assistance in dealing with local issues ranging from HIV/AIDS education and awareness in South Africa to soil erosion in Nepal. We aim to promote awareness amongst students of the local social, environmental and health issues that affect the developing world and to encourage cultural links and exchange.

Project activities are not laid down - volunteers have the freedom to plan their own project goals. Volunteers are also responsible for organising fundraising events in Glasgow throughout term time.

www.gla.ac.uk/clubs/sva

Making it

Ever look at someone you admire and jealously wonder how they got their job? Whether they're a film director, a BBC war reporter or a record label boss, the chances are they got their break because of what they achieved at University.

First, the bad news - your degree is not enough. There is no course which qualifies you to be a travel writer or a Downing Street spin-doctor. Just ask the thousands of graduates slaving away in call centres and fast food restaurants.

Now the good news: at Glasgow University, you have the opportunity to transform your future. As you've just read, you can train yourself to be a TV presenter, run a radio station and become a human rights activist. It all starts right here.

People like Donald Dewar, Andrew Neil, Peter Mullan and Charles Kennedy didn't succeed just by drifting through their degrees. They tried out new things and built new skills.

You may be thinking, "I don't know what I want to do." You don't have to. The most important thing is to try out new things and explore your talents. Succeeding at University isn't about grades; Success is discovering your strengths, your passions and your ambitions.

And what's more, you can do all this simply by having a good time. Believe it or not, presenting a hip-hop show on Subcity Radio or doing musical theatre with children in Africa will give you the ideas, the personal skills and the creative experience which employers crave.

Here at Glasgow you have a licence to pursue truly life-changing experiences. And if you want to pay off your graduate debt by doing something creative, this is your chance to get ahead.

1st year is the time to get started. Join a few clubs, get to know the team, help organise the events and then decide which one's for you. Do you want to direct your own play? Organise an expedition to Nepal?

Get involved now, meet like-minded people and forge your big idea. Then, in 2nd year, hatch your plans to transform your society into something altogether better. That way by 4th year, when you're chained to the library desk, studying til you drop, you'll be satisfied that you've seen the world and lived Glasgow to the full.

As the University is only too quick to point out, Glasgow gains consistently high awards for the quality of its teaching and research. So if you want to succeed in the traditional academic way - as a lecturer, a scientist, or a fine art historian. - then you're still in the right place.

But even if you've already set your heart on your vocation you can still take advantage of the opportunities in front of you. Volunteering and helping others can be incredibly rewarding and will help you gain skills that will be vital in all aspects of life.

If you have a dream job, a brilliant money-making scheme or a hero you want to emulate, now is your chance. The best way to land your dream job is to do the things that you love.



Former Subcity Radio managers Dougal Perman and Tom Lousada now run Scotland's most successful internet station, Radio Magnetic. Subcity taught Dougal "a lot about music, radio presenting, programming scheduling and branding"

Careers Service

Even with the skills you can build with student media, clubs and societies and volunteering it can still be difficult to know how to sell yourself to employers or even know what you want to do once you finish. You don't need to decide right now, but the Careers Service can advise you on what to do while you're at university to improve your employability prospects.

Careers Service run workshops on learning to assess your skills; writing CVs and covering letters; preparing for interviews; on-line applications; psychometric tests and assessment centres.

The large resource library at 3 University Gardens can provide a fantastic source of inspiration, but if you'd rather talk to someone face to face you can arrange a meeting with a careers adviser. They'll be happy to help you out.



“

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

”

James Morgan
Herald Journalist /
Ex Guardian Editor

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

the basics

choosing and changing courses, using the library, IT

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study and exams

how and where to work, tips on surviving exams

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representation

who to turn to if you need to appeal or face a disciplinary

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support services

the people who will make your life at university easier

p60

The Basics

Getting Started

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

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

SURF

You will have already come across SURF as part of your registration process. The Student Updateable Records Facility allows the university to keep track of information on you and your degree and allows you to change certain information. It's the easiest way to let the university know that you've changed your address and lets you check that your course details and academic record are correct. It's important to check the site regularly to ensure that your details are up to date. Otherwise letters from the university may go astray or you might find out that your department thinks you're enrolled in the wrong course.

Your Adviser of Studies

Probably the first official university person you will meet, your adviser is there to support you throughout your degree. They will help you with course choices and approve what you have chosen in line with what you want to get out of your degree. It's worth developing a good relationship with your adviser. Their experience is invaluable and you might need them to help you out of a tight spot at some point in the future or even act as a referee for your first job after university.

Changing Courses

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

Your adviser of studies is the best person to approach about switching courses. They will be able to speak to the necessary departments and organise the change. Bear in mind however, that you may only be able to switch in the first few weeks of term. After that departments may feel you have already missed too much of their course.

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



It's hard to remember it when the sun comes out but going to lectures is really important. It'll still be sunny later you know.

Attendance

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

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



“

For just about anything that goes wrong at university there are people at the SRC who can help you out.

If it's an education problem then students can come and see me - my door's always open. We need to know what's going right and what's going wrong with courses so we can do something about it

”

Matthew Davies
SRC Vice President
(Education)

The Library

Using the Library

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

The University usually offers Library Tours in Week 0. These give useful background information. But if you're too busy exploring the city and having fun don't worry. The best way to get to know GUL is by exploring it for yourself. But remember not to forget your student card. If you do so, the security guards will not be allowed to let you in under any circumstances.

Kinds of books

Main Collection

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

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

Short loans

High-demand books are kept on the ground

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

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

You can borrow up to 10 1 week loan books. Five renewals are permitted. Only two 4hr or 24hr loans may be borrowed. It is not possible to renew these books so make the most of them when you have them.

Reference Material

The Library stocks various collections of reference material. On Level 3 you will find Past exam Papers, Encyclopedias, Newspaper back issues and current periodicals. The Level 12 Special Collections hosts PhDs and ancient, valuable manuscripts. Recorded Music can be found on levels 2,3 and 4, while Videos and Tutorial answer sheets can be found at the Lending Desk.

Finding your book

There are hundreds of thousands of books in the library. So many in fact that the building is literally sinking under their weight. Finding the book you need by wandering around is...



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

Printing

To print from any of the main Uni Computers, you must first buy Print Credits. These are on sale from machines on Level 3 of the Library at £1 per 20 prints.

It's a good idea to keep your balance healthy in order to: save time queuing for credits when your essay is due in five minutes and because you may want to print from the Reading Room late night, after the library has closed.

Photocopying

The Library may be the easiest place to photocopy, but there are alternatives:

QMU (ground floor)
£0.75 = 15 copies
£1.35 = 30 copies
£2.55 = 60 copies

SRC (John McIntyre)
£1 = 20 copies
£2 = 45 copies
£5 = 120 copies
£10 = 250 copies

Current service soon to be upgraded to include both colour and black and white copying.

Finding Your Book [contd.]

almost impossible. The quickest and most effective way to do it is to search the catalogue online at the library's website www.lib.gla.ac.uk or by using the catalogue computers in the short loan section.

Here you can find a book by entering a title, author, subject or keyword. The broader your search, the more related books the search engine will find. Each item has a record showing which floor it is on, the subject category and its call number (eg Level 7, Law KM459 MAR2). Take a note of this number or you'll never be able to find your book.

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

Booking an Item

If you find that the book you want is out on loan, you can put a 'hold' on it online. This means that when it comes in, you will be notified that the book is being held for you at the Lending Desk. If the book is not due in for over a week, reserving it will automatically give the borrower 7 days notice to return the item. Likewise, other people can put a call out for books which you have taken out on loan, so be aware that you may at any time be given 7 days notice yourself.

Missing items

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

Borrowing and Renewing

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

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

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

Renewing the item will not be possible if someone else has requested it online.

Returns

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

Fines

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



Learning how to use the library catalogue system means you'll always be able to find that vital academic journal with ease

Collection. If you owe the Library more than £2 in fines, then you will not be able to borrow or renew any books until you pay it down to below that level. 5-20p per item per day might not seem like a lot, but when you take four dull books out for an essay and forget about them for a few weeks, you end up having to fork out £20 just for the privilege of borrowing another four. Lost books cost a standard charge of £25, even if they are only a small paperback.

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

Lockers

The Library has a limited supply of lockers for storing your books overnight. This saves you having to haul a sack full of journals up to Murano street, only to haul them back again the next day. To add your name to the waiting list for lockers, ask at the Enquiry Desk on Level 3.



“

Always book your computer. If you don't you risk being thrown off a PC in the middle of an assignment. If you just want to check your email quickly, the best time to get a free computer is ten to the hour - when everyone leaves for lectures, but before the new people come out of theirs.

Shaun Murphy
1st Year Electronics

IT

Facilities

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

The main clusters can be found in the library (256 PCs) and the Reading Room (126 PCs). Considering that there are around 20,000 students at Glasgow competition can be pretty fierce, especially towards the end of term when essays are due. However, if you get into the habit of booking your computer this shouldn't be a problem.

All computers have Word, Exel and Internet Explorer as standard and your account will allow you to store files that can then be accessed anywhere you log in on campus. If you have any trouble logging in, forget your password or find a problem with a machine then the staff at the Computing Helpdesk in the library should be able to help. They can also be contacted at helpdesk@gla.ac.uk

Departmental facilities usually have the benefit of extra software and lower demand so if your department has them it's a good idea to use them. Checking your email and playing games are usually frowned upon but with 24hr access often available who's going to know?

Basic IT Certificate

All students must obtain the Certificate of Basic IT Competence before they can graduate. If you have an existing computing qualification

then you are probably exempt. Either way you should contact the IT Education Unit at www.iteu.gla.ac.uk for more information.

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

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

Moodle

Moodle is an acronym for Modular Object-Oriented Dynamic Learning Environment. In other words it's an online education tool. A lot of courses at university have now started using this system as a means of teaching and providing resources. You will be asked to sign up for Moodles specific to your course and should then have access to relevant lecture notes, online tutorials, articles and downloads from any computer with internet access.

Buying

It's becoming more and more useful to have your own computing equipment for university.



Offshore on Gibson Street offers free wi-fi access and you can plug your laptop in. Remember to buy some coffee though.

With everyone expecting slick presentations and well presented essays, having your own desktop or laptop means you can put together high quality work in the comfort of your own home.

Buying a computer is fairly cheap if you are careful about where you buy from and there are plenty of student discounts available too. The Apple Education Discount Store is only viewable on campus computers and has iBooks starting from as little as £615 (and perhaps more importantly 20GB iPods at £192). The site can be found at www.apple.com/uk/education.

Priceless Computers at 974 Argyle Street is probably the best place in the West End to pick up cheap PCs. They'll build you a desktop PC for £300 that would cost you £1000 in PC World across the road. They also stock a good range of laptops.

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

Google Scholar

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

Lecturers are bound to be sceptical and the potential for plagiarism is obvious but Google Scholar's system means that the top results are generally from respected and trusted sources. For example, one of the criteria for ranking is how many times an article is cited in other publications.

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

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

scholar.google.com

Study and Exams

Study

The Basics

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

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

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

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

For more information on looking after yourself mentally and physically while you're at university see Live p72.

Study Spaces

The Main Library is by far the most common study haunt, due to the abundance of resources close at hand and the facility to book study rooms for group work. There are plenty of distractions but if you don't mind these, the library will be your home from home. But even so, at busy times of year it can be near impossible to get a seat in the library, so it is worth considering the alternatives.

The GUU is home to several small libraries and study rooms, open all night long. The rooms are quiet and you can study with a pint at your side, although the temptations of the Beer Bar and arcade games are often difficult to resist.

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

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

Exams

Despite gradual movement towards continuous assessment, exams still count for the biggest chunk of marks in most courses. Even so, year upon year, otherwise diligent students trip



Finding a quiet spot in the library is difficult, so try not to get distracted by the pretty architecture once you've got one

themselves up by failing to properly prepare for their exams. The following points might seem obvious but following them will make your university life a lot easier.

Before Revising

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



“

Making good exam notes means you can look over them on the day. But you can't get up in the morning and read War and Peace - there just isn't the time.

”

Matthew Davies
SRC Vice President
(Education)

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498 Gt Western Rd, Glasgow tel 0141 357 3333

Hair & beauty at 25 Bothwell Rd, Hamilton, tel 01698540777



There are plenty of distractions from study in the library. Just try and remember to go back.

Before Revising (cont.)

know you only have to write two essays out of ten choices you can focus your revision.

Find out the weighting of your exam and balance your revision time appropriately. Spending the same amount of time revising for an exam which counts for 5% as an exam which counts for 25% makes no sense. An A in the latter one counts for 5 A's in the first.

Before your exam

Find out where your exam hall is. You spend all year in the same two lecture halls, then for your exams they send you off to the darkest, hardest to find corners of the University. If you don't know where Turnbull or Bute Halls are then find out. See *Appendix, Campus Map* [p171]

On the day

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

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

carefully. In every exam, there is a student who does perfect revision, writes three great answers and comes out happy, only to find out you were only supposed to answer one question.

Missing an exam

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

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

Re-sitting exams

If an exam you miss or fail is a degree exam, then you may have to register to take the re-sit during the summer. This will then count as either your first or your second attempt at the exam depending on whether or not you provided a good reason for not making it the first time. If it's your second attempt the maximum you can be awarded is a D.

Appeals and Discipline

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

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

Academic Appeals

If you believe that illness or other mitigating circumstances had affected your academic performance in any piece of assessment or any examination, do not wait for the outcome of your exams before deciding to disclose your circumstances. Whilst it is understandable that you may be worried about talking to a staff member or your Adviser of Studies about sensitive personal issues, remember that unless staff are made aware of your circumstances, they will not be in a position to be able to help you. Most problems can be effectively dealt with before your academic performance suffers, if they are dealt with at an early stage.

In accordance with the Code of Assessment it is your responsibility to bring any such circumstances to the attention of the University. The Code of Practice on Incomplete Assessment and Good Cause (22.1(iii)) also states that if you feel you have been prevented by good cause from completing an assessment or that your performance has been seriously

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

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

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

If you choose this option you have 10 working days from the date that you were advised of the decision against which you want to appeal to submit an 'Intimation of Intention to Appeal Letter' to the Clerk/Secretary of the Faculty that you are registered in. Information on Formal Academic Appeals can be found at the SRC Advice Centre. Ideally, your appeal will be upheld without you having to attend an oral hearing; however, in the event that this does occur, SRC Advisers will generally be able to accompany you and provide representation at the oral hearing.



Appeals can be worrying, but the SRC Advice Centre can help

All the procedures for governing Academic Appeals can be found on the University Website: <http://senate.gla.ac.uk/calendar>

Discipline

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

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

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

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

Class Reps

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

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

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

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

Support Services

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

SRC Advice Centre

The SRC Advice Centre is a good starting point for any problems you have at university. As well as advising you on how to go about making an appeal or supporting you through a disciplinary process they can also advise you on how to avoid getting into those situations in the first place. The advice you receive is impartial and confidential and if they can't solve your problem for you they are certain to know who can.

www.glasgowstudent.net/advice

Disability Service

The Disability Service provides academic assistance to any student who has a disability or special need.

You should contact the Disability Advisers if you are seeking any Library Assistance, if you need help applying for the Disabled Students' Allowance, or if you require Special Examination Arrangements.

Equally, if you are the parent or friend of someone with special needs, the service

can help you find the right support for any academic difficulties they may have.

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

www.gla.ac.uk/services/studentdisability

Disabled Students Allowance

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

Disability advisers are available to assist in the completion of the necessary forms.

Dyslexia

Students who think that they may be Dyslexic can have access to the Disability Advisers for advice and support. The Advisers offer a completely confidential interview which will allow a 'Screening for Dyslexia' process to take place.

Dyslexic students who wish to register for learning assistance or extra time for exams must produce evidence of an up-to-date Dyslexia Assessment Report, which meets the requirements of the University.

Special Examination Arrangements

Any student requiring special arrangements



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

for examinations in relation to an ongoing disability or special need must inform Disability Service and provide written evidence to support any requests in good time.

Arrangements may include:

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



“

Don't be afraid to use the Disability Service. All the advisers are really helpful and you'll be surprised by how much they can help. Thanks to them I was able to get the equipment I needed to help me study with dyslexia.

”

Matthew Sillars
3rd Year Computing

Assistive Technology

The Assistive Technology Centre on Level 5 of the Library allows enhanced access to the web, email and other networked resources using assistive software, scanners, large monitors, specialist keyboards and other peripherals. They can also advise you on availability of Induction Loops and loan out appropriate IT equipment. The facility is open to all students with a disability at Glasgow University.

They also employ a full time IT adviser who:

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

The Centre is open during University Library hours and can be reached by phone on 330 2340 or by emailing:

metta.mcleod@admin.gla.ac.uk

Student Learning Service

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

to speak to an Effective Learning Adviser from your faculty. Their job is to give you advice on any learning concerns. Contact details for the ELAs are on the website.

Student Learning Service is based in the Reading Room and can be contacted at studentlearning@gla.ac.uk or found online at www.gla.ac.uk/sls

Student Network

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

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

www.gla.ac.uk/studentnetwork

International Student Support

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

The International Student Adviser can help you with all aspects of studying at Glasgow, from visas and immigration issues



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

to employment, finance and registration with the police and medical services. They can also help you with day to day educational matters including advice on cultural differences between education systems and availability of language improvement classes. See *Meet* [p30] to find clubs that can help you improve your language skills informally.

The International Student Adviser can be found in the Student Recruitment and Admissions Service at 1 The Square.

www.gla.ac.uk/studying/international

Nursery

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

the university operates a nursery to help out. Competition for places is stiff so it's a good idea to put yourself on the waiting list as soon as possible. Even so if you are looking for baby places you may never get off the waiting list and should probably think about trying to find alternative child care arrangements.

The outlook for 2-5 year olds is better and children should be placed relatively quickly by Kidcare Ltd, who run the nursery on the University's behalf, though you should still expect a reasonable wait.

The Nursery costs £421.63 per month full-time, £210.82 per month part-time (based on 2.5 days per week) or £19.46 per day session but it is possible to apply for subsidies.

www.gla.ac.uk/nursery



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where the right job looks for you



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

food

supermarkets to delis, diet, cooking

p68

health

exercise, medical, coping with stress, support

p78

accommodation

halls, flat hunting, buying, the law, safety

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legal and money

dealing with the police, dealing with money

p112

Essentials

Food

In a recent survey Glasgow came out as the most expensive place to live in the UK, outside of London. This was largely due to the exorbitant price of food. However, there are ways of reducing your food bill and at the same time getting a better range of food and higher quality ingredients.

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

Supermarkets

The first thing you learn is that supermarkets in the West End are not your friend. In fact, they are usually overpriced and pretty hopeless.

None more so than **Somerfield** on Byres Road. They lure you in with promises of sandwich bar, noodle and curry counter, pizzeria and rotisserie. Thing is, such aspirational shopping costs an arm and a leg. So you head resolutely to the back of the supermarket where the aisles are mean and narrow and absolutely zero effort is made on presentation. This is where you find the 'basics'. And it is definitely pretty basic. But to make matters worse even the 'basics' cost a fortune.

You are far better off going to **Morrisons** next to Partick train station. Much larger than Somerfield and significantly cheaper. It also has an instore bakery and reasonably

large deli counter in addition to a noodle bar and rotisserie. You are also more likely to find some decent bashed tins reductions (check the fridge beside the milk).

For a thoroughly non-aspirational shopping experience try **Iceland** next to Hillhead Subway or Farm Foods at the bottom of Byres Road. Iceland is no longer 100% GM free (apparently customers weren't interested) but you can't argue with its special offers. Buying a packet of fish fingers usually entitles you to a week's worth of free food - from ice cream to oven chips - that you'll probably never eat but can't resist taking anyway. Just try not to think about the ingredients.

However, the best supermarket in the West End is **Lidl** on Maryhill Road, near St Georges Cross Underground. Don't be put off by the obscure European brands – a lot of them are much better quality than the one's we're used to (and considerably cheaper). Particularly good for fruit juices, tinned food, cheese and fresh meat – as well as a comprehensive range of frozen foods, household products and cheap alcohol.

But for many essentials the supermarkets are undercut and completely outclassed by some of the excellent independent shops in the West End.

Fruit & Veg

If you're living in the West End there's no need to buy fruit and vegetables from the supermarkets. Aside from the fact that they are a chemical heaven, they are also super pricey. Byres Road has three decent greengrocers, all of which offer student discounts.



Solly's is just one of the fantastic independent food shops in the West End. Worth a visit.

De Marco's at the bottom of Byres Road (opposite Farmfoods) offers a basic selection of local fruit, vegetables and fresh herbs. It's now under new management however and the more exotic end of the fruit scale has started to appear.

Andersons half way up Byres Road, next to Hillhead Underground, is more up market with a wider selection of prepackaged salads and a decent range of flowers spilling out onto the street.

Probably the best place to buy fruit and veg in the West End is **Roots & Fruits**. They have a branch on Byres Road (next door to Somerfield) and a second shop on Great Western Road. They stock a huge selection of organic produce, whole foods and healthy snacks as well as a comprehensive range of well priced basics.

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

It is also worth trying **Hakim Bros.** on Woodlands Road and any of the grocers on Dumbarton Road for some super cheap fruit and veg, their range tends to be a bit more limited.

Meat, Fish & Pulses

While greengrocers in the West End thrive, butchers are almost non-existent. However, you can save a fortune on chicken and lamb by going to the specialist Asian and continental shops in the Woodlands area and buying...

Glasgow Farmers' Market

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

Around 40 farmers attend each market, selling a wide range of fresh organic produce including meats, poultry, cheeses, eggs, vegetables, seafood and bread.

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

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

Since farmers tend to be early risers the market is usually over by mid afternoon, so you'll have to make an early start if

Food [contd.]

Halal meat. The best of these shops is KRK on Woodlands Road where you can also buy all your spices, rice, lentils and pulses at wholesale prices.

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

Delicatessens

For a truly West End experience (for which read great but expensive) you can't beat shopping in some of the city's excellent delis. On Byres Road, **Peckhams** (which also has stores on Clarence Drive and Hyndland Road), **Kember and Jones** and **Heart Buchanan** fight it out for supremacy.

Heart Buchanan probably has the most character but all three sell excellent meats, cheeses and cakes as well as an array of expensive snacks that you don't really need. Better than all these though is **Delizique** (corner of White Street and Hyndland Street). Virtually undiscovered by most of the usual west end deli crowd this is a breath of fresh air - with a fruit and veg selection which outshines any of the others and staff who don't mind taking a bit of time to advise you on your purchase.

24 hour shopping

Unfortunately there are no 24 hour supermarkets in the West End but there are plenty of places which at least provide smoking and snacking related products, including:

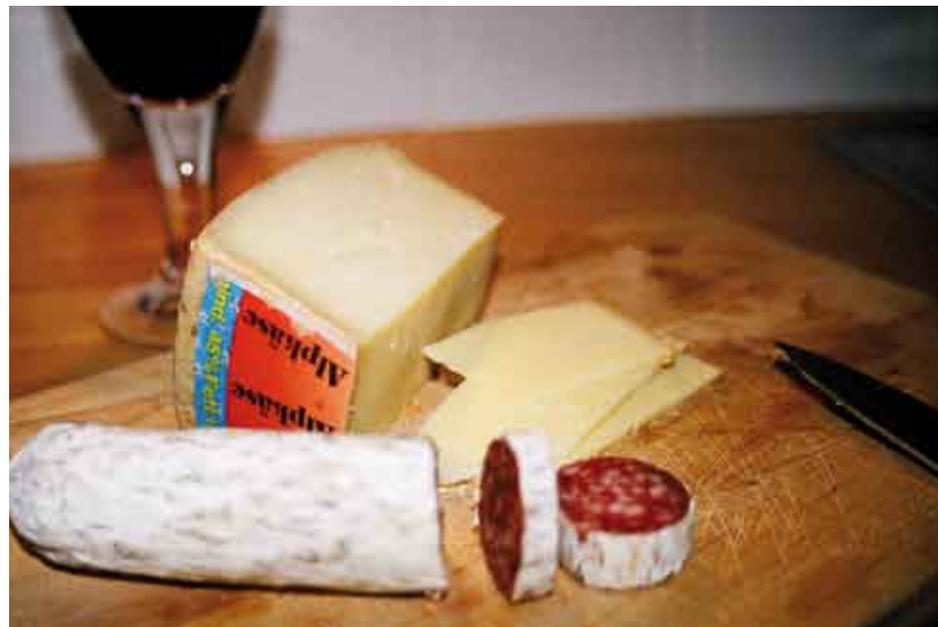
Co-op: 470 Great Western Road, G12
Mo's: 532 Sauchiehall Street, G2
 258 Great Western Road, G4
 310 Dumbarton Road, G11

Shop 24/7: 404 Byres Road, G12

Late night off-sales

Generally you can't buy alcohol from an off license or a supermarket after 10pm. Fortunately, there are a couple of places in the West End where you can:

QMU: members can buy cheap alcohol until 2am
Tennents Off Sales Byres Road: licensed until midnight
Peckhams Byres Road: licensed until 11pm



Delis are expensive, but sometimes you just need some pretentious cheese and sausages

Other Essentials

Pharmacy

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

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

Household

IKEA is now the obvious student choice for cheap household goods. Love it or loathe it, it's easy to see why IKEA is putting everyone out of business. Everything you need to 'make house' at dirt cheap prices, with a nod towards all the latest design trends. Only 10 minutes drive from the West End if you have a car. If not, the number 27 bus runs every hour

from Partick X (bottom of Byres Road) to Braehead Shopping Centre (5 minutes walk from IKEA). Alternatively, the number 55 bus from Buchanan Bus Station stops outside IKEA and runs every half hour.

Staying local, there are many cheap hardware stores on Dumbarton Road selling everything from batteries to pots, woks and coffee makers. **Woolworths** still comes up with the goods when you need it and **Au Naturelle** in Partick and on Woodlands Road usually stock good basic crockery and accessories amongst the nonsense.

Key Cutting

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

Diet

The stereotypical student diet consists of baked beans, takeaways and cheap cider. However, most people work out pretty quickly that fast food is far too expensive and beans on toast doesn't really satisfy. What you eat affects your health in a multitude of ways. From concentration to bad skin, bad breath, and low energy levels. And that's not to mention what a bad diet does to your figure.

The good news is that eating well needn't be expensive or difficult.

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

Bread, cereals and potatoes

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

Starchy foods are rich in carbohydrates, an important source of energy. They are also a good source of B vitamins, and contain some calcium and iron. Starchy foods such as bread, cereals and potatoes should form the main part of your meals. Choose high-fibre varieties whenever you can.

Fruit and vegetables

- All fresh, frozen and canned fruit and vegetables
- Salad vegetables
- Beans and lentils

Fruit and vegetables are an excellent source of vitamins and minerals. Try to eat at least five portions of fruit and vegetables each day. Include some fruit and vegetables, and choose a wide variety to ensure you are getting all the vitamins and minerals you need. Dried fruit and fruit juice can make up some of the choices from this group.

Milk and dairy foods

- Milk
- Cheese
- Yoghurt and fromage frais.

Dairy foods are a good source of protein, calcium and vitamins A, D, and B12. They can also be high in saturated fat. Choose lower-fat versions whenever possible. If you are vegan then you will need to find alternatives. The table opposite should help you get the right balance.

Meat, fish and alternatives

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

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

	Benefits	Food Sources
Vitamin A (and beta carotene)	Eyesight, growth, appetite and taste	Liver, fish-liver oil, carrots, green leafy vegetables, egg yolks, milk products, yellow fruit
Vitamin B1 (Thiamin)	Nervous system, digestion, muscles, heart, alcohol damaged nerve tissue	Liver, yeast, rice, wholemeal products, peanuts, pork, milk
Vitamin B2 (Riboflavin)	Growth, skin, nails, hair, eyesight	Milk, liver, yeast, cheese, green leafy vegetables, fish
Niacin (formerly B3)	Converts food into energy, building red blood cells	Liver, whole grains, eggs, avocado, peanuts, fish, meat
Pantothenic acid (formerly B5)	Converts food into energy, natural stress remedy, fatigue, allergies, asthma, psoriasis	Fresh fish, liver, chicken, mushrooms, cauliflower, potatoes, whole grains, yeast, dries beans and peas, avocado, oranges, bananas, nuts, dairy
Vitamin B6 (Pyridoxine)	Prevents skin conditions, and nerve problems, protein and carbohydrate absorption	Fish, bananas, chicken, pork, whole grains, dried beans
Folate, folacin, folic acid (formerly B9)	Production of red blood cells and preventing birth defects	Carrots, yeast, liver, egg yolks, melon, apricots, pumpkin, avocado, beans, wheat, green leafy vegetables
Vitamin B12 (Cobalamin)	Red blood cells, formation of the nerves	Fish, liver, beef, pork, milk, cheese
Vitamin C (Ascorbic acid)	Immune system, protection against viruses and bacteria, healing wounds, reducing cholesterol, cell life span	Citrus fruit, berries, tomatoes, cauliflower, potatoes, green leafy vegetables, peppers
Vitamin D (Calciferol)	Bones and teeth	Cod liver oil, oily fish, milk
Vitamin E (Tocopherol)	Anti-oxidant properties	Nuts, soya beans, vegetable oil, broccoli, sprouts, spinach, eggs

Cooking

Learning to cook for yourself and others can be one of the most enjoyable things you do at university. It's satisfying, relaxing, healthy and definitely cheaper than eating ready meals all week.

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

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

Roast Dinner

The roast dinner is *the* classic British meal. As well as being a great way to impress your friends it's actually a pretty easy thing to do. As long as you've got a few hours to spare for the cooking itself you'll be fine. The only difficulty you're likely to come across is getting the timings right and not having two roasting tins.

Ingredients

1 whole chicken (2.5kg will easily feed 4)
2 medium size potatoes per person - peeled and chopped
1 whole bulb of garlic
1 lemon
Butter
One other vegetable for roasting (parsnips

and carrots usually go down well) - peeled and chopped
Greens (cabbage, beans, broccoli - whatever you fancy)
Vegetable oil

Method

Heat your oven up to 200°C/Gas Mark 6 and start boiling water for the potatoes and other roasting vegetables in the biggest pan you have.

Put the chicken in a roasting tin and cut the string that holds it together. Massage plenty of the butter in to the skin (about 50g). This will keep it moist and reduce the need for basting. Now squeeze half a lemon over the bird and throw the shell into the tin once you're done. Put the other half inside the chicken along with half the garlic bulb and another chunk of butter. Throw the other half of the garlic bulb into the tin and sprinkle some salt and pepper over the top.

You can now put the chicken in the oven and concentrate on the rest. You really shouldn't have to touch it again until it's ready but you may find you need to move it around the oven to make sure everything is ready at the same time. Cook the chicken for half an hour plus 20 minutes per 500g. You can adjust this according to taste but make sure it's cooked thoroughly before eating (the juices should run clear when pierced).

Now put the potatoes and other roasting vegetables on to par boil before they go in the oven. If you don't do this they'll end up burnt on the outside and raw in the middle. It should take about ten minutes - or until they



Learning to cook a variety of meals will impress your friends and ensure that you never get bored with what you're eating. You'll still end up eating takeaway food though. You just can't resist.

can be easily pierced with a fork.

Heat up some oil in your other roasting tin and then sling the vegetables in. You can put honey or parmesan (particularly good with parsnips) on top but it's not vital. The vegetables should stay in the oven until the chicken is ready but this depends on the size of the bird of course. They're ready when they turn golden brown on the outside.

Once the chicken is cooked it needs to stand for ten minutes before carving (one, it's easier and two, it retains moisture better this way). Use this time to quickly boil your chosen greens. Don't boil them into a mush - they're much better when they're crisp.

Lastly comes the gravy. Take the chicken out of the tin and then put the tin on the hob. Boil up the juices, adding water if you want more gravy and maybe a bit of flour to thicken it up. The alternative is to use a gravy powder (like Bisto) instead of flour. But never ignore the juices in the pan - they're the best bit.

Now sit back, relax and hope somebody else will wash up.

Equipment

You don't need to go out and blow your entire loan cheque but getting a few essentials will make things a bit easier.

Pans

Get the heaviest bottomed ones you can for general use - you'll find you burn a lot less food. An omelette pan or small frying pan is always useful and at least one roast tin is pretty essential. If you can afford a griddle pan you will find it invaluable.

Knives

You have to have sharp knives in the kitchen. Not only do you get things done quicker but they're a lot safer too - one good utility knife, one serrated and one larger carving knife should do you. A bread knife is always handy too.

Utensils

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

Burns Night

Burns Night is a celebration of the life and poetry of Scotland's best known poet, Robert Burns. He is probably most well known as author of Auld Lang Syne.

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

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

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

If the haggis makes you nervous then it might be worth getting

Bolognese Sauce

Bolognese is one of those meals that everyone should know how to make. You can serve it with any kind of pasta you like and once you know how to do it you can easily make chilli con carne (just replace the herbs with chilli powder and sling some kidney beans in to the mix) and a load of other mince related dinners. You can also make it vegetarian with ease so it's a good utility meal.

Ingredients

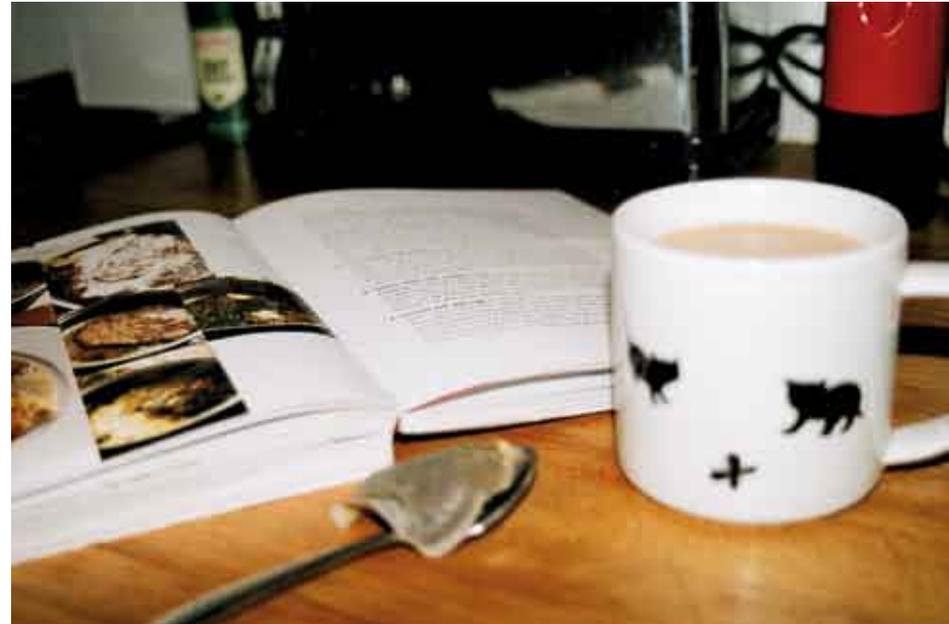
500g minced beef, lamb or Quorn
1 or 2 tins of chopped tomatoes (depending on how far you want to stretch it)
1 pint stock (beef or vegetable)
1 large onion - finely chopped
Tomato ketchup
2 bay leaves
1 tsp oregano
2 or 3 cloves of garlic (crushed)
Vegetable oil
Mushrooms (optional) - sliced
Red wine

Method

Heat up some oil in the biggest pan you've got and throw the onions in. You want them to soften up rather than cook right through so keep the heat fairly low. Once they start turning golden you can add the mince to the pan along with the crushed garlic and mushrooms if you're using them. Turn the heat up a bit. You'll need to keep stirring it to stop it from sticking.

Once the mince has browned through, pour the tomatoes in and turn the heat down again. Make sure it's all thoroughly mixed in and then add a little of the stock, the bay leaves, oregano, a dash of red wine and a generous squeeze of ketchup (okay it's cheating but it helps to thicken, sweeten and flavour the sauce all at once).

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



Buying a good cookery book is essential. So is having a cup of tea while you cook.

Grilled Mackerel and Shallow Fried Potatoes

Ingredients

1/2 mackerel (whole or filleted) per person
2/3 potatoes per person - chipped or sliced and par boiled for 5 minutes
1 lemon
Butter
Vegetable oil
Olive oil

Method

Really easy and really satisfying, this is a fantastic quick meal. Fish is brain food allegedly so it should be good for exam time.

Put a fairly shallow pan on a low heat and let it get hot before sliding a generous slice of butter and a good helping of oil in to the pan. If it turns black or starts smoking heavily then

start again. The last thing you want is a fire.

Now pour the potatoes in to the pan. The oil and butter should almost cover them. They need to cook slowly so make sure the oil is only bubbling gently. Depending on how many you're cooking, the potatoes should take about 20 minutes.

The fish will only take 5 to 10 under the grill (or even better, on a griddle) so get it started once the potatoes are well under way. Rub it with some olive oil and salt and pepper before you put it on. Turn it once or twice during cooking.

Remove the potatoes from the pan and put them on to a bit of kitchen towel to get rid of the excess oil. Throw them on to a plate with the mackerel, a slice of lemon and a pile of watercress. Delicious.

Exercise

For thousands of years, physical activity has been associated with health. Today, science has confirmed the link, with overwhelming evidence that people who lead active lifestyles are less likely to die early, or to experience major illnesses such as heart disease and diabetes.

Why exercise?

Evidence shows that regular exercise can:

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

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

SRS

As well as promoting healthy living on campus the University’s **Sports and Recreation Service** provides a whole range of services and facilities.

Classes and Courses

SRS runs classes and courses throughout the year that can teach anything from rock climbing and self defence to yoga and dance.

They also run services aimed specifically at over 55s and at children - encouraging exercise throughout your life.

In the pool SRS staff teach everything from the basics of swimming right through to accredited lifeguard courses.

Facilities

Generally referred to as the gym, the **Stevenson Building** on Oakfield Avenue hosts two squash courts, a muscle conditioning room, 25 metre pool, two cardiovascular areas, a sports hall and exercise studio.

To complement the gym facilities there are impressive outdoor facilities at Garscube sports complex including: 2 grass rugby pitches (1 floodlit); a grass floodlit training area; a grass shinty/lacrosse pitch; 2 multi-purpose floodlit synthetic pitches; 3 floodlit tennis courts; 3 grass soccer pitches and a cricket oval. Indoors there is an exercise studio, cardiovascular and muscle conditioning area.

You can also book indoor basketball, football and badminton at Kelvin Hall through SRS. It's cheaper than normal this way so if you're in a five-a-side team then you'll make your membership costs back in savings in no time.

The Stevenson Building is open from 7:30am to 11pm Monday-Thursday; 7:30am-9:30pm Friday; 9am-6pm Saturday and 10am-6pm Sunday so there's no excuse for missing a trip even when studying for exams.

Up to date info on classes and opening times can be found on the SRS website.

www.gla.ac.uk/services/sport



Joining the gym isn't the only way to keep in shape, but when the rain starts this guy is going to be in a lot of trouble. Indoor sports will let you keep fit during Glasgow's long winter.

How much will it cost?

Membership of the Glasgow University Sports and Recreation Service costs just £30 a year for full-time students. This will give you unlimited use of all the facilities at both the Garscube sports complex and at the Stevenson Building and entitle you to join any of the GUSA (Glasgow University Sports Association) affiliated clubs [more information on GUSA can be found in *Succeed* on p36]

Giving it a try

If joining a sports club doesn't appeal, and you're not sure whether it's worth your while joining the Sports and Recreation Service, you can try out any of the facilities at the Stevenson Building without becoming a member. You'll

need your student card with you and it will cost you £3 each time you go.

If you fancy trying out a class they offer beginners sessions in all sorts - from BoxFit to Body Balance. Alternatively, you can just go and use the pool or the gym.

Of course, you don't have to be part of a sports club or go to the gym to stay in shape. Everything from cycling to break dancing will help you stay in shape. You won't have the expert support of SRS though, so remember not to push yourself too hard.

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

Giving up smoking

Everyone knows the dangers of smoking:

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

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

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

Speak to Health Service if you need more advice.

Medical

Doctor

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

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

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

All consultations are strictly confidential.

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

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

Dentist

You'll need to register at one of these, too. If you're someone who's



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

terrified of dentists, then even more reason to register with a dentist *before* you get toothache and they have to operate on your jaw. With teeth especially, the longer you leave it the worse it's going to be.

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

If you do need treatment, the good news is that as a student you can get it free or heavily discounted. If you're under 19 it's automatically free with an NHS dentist. If you're over 19 you'll have to fill in an HC1 form (available from the SRC in the John McIntyre Building or from Post Offices). The problem is that a lot of dentists don't take on new NHS patients, and you have to go private. This is why it is best to look for a dentist as early as possible, before you actually

need any treatment. The University Health Service can provide you with contacts for a few local NHS dentists, or for a full list contact Glasgow Health Board (see side column for contact details).

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

Emergency

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

Sexual Health

STIs and STDs

In recent years there has been a sharp rise in the number of people diagnosed with Sexually Transmitted Infections (STIs), particularly women in their late teens and men in their early twenties, so students are particularly vulnerable. Most can be easily prevented if you use condoms. So,

- Know how to use a condom properly
- Always carry condoms with you and make sure they are not out of date or damaged
- Never use a condom more than once

Condoms are available for free from the SRC or from the Sandyford Initiative (see side column on opposite) or from the SRC.

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

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

Chlamydia

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

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

the penis and/or burning when passing urine.

How it is treated: Chlamydia is easily treated with antibiotics. However, if left untreated it can cause pelvic inflammatory disease (PID), which can lead to infertility. New methods of testing for chlamydia are now available which will allow easier and more widespread screening of the infection.

Genital Warts

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

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

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

Genital Herpes

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

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

Treatment: A drug may be prescribed to relieve symptoms and reduce the length of the illness. But the most important thing to remember is to avoid having sex during a recurrence. It can inflame symptoms and lead to your partner becoming infected.

Hepatitis

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

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

HIV & AIDS

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

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

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



“

The SRC provides free condoms for all students. They're available in halls, the Reading Room and the John McIntyre Building so you can always have a supply if you need them. If you're sexually active, or hope to be, then it's sensible to have them available.

”

Sarah Tomlinson
SRC Vice President
(Welfare)



“

With condoms available for free almost everywhere on and off campus there's really no need to find yourself without one at the vital moment. Carry one in your wallet or purse but remember they have a use by date. Replace it if you haven't been lucky enough to use it within a few weeks

”

Will Lord
Arts Graduate

STIs and STDs [contd.]

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

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

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

Sexual Health Check-up

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

Contraception

Condoms are the only form of contraception that protects you against STIs but there are a few options to prevent unplanned pregnancies. For example, lots of people use the contraceptive pill in addition to condoms. It is also possible to have a contraceptive implant which releases progestogen directly in to the blood stream and avoids the need to remember to take a pill. The best thing to do is discuss it with your GP, and find what is best for you.

Morning after

If you haven't used contraception or the condom has split, the emergency contraceptive pill can be taken up to 72 hours after sex. The sooner it is taken the more effective it is. This is

available free from your GP and from the Sandyford Initiative (see opposite page for details). You can get it over the counter in some pharmacies for around £20.

An emergency IUD (coil) can also be fitted up to 5 days after unprotected sex. If in doubt or wishing further advice contact your GP or family planning clinic.

Pregnancy

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

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

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

Abortion

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

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

The Sandyford Initiative

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

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

Services are free of charge and conducted with complete privacy.

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

Clinics are open:

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

Alcohol

Simple Precautions

Nobody's going to tell you to stop drinking altogether but it is important to be careful about how much and how often you drink. Binge drinking isn't a new thing but it is becoming a bigger problem for young people. The tips below should help you stay safe.

- Eat something before you go out. Food helps to slow the absorption of alcohol and gives you energy so you can handle the pace.
- Look out for each other if you are going out in a group. Friday night's annoying drunk could be you the following night - we've all been there.
- Don't dehydrate. If the plan is to stay out late, get a pint of water or a soft drink every couple of rounds. Drink plenty of water before you go to sleep (it will take the edge off the hangover).
- If you have a low tolerance rate, think about starting later - it's cheaper and you will still make the clubs.
- Pace yourself. If you don't want to look like a wimp, the oldest trick in the book is to drink bottles rather than pints and shots.
- Set aside some money so that you can get home safely.
- If your plans change, make sure you know how to get home with a friend.
- Avoid leaving drinks unattended and be wary of drinks bought by folk you've just met.

Don't get spiked

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

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

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

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

The makers of the drug Rohypnol have taken certain steps of their own to prevent its misuse in this way. Previously, it was a colourless, odourless drug which dissolved into drinks rapidly. Now, it has been coloured blue, it will fizz on contact with liquid, and it will float at the top of a drink for about twenty minutes after having been placed in the liquid. The best thing you can do is keep an eye on your drink and your mates' drinks and be a bit careful about accepting drinks from people you've just met.



If you go out regularly, consider whether you need to be drinking alcohol every night. It's perfectly possible to have a good time without it and your body and wallet will thank you.

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

Blurred judgement

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

However, it's worth bearing in mind that as your inhibitions disappear, so does your judgement. This means you're more likely to take stupid and uncharacteristic risks - have unsafe sex, take a dodgy short cut home, allow yourself to be taken to some random flat in a part of Glasgow you don't know.

Look out for yourself doing it - but also look out for your friends if they're doing stuff you wouldn't expect them to do. They'll probably thank you for it in the morning.

Help

If it feels like it's getting a bit out of hand, or if you're worried about a friend who's drinking too much too often, there are loads of people who can help. As well as speaking to your GP or University Health Service the following organisations may be helpful.

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

Drugs

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

You can't trust your supplier

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

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

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

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

It also seriously affects any travel plans you might have. Many governments, especially that of the USA, won't let you set foot in their

country if you have a drugs-related offence on your record.

Drugs you're likely to encounter

Cannabis

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

Ecstasy (MDMA)

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

Speed

Increases your heart rate and makes you feel more alert, confident, and cheerful. It can also make you feel paranoid, aggressive, panicky and anxious. It will make you grind your teeth, suppresses your appetite and disrupt



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

your sleep. It lasts about three hours and leaves you feeling very washed out for the next couple of days.

Ketamine

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

Hallucinogens

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

Cocaine

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

If you're taking E...

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

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

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

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

The Scottish Drug Forum has more information on all aspects of drugs, their effects, legal status and responsible use.

Mental Health

Being at university can be a stressful experience. As well as the pressures of coursework and potentially balancing this with employment, relationships, finance or a family you may find yourself under pressure from other sources. There may be pressure to succeed from within your family or even a sense of jealousy or alienation if you are the first one in your family to go to university. It can also be hard settling in to a new situation in new surroundings.

All of these things and more can result in you becoming stressed and may begin to impact more seriously on your mental wellbeing and as a result affect your academic progress.

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

Stress

Signs of stress

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

- Physical health problems such as headaches, indigestion or a sore back.
- Your usual sleep patterns become disturbed so you find it hard to get to sleep or need much more sleep.

- Your appetite is affected, making you lose interest in food or over eat.
- Your sex drive is diminished.
- You find it hard to relax without feeling guilty.
- You find it difficult to make decisions.
- Minor interruptions, delays or frustrations can make you extremely distressed or angry and you can become very emotional at the slightest upset.
- You are using alcohol, drugs and tobacco more than usual.

What can I do?

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

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



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

Eating Disorders

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

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

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

Anorexia Nervosa

This is most common among young women on the verge of adulthood, although men are increasingly affected as are people in other age groups. It is not simply an excessive form

of slimming. It is usually a response to major change, expectations and uncertainty (hence why it is so common in students).

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

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

Binging

Some people respond to stress, feelings of emptiness or insecurity by eating huge amounts of food beyond the point of satisfying hunger (Compulsive Eating). This is generally done in private. People suffering from Bulimia...

Eating Disorders [contd.]

then rid themselves of it by vomiting or with laxatives, out of guilt and disgust.

Worried about a friend?

As a friend or relative you can do a lot. Your concern for their health may make you want to urge them to seek help and to change their eating. However, endless confrontations are exhausting and will leave your friend with an even lower opinion of themselves and possibly a greater determination to resist your efforts to help.

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

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

In all of it, remember to look after your own needs too. Worrying about a friend is stressful and can leave you feeling powerless and exhausted. You're allowed time-out. See contacts on the previous spread for details of where you can get support and more info.

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

Self Harm

Some people respond to difficulties and distress in their lives by deliberately inflicting physical pain on themselves. Most people

who self harm can make a clear distinction between suicidal acts and other motives for self-harming behaviour. Some of the ways people may harm themselves include cutting or scratching the skin, particularly the arms, burning themselves, biting or punching themselves or hitting their body against something. Some people may swallow or insert objects into themselves or pull out their hair or eyelashes.

Many different reasons can lead someone to harm themselves. Sometimes these stem from childhood experiences but this doesn't always have to be the case. Self-harm can often be a sign of low self-esteem, powerlessness, loss of control or fear of loss of control. It doesn't "just happen" but is a part of a recurring cycle of responses to triggers which happen in someone's life. These triggers may be feelings of guilt and the need to be punished, or the behaviour can act as a release and a way to manage moods or feelings.

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

Who Can Help?**SRC Advice Centre**

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

The trained advisers are available for quick drop in advice or longer consultations by appointment. They have access to all the latest resources on both mental and physical health and can advise you on how to deal with your

department if problems are affecting your studies. If there is anything that the advisers can't help you with directly they will be able to point you in the right direction.

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

Nightline

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

Nightline can be reached on **0141 353 1050**.

Counselling

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

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

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

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

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



“

For me, cutting is a coping mechanism. It's not something I'm proud of, but it's something that gets me by when things get too heavy to deal with. It's a very stressful experience at the time but it does help me get back in control of myself, albeit with having the embarrassment factor the next day

”

Anonymous
Self Harm sufferer



**Glasgow
TAXIS**

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Take A Real Taxi
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**Special prices to Glasgow Airport if return journey
booked at same time**

Personal Safety

Getting Home

Taxis

There are taxi ranks dotted all over the city centre and the West End, plus black cabs driving around all day and night (you can hail if they have their orange lights on). It will never cost much more than £5 wherever you are in Glasgow. If you get the black cabs they are vetted by the City Council and completely safe. There are also private taxi companies and minicab firms but the black cabs are usually more convenient.

Driving home

If you have a car then it should go without saying that driving under the influence of either alcohol or drugs is an unbelievably stupid thing to do. Not only might you kill someone, and have to live with that guilt for the rest of your life (if you are still alive), but you could also lose your licence and face jail if you get caught.

However, if someone else is driving then it can be hard to know if they're over the limit or not, or whether they've taken drugs.

Also, accepting lifts from strangers puts you in a very vulnerable position - especially so if you're new to the city. They could be taking you anywhere and you wouldn't be able to do much about it. Be extremely cautious about accepting a lift off anyone at the end of the night and if you're in any doubt, don't get in the car - there are plenty of other ways to get home.

Walking home

Sometimes when the taxi queue is huge or

you're feeling a bit skint walking can seem like a good idea. Often this is absolutely fine. Glasgow is no more dangerous than any other big city - but take precautions. Avoid walking around at night on your own - arrange to meet friends before you leave the club or party. Keep to well lit areas and main roads and don't take short cuts. Kelvingrove Park is notorious for attacks - never walk through it at night. If you think someone's following you go into a 24 hour shop and phone for a taxi (keep a couple of numbers in your phone).

Whenever or wherever you're travelling, there are a few tips that you should generally bear in mind:

Try and keep to well lit areas and walk in the centre of the pavement; have your keys ready before you get to your door; avoid carrying around more cash than you need; carry your wallet or purse in a front rather than a back pocket.

Night Bus

There is a good 24 hour night bus service in Glasgow and as long as you know where you're going, the route that the bus takes, and that you've got on the right bus you'll be fine. Bus drivers are unlikely to give you detailed information so find out for yourself from Traveline Scotland (0870 608 260). Assaults, muggings and pick-pocketing does take place on the buses, but these are rare especially on the buses out to the West End (numbers 66, 9 and 62)- but be careful. If anyone is bothering you, go and sit at the front near the driver. Get off and on at well lit, busier bus stops if you can. The flat fare at night is £2 or £2.65 for an all day ticket and they don't give change.

Accommodation

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

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

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

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

Living at Home

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

The negative side is that you are generally a bit further from campus and may lack some of the freedom of your classmates as a result. Though getting taxis back home at night is

definitely an option since you will be saving some money.

Halls

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

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

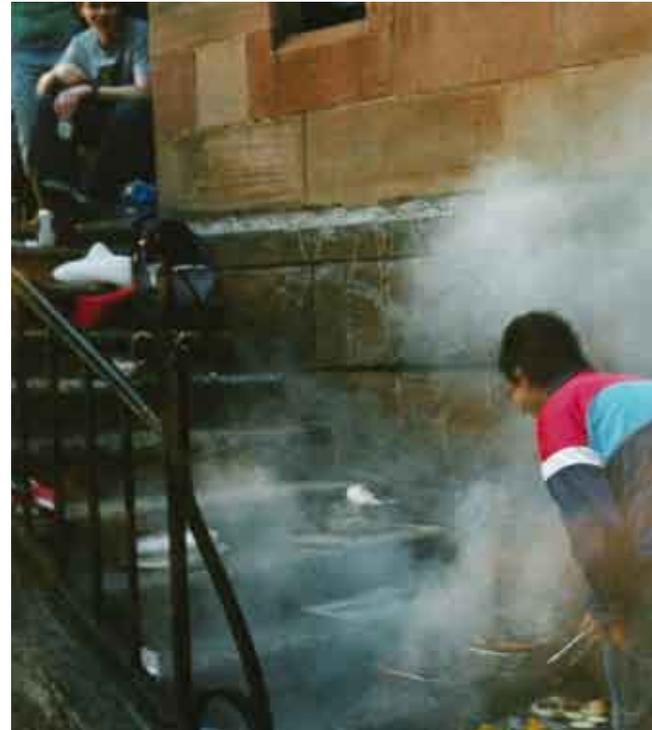
Who's my landlord?

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

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

Wardens and senior residents

These guys are people who live in the halls



Barbecues aren't too popular with Halls management but if you live at home you'll only have to deal with grumpy neighbours

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

Residents' Committees

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

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

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



“

If you don't see living at home as a problem then it won't be. You can still get involved in clubs and societies and meet new people. With all the money you're saving on rent you can afford a taxi back at night.

”

Shona Morrison
SRC Vice President
(Communications)

Life in Halls

Food

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

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

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

Laundry

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

Common Room

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

Guests

Access to halls is always restricted to some extent, but some halls are tougher than others. Obviously, you can have friends around to visit, but you will probably need to let them in yourself at the front door. Officially, you are

supposed to notify a warden or senior resident if you are having a guest for the night so that, in the event of a fire they know how many people are staying in the hall. However, your warden will understand that there are times when it is not possible.

Parties

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

Cleaning up

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

Electrical devices

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



Not doing the washing up will make you pretty unpopular. It only takes five minutes and it'll make your life a lot more pleasant.

Posters

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

Security

Your property will be covered to some extent by the insurance policy of the halls as a whole. However, you will still need to take reasonable precautions to look after your things, otherwise the insurance company may not pay up. Make sure you lock your door behind you when you leave the room for any length of time, even if it's just to go to the kitchen or to visit another room.

Emergency

You'll be told on arrival what the procedure is in your residence in the event of a fire. If and when the alarm goes off everyone must evacuate the building whether it's a drill or not. Often it's a prank (most people grow out of such things at school). For legal reasons the fire service have to respond to every alarm including prank one's so if you get caught setting off a fire alarm, you will be billed for it.

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



“

If you're going to be in halls for the next year the best thing to do is enjoy it and have fun. There's going to be a lot of noise so you might as well make sure you're the one making it.

”

Judith Riddell
3rd year
Theatre Studies

Flat Hunting

The Basics

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

When?

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

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

How much?

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

Who with?

Living with your best mate may seem like a good idea, but they're not always perfect flatmates. What you really need is someone who is guaranteed to pay their rent and bills on time, who insists on more or less the same standard of tidiness in a flat as you do, and who doesn't have too many bad habits that will drive you crazy.

Where to look

PAD (Private Accommodation Database)

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

Noticeboards

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

Ads in Shop Windows

Shop windows on Byres Road are one of the main sources for the dedicated flat hunter. Go prepared with pen, paper and a phone - so



Finding the right place can be time consuming but it's still better than living in a hell hole

you can get on the case pronto. There will be a huge range that is constantly updated but newsagents can't run checks on the landlords who advertise so be extra careful.

The Press

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

Letting Agents

Renting through a reputable Letting Agent can save a lot of headaches - everything should be licensed and they tend to be good about dealing with any problems that arise

while you're living there. However, some companies have gained themselves a bad reputation over the years so be extra vigilant when viewing properties.

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

Word of mouth

People are always looking for new flats and leaving old one's behind. If you hear someone talking about moving on, find out what's happening to their old flat. You may be able to secure a flat before it's even been advertised. It means you can find out about the landlord and property from an existing tenant but you must always look the place over yourself too.

Flat Hunting

What Area

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

Hillhead G12

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

Woodlands/St Georges X G4

The area between campus and city centre, Woodlands Road and Great Western Road. Almost as convenient for uni as Hillhead but generally cheaper and more widely available. However, some of the tenements are in an

appalling state - so make sure you have your checklist (a lot of unscrupulous landlords in this area). As an area though, it has a great multi-cultural vibe and you can take advantage of the excellent shops on Woodlands Road.

Yorkhill/Finnieston G3

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

Partick G11

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

Hyndland G12

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

Maryhill/N Kelvinside G20

Queen Margaret Drive area going up to



Buying an A-Z is an essential for flat hunting, no one can remember where Dudley Drive is

Maryhill Road. If you're prepared to live that bit further out, you can pick up a bargain. However, transport and local amenities can be a problem. Also, the further into Maryhill you go, the more dodgy it gets and crime figures are high. You are advised to stay in the more gentrified Kelvinside end if you can.

Jordanhill/Knightswood G13

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

Beyond the West End

Glasgow City Centre is not cheap, so a loft apartment in a converted warehouse in the

Merchant City - while desirable - is well beyond most student's budgets. However, if you don't fancy the West End, there are other options.

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

If you want to go cheaper then lots of students head for Govan and Ibrox (south-west of the city). Can be quite bad for crime but the area is serviced by the tube, making it convenient for the West End and the city centre.

Flat Hunting

HMO Licences

If you're flat hunting with two or more people or think you are likely to move in to a flat that already has two or more residents then it's important from a safety perspective that the landlord has a current licence for the property. If they don't then don't take the flat. It's just not worth the risk. The information below should give you a good idea of how the system works.

A flat which houses three or more people who are unrelated is called a House in Multiple Occupation (HMO) and the City Council requires the landlord of such properties to maintain certain standards of repair and safety (see below).

Before signing a tenancy agreement check that the landlord holds a HMO licence. If you live with an owner they do not count for deciding whether a house is a HMO. For example, you live with the owner and another lodger then this isn't a HMO. If, however, you live with the owner and two other lodgers then this is a HMO.

Any owner operating an unlicensed HMO will be liable to prosecution. However, your tenancy rights remain unaffected and you can only be evicted by court order if you breach your tenancy.

From late 2005 anyone who rents out a flat or house must be registered with the local council under the Antisocial Behaviour etc., (Scotland) Act 2004. Holders of HMO licences are automatically registered. Landlords must be a 'fit and proper person'. It is an offence

to let out a property without being registered and the council can stop the rental income of unregistered landlords.

If you're in any doubt, Glasgow City Council's Licensing Section can help you on **0141 287 4535**. You can get free advice at the SRC Advice Centre or www.glasgowstudent.net

Types of accommodation

Self-Contained furnished flats

These are flats or houses with one or more bedrooms where you will be expected to sign a lease for the entire property rather than a room within it. This is the most popular option for groups of students who wish to live together. While these flats are furnished you will often be expected to provide your own bed linen, crockery, cutlery and cooking utensils. Most of the information that follows will concern this type of property.

Room in a Flat

This popular option is often advertised by a student or single person owning a flat or a group of students who have taken on a flat and have a spare room.

Room in the landlord's home

Families or single persons sometimes let a vacant room in their home to students. Meals may be provided, or alternatively you may be given access to cooking facilities. An advantage for international students is the opportunity to improve your English and become part of a family. However, living with your landlord can be intrusive and mean you have to give up a lot of independence.



Even if the flat looks inviting from the outside it could be falling apart on the inside. Try not to fall in love with a place until you've checked it out properly. Even the prettiest flat can have broken locks, noisy neighbours and back on to a dual carriageway.

Bedsits

A bedsit is a room which provides sleeping and living/study space and occasionally a cooking area. The bathroom (and often the kitchen) is shared with other tenants and may well be cleaned by the landlord.

Who to speak to

SRC Advice Centre
www.glasgowstudent.net/advice
advicecentre@src.gla.ac.uk
0141 339 8541

Shelter
scotland.shelter.org.uk
0141 221 8995

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



“

Dodgy landlords are a major problem in Glasgow. The existing licensing system still isn't good enough. This year we'll be putting pressure on the City Council and the Scottish Executive to change things.

”

Dan Guy
SRC President

Repair and Safety

Before the council can grant an HMO licence they must check that the owner, and anyone who manages the property, doesn't have any criminal convictions. The council must check that your landlord respects your legal rights as a tenant. You should be given a written tenancy agreement stating what your landlord's responsibilities are.

Your landlord must keep the property and any furniture and fittings in good repair and deal fairly with you as regards rent and other payments. For example, they must go through the correct procedure if they want to increase your rent; they cannot re sell you gas or electricity at a profit; they cannot withhold your deposit unnecessarily; it is illegal for them to evict you without a court order.

Your landlord is also responsible for making sure that the behaviour of any tenants living in the HMO does not annoy or upset other people living in the neighbourhood. In order to keep their HMO licence your landlord must maintain the property properly.

What are my landlord's duties?

- keep the stairwell, hall, shared kitchen and bathroom in good repair.
- keep the cooker, boiler, fridge, sinks, bath and lighting in good repair.
- keep all facilities for heating, hot water and ventilation in good order.
- ensure that all gas appliances and installations are safe and checked once a year by a registered CORGI gas engineer (www.corgi-gas-safety.com)

- ensure that all electrical appliances and installations are safe and tested every three years by a contractor approved by the National Inspection Council for Electrical Installation Contracting (www.niceic.org.uk) or the Electrical Contractors Association of Scotland (www.select.org.uk)
- ensure that all fire precautions (for example, smoke alarms and fire extinguishers) are in good working order and that the fire escape route is kept safe and free from obstructions.
- ensure that all furniture supplied isn't flammable.
- maintain the roof, windows and exterior of the property.
- provide enough rubbish bins.
- return your deposit within a reasonable time when you move out, preferably within 14 days.
- put up notices in the accommodation giving the name and address of the person responsible for managing it so that you can contact them when necessary and explaining what you should do in an emergency.
- ensure that the property has good locks on the doors and windows.
- ensure that there is a phone line installed so that tenants can set up a contract with a phone company to supply the service.

What are my duties?

- let your landlord know if anything in the property needs to be repaired
- take good care of the property and try not to damage anything
- not let rubbish pile up in or around the property but dispose of it properly in the bins



When it starts beeping that means change the battery, not take it out and forget about it

provided

- let the landlord inspect the property so they can check whether any maintenance work needs doing. Generally this should happen once every six months. You are entitled to reasonable advance notice
- make sure that you don't behave in a way that can annoy or upset your neighbours. Your landlord is responsible for dealing with any complaints made by your neighbours and must take action if they are unhappy with your behaviour.

What if standards aren't being met?

If you don't think your landlord is managing the flat properly and maintaining these

standards, you can:

- Talk to your landlord if possible – he or she may not realise that there is a problem until you discuss it.
- If you are worried about confronting your landlord or if they refuse to correct the problem, you can get in touch with the council, which has powers to make your landlord bring the management and physical conditions of the HMO up to standard.
- The forthcoming Housing (Scotland) Act 2005 will give you a right to ask the Private Rented Housing Committee to require the landlord to bring the property up to the new 'repairing standard'. The Committee can make an enforcement order or reduce the level of rent. A landlord can also be prosecuted and fined for ignoring an enforcement order.

Checklist

Never accept accommodation without seeing it first and going through a checklist of queries. A quick way to judge the suitability of a property is to talk to the current occupants and neighbours. You may also find it useful to make notes using the following list as a guide. It might not seem like much fun but it means you'll get the right place for you and know it's safe and secure.

Furniture and fittings

- Is it adequately furnished for your needs, including a desk and shelf space?
- Is the kitchen suitable for the preparation and storage of food?
- Is all the furniture included in the lease?
- Is everything in good condition and in working order?
- Is there an inventory list of contents? (If not make one and get your landlord to sign it - so you don't get charged for existing damage).

Gas/Electricity/Water

- Take gas/electricity meter readings as soon as you take up the tenancy.
- Is there a certificate of inspection for any gas appliances?
- Do you have to share the bills with other tenants?
- Check heating appliances work properly.
- If plugs on any equipment get hot, the wiring may be faulty.
- Check the cooker works properly - rings, oven, grill and timer.
- Look for signs of dampness and leaks, especially gas and water.

Safety and Security

- What is the neighbourhood and street

lighting like?

- Are there late night buses to the area?
- If the flat is at ground level, is it secure? Inspect door and window locks.
- Do the windows open for emergency purposes?
- Get insurance for your own property and identify your own belongings (Postcode and house number).
- Is a smoke alarm fitted and does it work?
- Are there any gas or electric appliances which look unsafe?
- Familiarise yourself with emergency procedures, especially the way out in the event of a fire.
- Soft furnishings or storage of combustible materials are not permitted in the shared hall areas in your block.

Services

- What services are provided/included?
- Who cleans the windows?
- Make sure you are not responsible for repairs and renewals.
- If the garden is your responsibility, where are the tools?
- Who maintains common/stair lighting?
- What is the arrangement for disposal/ collection of rubbish and waste?
- Where is the nearest medical centre/ doctor's surgery?
- Where's the nearest supermarket?
- Is there access to other storage facilities (e.g. for a bike)?
- Is there convenient free parking?
- Remember the TV Licence is your responsibility.

Money

- How much is the rent and when is it due?



Always take someone else along to view the property. A second opinion can be invaluable.

- How should the rent be paid? (Make sure you get receipts if your landlord wants cash).
- What does your rent include?
- Does it include water rates and Council Tax? (If all the people in your flat are full-time students you will be exempt from council tax)
- Is there a deposit/retainer? (This is usually equivalent to one month's rent).
- Do you have a receipt for all payments made?

Agreements

- Do you understand your contract? (If you don't, take it to the SRC Advice Centre before signing it).
- What type of agreement is it?
- What are the conditions of let?
- Have you found out any useful information from the neighbours or tenants?
- Do you know the landlord's name, address and telephone number?
- Have you had your lease/agreement checked and do you have a copy?

Remember: you should notify the landlord in writing if you have any complaints and get written agreement for any undertakings or

promises. Keep a copy of everything.

Remember: your landlord cannot impose administration charges or charge you for preparing a lease or inventory. If you have been charged for anything other than rent or a deposit you have the right to a refund. Govan Law Centre produces free information on this: www.govanlc.com

Never part with money without a receipt, and don't be bobbed off with inadequate answers. If you are not sure, take your time to consider. It may not be easy to change your agreement.

Eviction

It is commonly believed that if your landlord tells you to leave you have to go. This is not so. Generally, landlords cannot evict tenants without going to court and getting an order for repossession. It is usually a criminal offence for a landlord to try to remove his tenants by changing locks, cutting off fuel supplies or using threatening behaviour. If you think you are about to be evicted, speak to the SRC Advice Centre (ground floor of the John McIntyre Building). In an emergency, phone the police.

Buying

Buying

Increasingly students are exploring the option of buying property. This is partly because rents in the West End are so expensive, making it a saving and an investment. It also means you can avoid unscrupulous landlords and unsafe flats. And it is getting much easier to get a mortgage as a student, even with very little capital. There are, however, complications and issues that need to be considered before going down the buying route.

Key Points

- You will most likely need a guarantor, a person/persons to back you financially. Generally it must be a parent, guardian or someone close to you. Guarantors must be either British citizens or permanent UK residents.
- The bank will lend you up to 100% of the price of the flat. However, in Scotland properties are advertised as 'offers over' a base price. For flats in the West End you usually have to pay about 10-20% above the asking price. Whatever you pay above the asking price, you'll have to find, even if you've manage to get a 100% mortgage.

- Flats in the West End and the City Centre are not cheap. So, weighing up options between buying and renting is important.

Renting or buying?

- You need to consider the total cost of

borrowing and the likely return on any investment. At present the cost of borrowing is pretty low but at the same time, house prices are extremely high.

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

- That said, rents in the West End are high. By buying a property you avoid the often astronomical rents charged by many landlords – and if you rent remaining rooms out to other students you can get a healthy return on the investment, while you're still living there.

- The traps of borrowing. Although borrowed money is quite accessible, some people are buying when they can't really afford to. Offers to first time buyers can be seductive, but after the first few months or years, higher payments have to be made. Can you afford the rates when the introductory period is over? If you do get into difficulty with mortgage payments, remember you have the right to ask for time to pay under the Mortgage Rights (Scotland) Act 2001.

Fees and purchase costs

Before you've even moved in, there are hidden costs to consider.

- 1) A valuation fee. Paid to your mortgage lender up front to value the property.
- 2) Survey fees. Don't consider making an



West End house prices are slowing down but buying is still an expensive business

offer until you've had a survey done on the property. A basic survey is usually sufficient.

3) Moving costs.

4) Arrangement fees. Some lenders charge this when setting up the mortgage.

5) Conveyancing. The legal bit that actually makes the property yours, such as conducting property searches.

And Finally...

Most of the points on the checklist for renting property still apply - the difference is that it's

your responsibility to make sure the property complies with safety standards etc.

For HMO licensing an owner occupier does not count as a qualifying person. This means you can have two tenants in addition to yourself and not need a licence. As well as paying a fee to the Council you will also have to pay for any necessary work on your property.

It's also your responsibility to make sure that your tenants pay their rent. When it's friends involved, this can be harder than you'd think.

Legal

Police Powers

When can the police stop and search you

The police can stop and search you without having a search warrant if they suspect you of being in possession of:

- drugs
- an offensive weapon
- stolen property
- alcohol if you are at certain major football or rugby matches or on public transport travelling to such an event;
- evidence in relation to an offence under the Protection of Wild Mammals (Scotland) Act 2002;
- cash or the cash equivalent of £10,000 or more and that this is the result of criminal activity.

Before they stop and search you they must have reasonable grounds for suspecting that they will find these things.

In these situations, an officer does not have to be in uniform but if s/he is in plain clothes s/he must identify her/himself and provide documentary evidence of identity if asked to do so. In the above situations, the police should not require you to take off any clothing other than an outer coat, jacket or gloves and the police cannot carry out an intimate search, for example, an internal body search, without having a warrant to do so.

An officer with the rank of assistant chief constable or above can give permission for searches of people or vehicles to take place in order to prevent acts of terrorism. Any officer carrying out a search in this situation must be

in uniform.

How should the search be conducted

Before carrying out a search, a police officer must give their grounds for the search.

If the search is connected to terrorism, specific grounds don't have to be provided.

When the police have not arrested you but want to carry out a search this should be in as private a place as possible.

The search should be carried out by a member of the same sex and outwith the view of members of the opposite sex.

The police do not have the power to take fingerprints, palm prints or body samples, such as a blood sample, unless you have been arrested and detained.

Once you have given the police your name and address it is up to them to decide whether they want to ask more questions. If they don't then you should be allowed to go. If they do want to ask you more questions and they suspect you of having committed a crime they can:-

- ask you to attend voluntarily at the police station to help with enquiries
- detain you for questioning for up to 6 hours
- arrest you for allegedly committing an offence.

If the police suspect you of being a witness to a crime they can invite you to attend the police station to help with enquiries but you are not



Subcity Radio "liaise" with the local constabulary at the West End Festival. ASBOs all round.

obliged to do so and cannot be detained at the police station.

If you have been questioned by the police, either as a suspect or a witness, the police should make clear before you are released or leave the police station what further action, if any, will be taken, for example, whether you have been charged and will be reported to the Procurator Fiscal or whether you have been eliminated from the enquiry.

What should happen if you are detained

The police have the power to detain you for questioning if they suspect you have committed an imprisonable offence.

If you are detained, the detention must end no later than 6 hours after it started, or earlier if there are no longer any grounds for suspicion or if you are arrested.

What can happen during a detention

The police must tell you why you have been detained, the general nature of the suspected crime and inform you that you do not need to

answer any questions other than giving your name and address.

During a detention you can be moved from the police station to any other place. The police also have the power to search you, take fingerprints, palm prints and other impressions and, where necessary, use reasonable force to ensure you comply with these requirements. The police can also take photographs. If either an intimate (strip) search or invasive internal search is required, there are rules governing each of these searches and a special warrant is required.

If you have been detained by the police, you have the right to have a solicitor and one other person informed of your detention and whereabouts. You do not have the right to make a telephone call personally, the police will do this for you. The police must do this without delay unless there is a good reason not to, for example, that it might lead to the destruction of evidence or the warning of accomplices. There is no fixed time limit but any delay should be no longer than is...

Police Powers [contd.]

necessary to investigate or prevent the crime or apprehend offenders.

You cannot be detained more than once in connection with the same offence, or an offence which arises out of the same grounds.

What should happen on arrest

If you are arrested by the police you should be told what you are being arrested for and which statute applies at the time of the arrest. However, if the circumstances make this impossible, the police should inform you of the reason as soon as reasonably practicable. An arrest is not necessarily unlawful because no reason was given at the time of your arrest.

When will the police charge someone

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

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

If you are charged, the police must caution you that you do not need to say anything in answer to the charge but that you have the opportunity to reply. Any reply that you make will be noted and may be used as evidence in the future.

If the offence is not a serious one and the police have no reason to doubt that you are normally a law abiding person, you may be charged but not detained any further. Later you may receive a citation from the Procurator Fiscal to appear in court and, for some offences, may be offered the opportunity to plead guilty by letter.

In other, more serious cases, the police may decide to hold you in custody. In a police cell, after arresting and charging you with an offence.

When can the police seize possessions

Once they have carried out a search, the police have the power to seize and retain anything that they consider to be relevant to the offence. The police can seize cash of £10,000 or more if they suspect that it could be the result of the proceeds of crime.

The police also have the power to confiscate alcohol from people under 18 who are drinking it in a public place. They can also confiscate alcohol from people aged 18 or over if it is suspected that the alcohol has been consumed or is intended for consumption by people under 18.

When can the police move you on

The police have the power to move you on if they believe that you are obstructing the lawful passage of any other person in any public places or if you (either individually or as part of a group) are conducting yourself in a riotous or disorderly manner anywhere, to the alarm, annoyance or disturbance of the public.

If you have been asked to move on, you are entitled to ask for a reason and should expect to receive one but if you refuse to move you are likely to be charged with an offence?

Powers of entry

In general the police do not have the right to enter a person's house or other private premises without their permission. However, they can enter without a warrant:

- when in close pursuit of someone who has

committed, or attempted to commit a serious crime

- to quell a disturbance
- if they hear cries for help or of distress
- to enforce an arrest warrant.

When can they enter and search premises

In general, the police don't have the power to search premises without a warrant unless they have obtained the permission of the person concerned, or unless a delay in obtaining a warrant would be likely to defeat the ends of justice, for example, that evidence will be destroyed or removed.

A search warrant authorises the police to enter premises on one occasion only. If the police have a search warrant they can, if necessary, use reasonable force to enter and search the premises. The householder or occupier of the premises is responsible for any repairs that are needed as a result of the police forcing entry. However, if the police search an address in error, the police should be asked to repair any damage they cause.

When can they seize property

If the police have used a search warrant to search premises or a vehicle and they have found articles covered by the warrant, they have the power to seize them and take them into safe custody, for example, to a police station. The articles are held there as possible evidence in any criminal proceedings which the Procurator Fiscal may decide to start.

Where a warrant is granted to search for specific items of stolen property, the police have the power to seize other items not referred to in the warrant if they show the suspect may have been involved in another crime.

If the police have seized certain articles after a search, you have no right to make the police return the articles and there is no time limit on how long the police can hold them. If you want to enquire about retrieving articles from the police you should write to the Chief Constable to establish if the property is to be used in evidence. If the property is to be used as evidence, the Procurator Fiscal is responsible for its disposal and the Fiscal will deal with enquiries concerning the property.

You may be able to take legal action to get a court order for the article(s) to be returned but this would be a complex process.



“

If you do get stopped by the police, don't try and be a smart arse know it all. Be helpful but make sure they're not abusing their power.

”

Shaun Murphy
1st Year Electronics

Money

Going to university is an expensive business. There may not be grants (like the politicians had when they were at university) but there is money out there that is available to you. This section details where to get it and some tips on how to use it wisely.

For further information on all aspects of student finance the SRC Advice Centre on the ground floor of the John McIntyre Building has access to all the relevant information.

Student Loans

A student loan is a cheap way for students to borrow money which was set up to ease the pain of cutting and then abolishing the old student grant during the 1990s. It's just like a bank loan in one way, in that you get money now and repay it in bits in several years' time. But it's better than a bank loan in that you won't have to repay any money until your income reaches a certain level, and you won't be charged a commercial interest rate.

Applying for your Student Loan

Most students are eligible for a student loan, but you must apply first: it won't be sent to you automatically. Although the money you get will be borrowed from the Student Loans Company (SLC), and it's to them that you'll pay it back, to claim one you have to go through your local funding body. If you're from Scotland, that means the SAAS (see side of next page for contact details). If you're from England or Wales, that means your

Local Education Authority, or if you're from Northern Ireland, your Education Library Board (ELB). Students from elsewhere in the EU are not entitled to a student loan.

Once you've obtained an application form from the relevant body and put in your request, you will be assessed to see how much you are entitled to. The size of your loan varies depending on the outcome of a 'means-test' based on:

- Your parents' income
- Whether or not you live with your parents
- Your course
- Any other income you receive

Depending on the result of this assessment, the size of your loan will be between £1,000 and £4,000.

You'll receive this in three instalments spread throughout the academic year.

You must fill in a new application form every year you require a loan (the SLC should send this to you towards the end of each academic year).

Paying it back

You don't have to make any repayments until you have found a job, and you are earning a certain amount (at the moment the threshold for repayments is a gross annual income of £15,000).

If you are working as an employee, repayments will be automatically deducted, like tax, from



Financial support usually requires a lot of forms, so you might as well start enjoying them

your pay packet. If you are self-employed, you'll have to sort this out more directly when you file your tax returns with the Inland Revenue.

You should receive a statement every year letting you know how much you have paid back and how your loan currently stands. Your loan is linked to inflation, which means that although it gets bigger as a number, it doesn't get any bigger in real terms. So you will only ever pay back money to the value that you borrowed in the first place.

Support Available

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

SAAS Hardship Funds

Only students from the UK are eligible to apply for these awards, and you must meet certain criteria. To qualify, you must be in one of the following categories:

- Live in your own home or in some form of rented accommodation.
- Have childcare costs, including any additional travel costs incurred by taking children to childcare.
- Have additional costs arising out of a disability which are not met by the grant-awarding agency
- Be a mature student, i.e. over 25 at the start of the current academic session.

It will be assumed that you have already claimed your full student loan entitlement (you need proof of this) and that your parents have made the full contribution that might...

Support Available [contd.]
be expected.

You can apply by picking up a form from the University Registry, the SRC Advice Centre, the Vet School, the Dental School or the Student Advisory Service at the Crichton Campus. You must apply before the end of Term 1.

University of Glasgow hardship fund

All students at the university, except those studying at an associated institution, such as the Art School, or students on a foreign exchange year, are eligible to apply for these awards. It's not a scholarship fund, and isn't intended to provide for things you might have been expected to budget for adequately before you started studying. It is intended to make small loans or grants to provide short-term support for students who are in danger of having to drop out because of financial circumstance beyond their control. You will be expected to show that you have taken up all other sources of finance available, such as student loans, bank overdraft etc. Applications are accepted throughout the year, and forms can be obtained from the Financial Aid section of the Registry and SRC Advice Centre (see side of page for contact details). If you get a hardship loan, you will be expected to pay it back within a specified time, usually before the start of the next academic year.

SAAS mature students' bursary fund

This is for students from the UK who were aged 25 or over or were married when they started their course, or were financially self-supporting for three years before they started their course. They are primarily intended to help with the cost of formal childcare and associated costs. You can pick up an application form from the Registry, the SRC Advice Centre or the Student Advisory Service at Crichton Campus.

Scholarships, bursaries and trusts

There are literally hundreds of these available for students to try their luck with. Each one normally has a list of very specific and occasionally peculiar requirements which you must meet to qualify, but it's worth a try. Information on some of the awards available can be obtained from the Scholarships section of the University's Student Recruitment and Admissions Service (SRAS). Their website is www.gla.ac.uk/sras/

Benefits

Single parents, students with disabilities, student couples with children, and partners of full-time students may be eligible for some benefits. To find out more contact the SRC Welfare & Advice Centre.

Travel expenses

If you are from Scotland and you have to travel more than a certain distance to the University campus, you may be eligible to claim back some of the costs of your travel from the SAAS. You can pick up forms to apply for this from the Registry's Student Enquiries Office or the SRC Advice Centre. They are available in 2nd term.

Major expenses

As well as the small fortune you will have to pay in tuition fees and rent and bills there are also a number of other expenses to think about.

If you own a TV you'll need to get a license for it, which costs about £100. You'll also quickly realise that things like mobile phones will cost you a at least £50 a month and food isn't much cheaper. Learning to cook will make your life a bit cheaper but you'll still find there isn't much left for partying.



Keep an eye on your money. It'll be a lot less stressful that way

Budget Tips

- Make the most of student discounts for coach, rail and bus travel, hairdressers, cinemas, clothes shops etc.
- Buying the entire booklist will be expensive - ask your tutors which are the absolute essentials. Use the library or if you have to buy books, try the SRC second hand bookshop. It's also worth seeing if you can buy books from second and third year students in your department.
- Only withdraw the actual amount of money you need from the bank.
- Pay your bills by monthly budget plans. This will help you budget for the year and there are often discounts given for paying this way.
- Try to make your own meals. Always make a list when going food shopping and never shop on an empty stomach

Sources of Information

More information and advice on finance, loans, fees and banking can be found at the following places. Remember, the earlier you seek advice, the easier it will be to sort it out.

SRC Advice Centre
Ground Floor, John
McIntyre Building
339 8541
glasgowstudent.net
Office open 10am-4pm

The Financial Aid section
of the University Registry,
West Quadrangle
330 2216
Office open 10am-4pm
(term time).

Student awards agency
for Scotland (SAAS)
Gyleview House,
3 Redheughs Rigg
Edinburgh,
EH12 9HH.
0131 4768212
saas.gov.uk

Student Loans Company
(SLC) 100 Bothwell
Street, Glasgow, G2 7JD
0800 40 50 10
slc.co.uk

Department for
Education and Skills
dfes.gov.uk

Unfair Bank Charges

The legality of many bank charges may be questionable if they are a penalty or 'unfair' charges. If, for example, you exceed your overdraft limit by £15.98, most banks will send a letter charging £30 and a £28 monthly unauthorised overdraft fee, and will almost certainly charge interest at over 30% per annum. That's a mark-up of over 362%.

A contractual party can only recover real or 'liquidated' losses at common law in Scotland and England & Wales. While banks say charges 'cover our costs' it is estimated that UK banks make £3bn worth of fees each year from charges. The courts could also find that charges are 'unfair' under the Consumer Contract Regulations 1999/2003.

If your bank or credit card company imposes charges on your account visit Govan Law Centre's website, which shows you how to get your money back.

Banks

You may well already have a bank account before you come to University, but you are strongly advised to open a new account when you become a student.

One reason is that it saves a lot of hassle if your account is based where you live now, rather than where you used to live. However, the main reason why you should get a student account is that it is probably the only time in your life when you will be offered an interest-free overdraft.

It's not quite free money (you have to pay it back eventually), but as long as you stay within the agreed limit, they lend you money for free. And banks don't normally do that. However, banks are keen to get students as customers for two reasons:

- Students are likely to go on to be young professionals with decent salaries who need mortgages, and they are likely to stick with the bank they start with.
- Students will soon be picking up thousands of pounds in student loans which they will want to deposit somewhere (this is often a condition of a student account).

Look at all the deals on offer and choose carefully; it may be the last time in a while that a bank needs you more than you need it.

Choosing a bank account

The following questions should help you get the best deal available to suit your financial situation and specific needs.

Overdraft

- How big is the interest free overdraft?
- Can I extend it?
- How easy is it to extend?

It may sound like a lot of money but it disappears quickly and it's good to have a safety net if things go wrong.



Taking out that last tenner is always painful, so make sure you waste it on something fun

- What happens if I go over my agreed overdraft limit by accident?

Graduate Services

- How long will my overdraft remain interest free after I graduate?
- What kind of services do they offer for recent graduates?

Credit Cards

- Do they offer a student Credit Card?
- What's the credit limit?
- What's the rate of interest?

It can be a good idea to take a Credit Card out even if you don't use it (cut it up if you don't trust yourself not to use it) as this improves your credit rating and makes it easier to get mortgages and loans after you graduate. Remember: taking out a cash advance through a credit card is one of the most expensive

ways to borrow money – repayment rates are around +20% APR.

Conditions

- What is expected of me to remain eligible for the account? (Minimum payments etc.)
- When does the overdraft get renewed?
- Do I have to do anything?

Savings

If you have savings or you are in the position where you can start saving, think about opening a high interest account as well as a student account. Make sure you get an account with an appropriate level of accessibility (really hard to take out if you think you'd fritter it away but easy enough in case you need it). If you have a lump sum it's worth looking into investing it, but be extremely careful and take lots of advice from different sources.

Jobs

Chances are you'll need a job at least some of the time you're at university. Whether it's a few hours a week all year round or an intensive marathon during the holidays, knowing where to get a decent job, what sort of jobs to apply for and what rights you have, is essential. Most people don't have too many problems balancing a part-time job with full-time studies. However, it's worth bearing in mind that your university pressures will be much more intense in later years, so it's good sense to work as much as you can during first and second year so you afford to cut down your hours when dissertations and finals start looming.

Where should I look?

The Job Centre

The Employment Service provides Job Centres throughout the UK where vacancies can be advertised and applied for. There is one in Partick near the junction of Byres Road and Dumbarton Road, and another one in the city centre on Bath Street. The Partick centre specialises in helping students, and runs special student nights.

SRC Job Shop

The SRC keeps a list of vacancies suitable for students at its offices in the John McIntyre Building. There is also a classified section on their website that lists job opportunities in the city. See www.glasgowstudent.net

The Careers Service

The University's Careers Service also keeps some information on vacation and part-time employment, especially of the kind that might

be connected with your long-term career plans [see *Succeed* p40]

Temping agencies

These can be ideal for students, as they are often looking for short-term work. If you visit a temping agency, you can tell them your skills and what sort of work you need, and they will put you on their database and call you if anything comes up. You can find temping agencies in the phone book or online.

The direct approach

Many shops, bars and restaurants advertise for staff with signs on their own premises. By touring the city looking for such adverts and enquiring inside, you may find something.

Printing off a pile of CVs is essential and it's even worth keeping a copy on a USB drive so you can print it off quickly when you see something interesting.

Looking on campus

The SRC, Unions and the University all employ students in a variety of different capacities.

The Job Centre visit campus once weekly, advertising vacancies and registering job seekers on Mondays and Wednesdays 12pm-2pm in the Reading Room.

What kind of work?

What do you want out of a job? For most students money is the main motivation but perhaps you can find something that will not only pay the bills but you will also enjoy. You might even find something that relates to



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

what you're interested in.

Think about whether you want your job to be exciting and stressful (e.g. most catering and waiting jobs) or dull but easy (e.g. call centres, shelf-stacking, factory, cleaning and most retail work). Be honest with yourself - if you're under pressure to meet your academic targets do you really want a stressful job as well?

Summer Jobs

These can be more tricky to get than you'd think. A lot of employers don't take you on if you're only going to be there for a couple of months. Temporary summer vacancies are usually hotly contested between every student in Glasgow, all with the same idea: to work as much as possible at the beginning of the

summer and then go travelling at the end.

Your Employment Rights

If you are working part-time and are a student, employers may try to take advantage of you. Remember that although this job may not be part of your long-term career plan, you still have certain basic rights.

Paperwork

You have the right to a written statement of the details of your employment not later than two months after you start a job. You must also receive an itemised pay slip detailing your salary and all deductions on or before every pay date.

Minimum wage

If you are over 18, then the National...



easy money when you need it most

We have many positions across the full spectrum of industries, from administration to customer service, at times to suit you.

Customer Service Advisors
Administrators
Receptionists
Assistants

So whether you need a job in term time or during the holiday periods, when you need some extra cash, speak to Reed Employment.

For further information, call us on 0141 221 4566 or email glasgow.employment@reed.co.uk



where the right job looks for you

Your Rights [contd.]

Minimum Wage applies to you and you cannot legally be paid less. From October 2005, the minimum wage is £4.25 per hour for people aged 18-21 and £5.05 per hour for people aged 22 or older. From October 2006 these figures will be increased to £4.45 and £5.35 respectively, subject to approval from the Low Pay Commission.

Holidays

If you have worked continuously for 13 weeks for the same employer you have the right to paid holidays, totalling four weeks per year (although this can include public holidays).

Breaks

You have the right to a 20 minute break if your shift is longer than six hours.

Health and safety

Your health and safety in the work place should be protected. Your employer should train you properly in potentially dangerous tasks such as heavy lifting, and your working environment should not be dangerous or harmful. The temperature of your work place should not be excessively hot or cold.

Harassment

You are legally protected from harassment, victimisation or discrimination in the work place.

Unions

Joining a trade union is a great way to protect yourself from problems you might encounter at work. You might not think it's worth joining a union if you've only got a part time job, but you can still have accidents at work and you can still end up with a boss who's happy to screw you over. A union can protect you against problems like this. Many offer reduced membership rates for students.

Dismissal

All workers have the right to notice of dismissal and the right to claim compensation if unfairly dismissed.

As a student you won't have to pay a lot of tax, although people will still ask for it. Make sure you know what you're liable for and what you need to do to get the exemptions you're entitled to.



“

If you have a part time job it really is worth joining a trade union. It doesn't cost much but it protects you from so many problems.

”

Dan Guy
SRC President

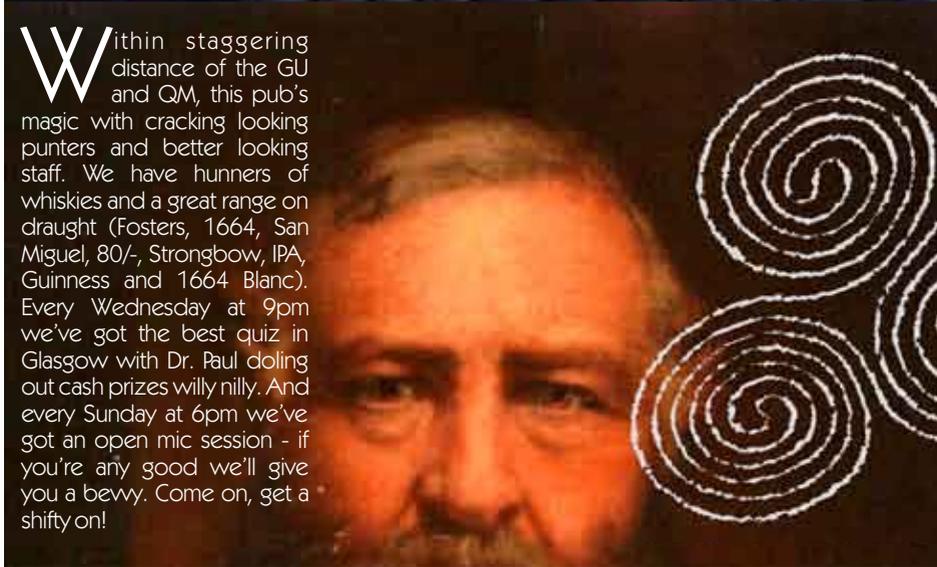


UISGE BEATHA Bar

(ooshga-bay-ha), water of life - (whisky)

232-246 Woodlands Rd Glasgow Tel. 0141 564 1596 Fax. 0141 564 1597
 clarkpubco@uisgebeatha.fsnet.co.uk

Within staggering distance of the GU and QM, this pub's magic with cracking looking punters and better looking staff. We have hunners of whiskies and a great range on draught (Fosters, 1664, San Miguel, 80/-, Strongbow, IPA, Guinness and 1664 Blanc). Every Wednesday at 9pm we've got the best quiz in Glasgow with Dr. Paul doling out cash prizes willy nilly. And every Sunday at 6pm we've got an open mic session - if you're any good we'll give you a bevy. Come on, get a shifty on!



2-4-1 Pizzas

Buy any pizza from the old favourites section and get another one free. Sun-Thurs All Day & 8-10pm Fri & Sat

Uber Lounge

1/2 price cocktails all day Sunday
 Weds from 9pm: Open Mic night - free beer for every performer!

Republic Bier Stube

Fridays from 8pm DJ Dun delivers pre-club sounds.
 Sol Beer £1.50 a bottle all day Monday to Thursday



150 WEST CAMPBELL ST
 GLASGOW 0141 353 0442
 WWW.UBER-LOUNGE.COM



9 GORDON STREET
 GLASGOW 0141 204 0706
 WWW.RBH.INFO



87 KILMARNOCK RD
 GLASGOW 0141 636 8653
 WWW.RBH.INFO



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**HAVING A PARTY?
 BRING IT TO BASTILLE**
 free event hire sun - thurs *
 events@bastille-taverne.com

* subject to availability



play

glasgow city council once used the slogan
"there's culture all around strathclyde"
here's where to find it.

shopping

clothes, records, books, markets

p130

city of culture

cinema, theatre, museums

p136

eating out

restaurants, cafes, coffee shops

p142

the unions

two unions, make your choice

p146

going out

bars, gigs, clubbing

p148

West End Charity Shops

Some of the best finds are in the many west end charity shops, here's a selection of the best.

Oxfam Style Byres Rd

No, really. And yes, it's not bad at all. The deal is that they sort through all the crap and put the decent stuff in the 'style' shop, and in return for their hard work they charge a bit more than you'd normally expect from a charity shop. You can still pick up designer jackets for a fiver, though.

Cancer Research Dumbarton Rd

Pretty good for clothes, especially smarter toggs like suits. As long as you don't think about the old man that might have died in it you'll be ok.

Live Again

Dumbarton Rd

Huge and not for the faint hearted. There's usually a riot every Wednesday afternoon when they get a furniture delivery, but there are serious bargains to be had if you're prepared to do the digging.

Clothes Shopping

Glasgow is one of Europe's shopping capitals with any number of flagship high street and designer stores where you could blow an entire student loan on a days shopping.

Head to the Merchant City (walk east from Buchanan Street) for some of the most exclusive shopping in the UK including the only **Versace** store in Scotland.

On Buchanan Street itself, you'll find the aspirational, studenty end of the designer market - **Miss Sixty**, **Diesel** and the 'more stylish than thou', **Urban Outfitters**.

As for the de riquer Bench hoody, head to **Cult Clothing** on Queen Street - a bit pricey though.

For your high street favourites try Buchanan Galleries shopping centre (**H&M**, **Miss Selfridge**, **Oasis**, **Levis** etc.) and the Pedestrianised parts of Argyle Street (**Top Shop**, **GAP**) and Sauchiehall Street (**TK MAXX**, **River Island**, **New Look**, **Primark**).

There are also some excellent independent clothes shops in the west-end and city centre.

Mr Ben (pictured) is a haven for all things retro and a bit cuckoo. Situated in the city centre on Kings Parade amongst the artists studio's, leftfield shops and hairdressers, and round the corner from the 13th Note (see Live Music), this area just south of Trongate is very much Glasgow's 'Arty Quarter'.

Also on Kings Parade you'll find **Kozi**, a hopelessly outdated but equally charming hippy-rave shop complete with glow in the dark bracelets and vests with flashing lights. Oh and bad crusty Goa trance on loop while you browse.

On the other side of Mr Ben, you'll find **Trip**, where you can top-up on mildly overpriced street/skatewear.

Complete the shopping experience with a visit to the fetish shop at the end of Kings Parade where you can get a corset which could



Mr Ben (Kings Parade) is a haven of 2nd hand vintage clothing, accessories and militaria

have someone's eye out, or treat yourself to a tasteful pair of crotchless knickers.

The West End is also pretty good for independent clothes. Just off Byres road on Ruthven Lane you'll find the wonderful **Starry Starry Night**, Glasgow's best vintage clothing shop. Here you can pick up a Marilyn Monroe dress for as little as £30 as well as

men's overcoats and some delightfully over the top costume jewellery.

Further down Ruthven Lane, the **Glory Hole** sells mint condition second hand designer and high street brands at cut prices. Next door, **Darling** sells a limited range of very beautiful one-offs at affordable prices (£20-£30 for a top, £40-£50 for a pair of jeans).

2nd Hand

Oxfam Music

Byres Rd, Victoria Rd
Glasgow has two of Oxfam's flagship music-only outlets. Makes crate digging easy by organising the stock by genre and marking the quality, but you will pay more for that privilege.

Mixed Up Records

Otago Lane
The best stocked second hand shop in the city. Well sorted and displayed records and still underpriced gems all over the shop.

Missing Records

Oswald Street
Lots of Indie and Guitar based classics to be found although the pricing seems to be somewhat random.

Cancer Research

Sauchiehall Street
99% crap Jimmy Shand and James Last, but everything is a pound. Usually at least one great tune buried in there.

Lost Chord

Park Road
Too many 12"s to fit in the shop so most are on a weird list. Also sells 2nd hand porn mags. Yuk.

Record Shopping

Obviously Glasgow has its HMVs and Virgin Megastores but there's no reason to go to them because as far as most Glasgow student record shopping needs, Fopp is the daddy.

Specialising in back catalogue CDs as cheap as £3 and rarely more than £10, Fopp know their market and balance the classics (Daft Punk 'Homework' for a fiver) with the cool (DFA compilation £3). The Byres road branch is now half DVDs; again, they balance the classics and the trendy and sell them dirt cheap (around £7 a DVD).

The City centre branch (Union Street, by Central Station) also has one of the best vinyl sections in Glasgow with plenty of listening posts and good staff. The best place to pick up reissued classics and future underground anthems.

Specialist music shops

Rub-a-dub, (Howard Street)

The record shop of choice for most of Glasgow's top DJs, Rub-a-dub is the place for underground electronica. Heaps of rare and cutting-edge US and European house and techno from the worlds most innovative labels, this is the sound of Glasgow's club scene. They also do a strong selection of underground UK hip-hop and have recently added a grime section. As you'd expect, the staff are all DJs themselves and seriously know their stuff. Don't expect to come away with anything for less than seven quid though.

23rd Precinct (Bath Street)

More commercial than Rub-a-dub but aside from the trance they also have a good range of deep house and US garage as well as happy hardcore (which it has always been quite famous for).

Monorail (Kings Parade)

Record shop attached to cafe/bar/restaurant Mono. Mostly guitar-based music and leftfield electronica, alongside offbeat 60's and 70's pop, punk and garage. An excellent place for Optimo classics (see Club Scene) and they cater for the general music lover rather than exclusively for DJs, with an excellent range of cds and



Mixed Up Records has one of the best selections of second hand vinyl in Glasgow

albums as well as 12"s.

Avalanche (Dundas Street)

This is where you'll find the next Snow Patrol – and you'll find it about 4 years before the NME do. Indie heaven and an excellent place to discover local bands.

Right Track (Savoy Centre, Sauchiehall St)

Reggae, Roots, Dancehall, Soca and all things Jamaican. Will order in pretty much anything you want and won't charge you through the nose either.

Up Beat (Byres Road)

Fairly new Drum and Bass and Hip Hop specialist shop at the bottom end of Byres Road. Stocks a large range including US imports and lots of UK releases. Fairly priced and always have good new stock in.

Carbon (Buchanan Street)

Based in uber trendy clothes shop Urban Outfitters, Carbon is the most expensive record shop in Glasgow. Nice shop, nice staff, nice tunes. Shame you can't afford them.

Salvation Sounds (Shawlands Arcade)

Mostly indie, branching out into cheap dvds. More CDs than vinyl these days, Salvation looks to be lining its self up to be the Fopp of the south side.

Piccadillyrecords.co.uk

Sells pretty much everything under the sun, specialise in limited edition exclusives you won't find elsewhere.

Imorecords.co.uk

Good for DnB, Happy Hardcore and some Hip Hop. Cheap postage and quick delivery.

More Shopping

Books

SRC Second Hand Bookshop

John McIntyre Building, University Avenue

Texts on University course reading lists usually cost about £30 each in John Smiths or Waterstones. The SRC offers students the option of both selling old course texts and buying second hand ones. Books are around half the price you'd normally pay and the important bits might be highlighted already.

Oxfam Books

Byres Road

Not happy with Music and Clothes specialist shops, Oxfam also opened a second hand book shop in the West End. Always good for classics (English Literature students take note) but you can often get prescribed books for other subjects, as many lecturers donate their unwanted books here.

John Smiths

John McIntyre Building, University Avenue

If you can't find your academic texts anywhere else, John Smiths will definitely have it. They stock almost every course text and can order in almost anything. It'll cost you though.

Borders

Buchanan Street

Massive city centre multi-level book emporium, sells everything imaginable. If they don't stock it, it probably hasn't been published or they'll order it in within a few days. Also features a massive children's section, cafe, and a music and DVD store. Especially good for specialist magazines and foreign newspapers. Look out for big name book signings.

Barretts

Byres Road

An amazing selection of specialist magazines and newspapers, located in a seemingly normal West End newsagents. Their stock includes MAD Magazine, Broadcast, The Onion, La Gazetta, Fishing Weekly, Scratch, Architects' Journal, Spanish Cosmo... They also have a banging range of stationery.

Sound Equipment

Sound Control

Jamaica Street and Otago Street

Best in Glasgow for guitars, amps, FX pedals, keyboards and those cool 80s electronic drum kits. Knowledgeable staff and a reliable instore repair shop makes Sound Control number one for live music equipment.

Biggars Music

Sauchiehall Street

Traditional music shop supplying orchestral instruments and accessories. Plus the largest sheet music department in Glasgow.

Richer Sounds

Jamaica Street

Quality Hi-fi equipment on a budget. The staff will give you the best sounding stereo for your money. Time to ditch that flashing light mega bass boost midi system for a real set up.

RS100

Park Road

Solid DJ equipment shop in the West End. They'll price match anything you find elsewhere, the staff are friendly and they also hire out PA and lights for parties.



Treat yourself after a days work at uni with late night shopping every Thursday



£1 OFF STUDENT PRICE

Cut out the vouchers below and present them at the box office of Odeon The Quay or City Centre when you purchase a student cinema ticket to receive a further £1.00 off.

GLASGOW QUAY 0871 22 44 007
www.odeon.co.uk skyactive

GLASGOW CITY 0871 22 44 007
www.odeon.co.uk skyactive

ODEON

£1 OFF STUDENT CINEMA TICKET
STUDENT ID REQUIRED

Cinema

Cineworld (UGC)

Renfrew Street

Student tickets £3.50

Film is big in Glasgow and you don't get much bigger than the huge Cineworld multiplex in the heart of the city centre. Boasting 18 screens and a bar, it is the tallest cinema complex in the world. And it's hard to rival on any level.

Having 18 screens means they can almost meet the demand for the mega blockbusters but can also show the smaller, independent pictures. On Fridays and Saturdays they also have late night screenings.

Glasgow Film Theatre (GFT)

Rose Street

Student tickets £3/4

Run as a charity and funded through donations and seat sponsorship from the likes of Ewan McGregor and Robbie Coltrane, the GFT is a well loved Glasgow institution and the antithesis of Cineworld. Its two screens show independent, arthouse and world cinema, with 'film seasons' and festivals taking place throughout the year, it can often be a chance to see films on the big screen that were out before your time.

Grosvenor

Ashton Lane

Student tickets £3.50 (not available weekends after 6pm, usual price £6.50)

Situated on Ashton Lane, the hub of the West End and only a stones throw from uni. While you wait for your film to start you can sit in the Grosvenor's style bar, The Lane, and you can even take your drinks into the cinema with you. Shows latest big releases on its two screens.

Odeon

Renfield Street

£3/£3.25

A good city centre alternative to the overcrowded and overpriced Cineworld. Its a bit more intimate and is housed in a fabulous art deco building. Shows all the mainstream blockbusters.



“

There are loads of opportunities to get geeky about cinema in Glasgow. Look out for badly photocopied flyers in places like the GFT, the 13th Note Cafe and the CCA. Don't be surprised if you're one of only seven people in the 'cinema' though.

Katie Craig
English Literature

Museums and Galleries

Since being named European City of Culture in 1990, 'Culture' has become one of Glasgow's big industries. The city will always have a chip on its shoulder about not being as 'cultured' as Edinburgh but the high profile shows and events that Glasgow consistently attracts - and the investment that goes with it - speaks for itself. This section is about the galleries, museums, arts spaces and people that are doing most to further our cultural awareness. Admission to Glasgow museums is free unless stated otherwise. For locations see the city map in *Appendix* [p172]

The Burrell Collection
Pollok Country Park
10am-5pm Mon-Thurs & Sat
11am-5pm Fri & Sun

Glasgow's most famous attraction is an idiosyncratic collection of artifacts ranging from Chinese porcelain to paintings by Cezanne. It was donated to the city by the collector and wealthy industrialist Sir William Burrell. Probably the best museum in Glasgow, and the Building itself - designed by Barry Gasson in 1971 - is worth the visit alone. Get the train from Glasgow Central to Pollokshaws West, it's right next door.

Gallery of Modern Art
Royal Exchange Square
10am-5pm Mon-Thurs & Sat,
11am-5pm Fri & Sun

Glasgow's newest museum was wildly derided by the Glasgow art scene when it first opened but is growing in reputation. There are temporary and permanent exhibitions reflecting a good range of work from Scottish and international artists and there's also a little known public library in the basement.

Glasgow Science Centre
Pacific Quay
10am-6pm
Admission £4.95 for Science Mall or IMAX cinema, £7.95 combined ticket
Science and technology come alive in this state-of-the-art temple to all things explicable. There's a series of interactive exhibits including a cloud chamber, a planetarium and lots of 'how does this work?' head scratching exhibits. Also houses Scotland's only IMAX cinema screen, which is obviously measured in football pitches. Walkable from the West End - across Bell's Bridge from the SECC - just off Argyle Street.

CCA
Sauchiehall Street
10am-5pm Mon-Thurs & Sat, 11am-5pm Fri & Sun

The Centre for Contemporary Arts is a constantly evolving space designed to host every kind of arts event going. There's dance, film, classes, clubnights, and all kinds of obscure 'niche' weirdness. Every so often something truly special happens here. Keep an up to date programme so that you're there when it does.

Hunterian Museum and Gallery
Glasgow University
9.30am-5pm Mon-Sat

You don't even have to leave campus for a bit of culture. The Museum in the main building has everything from dinosaur eggs to coins and a new exhibition about Lord Kelvin. The Art Gallery (next to the Library) has permanent collections of the Scottish Colourists (Samuel Peploe, JD Ferguson etc.). Recent highlights included a Whistler retrospective and an



Not all Glasgow's art is hanging in museums, there's a strong graff scene on the streets too

Avant Garde Graphics exhibition.

The Lighthouse
Mitchell Lane
10.30am-5pm daily,
except Tues 11am-5pm & Sun 12pm-5pm
£1.50 students

Scotland's centre for architecture and design opened in 1999, the same year that Glasgow was awarded European City of Architecture. Exhibitions, workshops and events cover every aspect of design, from album covers to haute couture. Worth a visit for the stunning roof top views of the city.

Tramway
Albert Drive
event and price details www.tramway.org
One of Scotland's most internationally acclaimed art spaces. Once the city's main tram

terminus, today the site hosts the wackiest performance and visual art from the cream of international and homegrown talent. While you're there check out the "Hidden" Gardens. About two minutes on the train from Glasgow Central to Pollokshields East.

Museum of Transport
Bunhouse Road
10am-5pm Mon-Thurs & Sat,
11am-5pm Fri & Sun

Opposite the Dumbarton Road entrance to the University, the Museum of Transport is a great place to kill time on a rainy day and gives a bit of an insight into the history of the city. There's a reproduction of a 1938 Glasgow street scene including a pre renovation subway station complete with vintage subway trains; a collection of trams, trains and cars and a strangely creepy model boat room.

Theatre

Glasgow's theatre scene may well be the very thing that the played out phrase 'something for everyone' was invented for. If you're looking to see drunks get hypnotised and naked; roll on up. If your more of an Antigone kind of a person; your in luck. It's all here. If you want to feel worthy, and do your 'supporting the arts' bit, try to visit some of the more obscure venues as well; 'Bard in the Botanics' brings you Shakespeare amongst the flowers, and Glasgow's own acclaimed Apollo Players are worth a visit too.

Oran Mor

Byres Road / Great Western Road

Bringing theatre back to the masses, Oran Mor introduced it's hugely popular 'play, pie and pint' afternoons about a year ago. With big name guests such as Robbie Coltrane, and the cream of Scottish writing talent on board you might have to sell your granny for a ticket these days. Did you like her that much anyway? Also, take a look at the walls, Alasdair Gray's drawn all over them. Neo-pagan theme apparently: Very nice.

The Arches

Argyle Street

More than just a clubbers haven, the Arches' interesting open spaces and quality acoustics make an ideal venue for some of the more challenging theatre in Glasgow. Showcasing new writing talent is a priority here. This is also the place you'll see that Tennessee Williams play you never knew existed.

Citizens

Gorbals Street

The Citizens theatre is just that; expect mainstream crowd pullers and accessible 'art-

house' with a lefty edge. Also a very child-friendly theatre; providing stimulating shows for and by kids, without ever dumbing down or being patronising. At a £3 flat rate for students; it's one of the cheapest nights out in Glasgow.

Cottiers

Hyndland Street

This converted parish church in leafy Hyndland, (about 10 minutes walk from uni,) is worth a visit for the building alone. Used regularly as a set by TV production companies. Also a good bar with beer garden when the sun comes out.

Gilmorehill G12

University Avenue

You don't even have to step off campus to see some of the most dynamic theatre in Glasgow. Home to student produced films and student theatre company STAG [see *Succeed, Clubs & Societies*, p28].

Kings Theatre

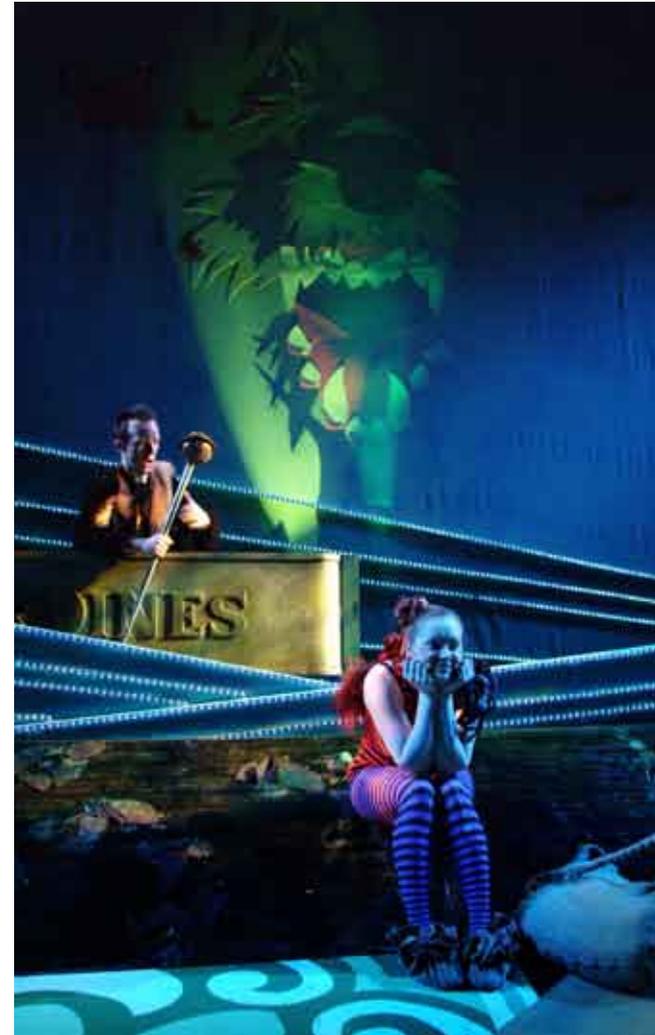
Bath Street

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

Theatre Royal

Hope Street

High culture is there for the taking and the Theatre Royal is the place to take it all in. Home to the Scottish Opera and with regular visits from the Scottish Ballet, the Royal Shakespeare Company and the Royal National Theatre, you can be sure you're getting the real deal. Tickets starting at £3.50.



A scene from the Citizens' production of *The Borrowers*

The Tron

Trongate

The Tron is the trendiest of Glasgow theatres, and where thirty-somethings go on their second dates. A great cafe bar, and some beautiful interiors provide an atmospheric backdrop to some of the most leftfield performance art going, as well as touring highlights of the international scene and offbeat classics of the Brecht/ Pinter ilk. Go and smell the organic patchouli oil.

Kelvingrove Museum and Art Gallery

Currently undergoing a major refit, and due to reopen in 2006, Kelvingrove is Glasgow's single largest museum.

The impressive art collection includes works by Constable, Rembrandt and Matisse, as well as more modern works.

For those feeling a little more low brow there's an excellent natural history section (though some of the more threadbare animals will certainly benefit from the refurbishment) and an arms and armour collection that includes a Star Wars Stormtrooper outfit.

As with most large civic collections, Kelvingrove has had its fair share of controversial acquisitions over the years, and some of its more interesting exhibits deal with repatriation issues surrounding these artefacts. It's a refreshing approach to Britain's chequered colonial past and adds to what is already a fantastic historical collection.

Restaurants

Glasgow is something of a culinary capital, with a culture of dining out, and some fantastic restaurants. Here's a selection of the best. Nearly all of them are at the cheaper end of the budget but there's a couple of graduation dinner/impress your date establishments too..

Monster Mash Byres Road

The thought of a restaurant essentially themed around school dinners may not seem too appealing to those who have just left secondary education but this place is the single best thing to happen to Glasgow's restaurant scene in years. Mix and match your sausages, mash and gravy and settle down with a coke float. Fabulously chaotic service, brilliant food and Fruit Salads and Blackjacks instead of mints with the (very reasonable) bill.

Chow Byres Road

Upmarket little Chinese that's relaxed enough to be intimate but stylish enough to impress. Excellent menu and main courses are under £10. It's small though, so keep it for romantic dates rather than big parties. Incredibly cheap lunch deals too.

Ichiban Dumbarton Road and Queens Street

Chic Japanese noodle bar - stylish yet incredibly good value. If you're feeling a bit worse for wear or just incredibly hungry then the noodle soups will sort you out. Large enough to drown in and absolutely delicious you can settle in for the evening with a Japanese lager or a plum wine and soda water. They also do a great line in sushi and bento boxes.

Mother India Westminster Terrace, Sauchiehall Street

Glasgow is recognised as the curry capital of the UK and this restaurant is one of the reasons why. It's not the cheapest but it's probably the best - which is why you have to book at least a day in advance to get a table. Fusing traditional Indian cooking with local ingredients (eg spiced smoky haddock), Mother India is not your average curry house.

“

Eating out is one of the best things about Glasgow. Even the fussiest of eaters should find something to their taste - even if it's just a pie and beans from Uni cafe.

”

Sarah Tomlinson
SRC Vice President
(Welfare)



Impress your date with dinner at the Chip. It's pricey though, so make sure they're worth it

The Wee Curry Shop Ashton Lane

Owned by the same people as Mother India but about half the price, this tiny restaurant is all about simplicity. No fancy stuff here just simple home-made grub the way it was supposed to be. Look out for the 2 course lunch menu which at £4.75 would be a bargain wherever it was, but on Ashton lane it is unheard of. You might have to book in advance, though.

Ashoka Ashton Lane (and other locations)

Part of the near monopolistic Harlequin chain, the Ashoka restaurants are something of a Glasgow institution. At the weekend its Ashton Lane branch is always crammed, hot and noisy but this just adds to what is already a great atmosphere. Excellent value food and friendly service will keep you coming back.

Ubiquitous Chip Ashton Lane

For a long time considered Glasgow's finest restaurant and still definitely up there amongst the best, the Chip is one for the special occasion. The emphasis is on good Scottish food and you certainly pay for the privilege. There's a surprisingly laid back atmosphere amongst the foliage and Alasdair Gray murals.

Stravaigin Gibson Street

Two dining options at this relaxed but stylish restaurant/bar. The bar menu is the more affordable, serving up the best fish and chips in the West End and imaginatively flavoured home made ice cream. Downstairs is pricey and concentrates on fish, seafood and a great wine list. Beautiful food, just don't offer to pick up the bill.

Coffee Shops and Cafes

The West End seems to revolve around gossip about other West End residents, so it's no surprise that there's a huge array of excellent coffee shops and cafes that are perfect for a bit of people watching and rumour spreading. If the library's getting too much then there are some great quiet spots too - perfect for a bit of study.

Grassroots Cafe St Georges Road

Glasgow's best vegetarian cafe. Sofas, booths and natural finish make for a truly wholesome experience. An abundance of goats cheese, pine nuts and carrot cake at affordable prices.

Tribeca

Dumbarton Road

A wee slice of NYC cafe chic. The full Manhattan breakfast (complete with 3 eggs and 2 Cumberland sausages) is the ultimate recovery breakfast. Otherwise there's the full range of eggs, french toast, pancakes, maple syrup, 5-egg omelettes, bagels and croissants. And you can wash it all down with a smoothie, an Italian Soda or a cup of Oregon Chai Tea Latte.

University Cafe

Byres Road

Historic art deco greasy spoon, that somehow hasn't been touristified. Full Scottish breakfast, pie at lunchtime and knickerbocker Glory made with homemade ice cream as a special treat. This place is the real thing

Bay Tree Cafe

Great Western Road

On first inspection Bay Tree has the look and feel of a tea room but it is, in fact, an excellent

vegetarian cafe. The friendly staff serve up Middle Eastern, Mediterranean and Eastern European food that ranges from tiny snacks to full meals.

Beanscene

Cresswell Lane (and other locations)

Cobbled streets, comfy sofas, fine coffee, beautiful student types - the iconic image of the West End (well, that's what they'd like you to think). Of course, most of the West End isn't like this - but at Beanscene you can fantasise that it is. There are loads of other branches in Glasgow too - From Shawlands to Woodlands road. It's kind of a Scottish Starbucks.

Offshore

Gibson Street

Bright, airy and open til 11pm, Offshore is a centre point for the West End's Latterati culture. The consistently beautiful and charming staff, sofas you can disappear into for hours and free Wi Fi access all make this a popular hang out. Arrive early to avoid disappointment. You can also smoke here which makes it very popular with philosophy lecturers and skiving students alike.

Tchai Ovna

Otago Lane

A wonderful hideaway selling tchai and about 100 other teas from around the globe. It was started by squatters a few years ago and that hippy spirit lives on. During the day you can sit out in the overgrown tea garden while at night they have live music, poetry readings, art exhibitions and all sorts going on. A great place to escape from the stress and self-consciousness of the West End.



No matter how much you try and tell yourself that you're going to Offshore to study you might as well face the fact that it isn't true. You're only going to eye up the person you fancy.

Tinderbox

Byres Road

With its Vespa in the window and chrome furnishings, you get the feeling Tinderbox is trying a little bit too hard. But it's always rammed, with people even sitting outside on one of Glasgow's busiest junctions, enjoying car fumes with their caramel latte. The reason? They sell some of the best coffee in Glasgow.

North Star

Queen Margaret Drive

Something of an undiscovered gem, North Star is usually full of artists and BBC types. The whole place feels like it isn't quite finished and you sense it never will be. Luckily when they weren't decorating they were learning to cook. The Spanish influenced menu is laden with bean and sausage stews and excellent sandwiches. The cakes also come highly

recommended.

Cafe Cerubini

Great Western Road

Great little Italian that does all the standards but just that little bit better. The breakfasts are fantastic but the pasta dishes are the real highlight. Incredibly cheap but very filling. Their handmade Italian sausage is used to great effect and if you want to make more of an occasion of your time there you can bring your own bottle of wine.

Moka

Byres Road

A relative newcomer but already popular, Moka has shamelessly named one of its tasty range of sandwiches 'The West Ender'. How do these people sleep at night? Nice booths and lovely staff though.



“

The two unions are why I came to Glasgow. My friends at other universities complain about their unions but I know I won't get bored because I've got so much variety. I go to the GUU and the QMU depending on who I'm with or what kind of night I want to have.

”

Heather Spurling
SRC Vice President
(Activities and
Development)

The Unions

You'll already have come across the unions by now. The Glasgow University and Queen Margaret Unions make a lot of noise in the first few weeks of term about joining up to one or the other. It's definitely worth doing. It doesn't cost anything and you'll get discounted entry and other perks at the union of your choice. You'll probably find out which one is for you pretty quickly but here's a run down of what's on offer.

Facilities

Both the QMU and the GUU have well stocked shops that sell everything from stationery and discounted papers to sandwiches and sweets. QMU members also benefit from an off license that's open until 2am at the weekend.

There are photocopiers and laundry facilities at both and the GUU also has a couple of study libraries available. Perfect for that late night cramming session (if you can avoid the Beer Bar). It's even rumoured that Wi Fi may be introduced at some stage this year.

Food

You'll more than likely end up eating at the unions pretty regularly. They're cheap and cheerful but remember that lasagne and chips five days a week is not a balanced diet.

Both the Food Factory at the QMU and the Servery at the GUU serve up school dinner type meals. The Food Factory is superior but also more expensive and, unlike the Servery, won't do you a pie and beans. The Food Factory does excellent pizzas and also boasts a baguette bar.

Both Unions have coffee bars that will prove vital if you have 9am lectures.

Bars

Drinking is what student unions are traditionally all about. Not



Jim's Bar may look trendy these days but it's still only £1.85 for a pint of lager. The serious drinking takes place down at the Beer Bar though. Its yards rather than pints for them.

much has changed. Whether for a quick half at lunchtime or a full on night of drinking the Unions provide all you could hope for.

The GUU's Beer Bar is a traditional drinking den with excellent guest ales and plaques on the wall commemorating drinking games past. Jim's Bar in the QMU is a little more aspirational (chrome and faux leather abound) - but it's cosy and has a good jukebox. Both Unions host their quizzes in these main bars.

Elsewhere the GUU has the Playing Fields sports bar for live events on the big screen and its non-smoking bar, Altitude. Deep 6 features open mic and karaoke on its small stage.

The QMU's Games Room is filled with pool tables and arcade machines and has a small bar in the corner to save you the trip back to Jim's, though it's not quite so spectacular as

the GUU's Billiards Hall.

Clubs and Gigs

The QMU has always relied on live music and club nights to keep its members happy and its main venue Qudos has certainly seen some big names in the past - from Franz Ferdinand to Roni Size.

Its club nights range from metal to indie to funk and it's never been afraid to try something new. Cheesy Pop needs no explanation but is very much a Friday night institution.

The GUU are happy enough with a liberal amount of chart and cheese but they are making moves towards putting on some more varied nights to try and win back the Bamboo and Garage crowd.

Bars

Glasgow is one of the many British cities that claims to have more bars per person than anywhere else. Whether it's true or not is open to debate (the kind you have when you're in a pub conveniently) but there's certainly plenty of choice. This is just a small selection. There are hundreds more just waiting for your loan cheque to clear..

Brel

Ashton Lane

If you're feeling flush Brel is the place on Ashton Lane to waste an afternoon. The vast selection of continental beers doesn't come cheap but when the sun is shining in the impossibly steep beer garden you'll almost forget you just paid £3 for half a pint of delicious raspberry beer. Watching jealous lecturers and students wander past is one of the West End's most entertaining pub sports. When dinner time comes you can head inside for a bowl of mussels drowned in white wine and chips doused in mayonnaise. Mmm. Just try not to think about the bank balance.

The Loft

Ashton Lane

Cavernous former cinema space (hence the projector and cinema iconography on the walls) now decked out like almost every other style bar in Glasgow (stainless steel, brown leather etc.). During the day its size can make it feel pretty soulless but at night it fills up with a mixed crowd of students, young professionals and whoever else security feel like letting in. It's definitely a bit dressier than your standard student dive and that's reflected in the prices you pay behind the bar. There's a good range of reasonably priced cocktails though so if you want to play it cool

and escape the riff raff this could be the place for you.

Ubiquitous Chip

Ashton Lane

Unlike Ashton Lane's other pubs the Chip has somehow avoided becoming yuppified and remains one of the West End's best pubs. As you'd expect for a pub attached to a restaurant the wine list is extensive (and expensive) but the small selection of draft beer and cider is excellent and a bit more interesting than your standard Glasgow fayre. Friendly staff and regulars (including a number of dogs) create an atmosphere that defies the well-judged absence of music. With an open fire in winter and airy balcony in summer this is one of the city's best places to disappear for an hour or two.

Vodka Wodka

Ashton Lane

As the name suggests, Vodka Wodka concentrates on Russia's most famous export. With a vast array of flavoured and specialist vodkas behind the bar (and an imaginative cocktail list on top of it) there's something to everyone's taste in here. Of course you'll only be able to order them if you're lucky enough to get inside. This is one of Glasgow's smallest bars so don't expect to wander through the door at 10pm on a Saturday night without queuing first. There's normally more students in Vodka Wodka than in most style bars so you're bound to bump cocktail jugs with someone you know.

Curlers

Byres Road

You wouldn't know it to see it now but this



It's virtually guaranteed that the next time it's this sunny, you'll have an exam the next day

is the oldest pub in the west end. Once a hang out for bikers (most of whom can now be found in the Chip) Curlers is now part of the 'It's A Scream' chain. Aimed squarely at the student market it is a haven of cheap drink and cheap food. During the day you can usually find yourself a leather sofa to lounge on while enjoying your burger and pint combo. At the weekend you'll have to fight your way to the bar mind you.

Tennents

Byres Road

One of the few traditional pubs left in the West End Tennents can seem a bit intimidating to the student crowd. In fact nothing could be further from the truth. Most of the bar staff were or are students (many also work in the Basement downstairs) and will serve you up a pint of the many guest ales as happily as they will the regulars. The green leather seats and

fantastic U-shaped wooden bar give the place a real old-Glasgow feel and as you work your way through one of the excellent (and cheap) bar meals you can almost forget the hubbub of Byres Road outside.

Basement

Byres Road

Underground in both senses of the word the Basement is a haven for West End clubbers, musos and general scenesters. At the weekend you'll need to arrive pretty early if you want a seat but then sitting down isn't really what the Basement is about. Everyone seems to know everyone else here and the cramped environment means you'll quickly get to know those you don't. But this is by no means a style bar: club posters jostle for position on the walls, pints rest on barrels and a fantastic blend of hip hop, soul, funk and jazz pounds out of the soundsystem. Impress your date...

COMPETITION TIME...

Whoever indulges
in the greatest
pleasures, all the time,



Wins!!!

Gorgeous food, beers,
cocktails, a splendid
jukebox & gigs in
our basement bar...
indulge yourself at
Nice'n'Sleazy

421 Sauchiehall St.
www.nicensleazy.com



The GUU's beer garden isn't quite as trendy as Brel but a pint of Hoegaarden is half the price

Bars [contd.]

by knowing more people than they do.

Three Judges

Dumbarton Road

Voted one of Scotland's finest pubs on numerous occasions (well, according to the certificates on the wall anyway), the Three Judges boasts one of the finest arrays of guest ales in the city. The staff will let you try before you buy and the regulars always have plenty of advice for you too (though not always to do with the beer). At the weekend the in house jazz band gets going early.

Uisge Beatha

Woodlands Road

A Scottish themed pub in Scotland? Stag heads and portraits of famous Scots hang proudly on the walls, the staff are all kilted up, while the bar boasts 135 different types of whiskey - this place should be dreadful. But it actually succeeds in being quirky but with a well established feel. Full of students every night, with many clubs and societies holding their meetings there (its large tables are perfect for big groups). They also have live folk music on Tuesdays and Sundays.

New Arlington

Woodlands Road

From the outside the New Arlington appears to be a standard Glasgow drinking den: wood panelling, small windows and the smell of stale beer. Inside however you will find a surprisingly bright, traditional Glasgow pub with a fantastically friendly atmosphere. You could quite happily while away an afternoon chatting to the regulars and the bar staff or cramming in to a booth to enjoy a pie, and a pint from the excellent selection of draft beers. Most evenings you'll find yourself in the company of Glasgow's finest folk musicians. As the music begins to flow you'll start to wonder why you ever set foot in a style bar.

Nice 'n' Sleazy

Sauchiehall Street

A haven for both indie kids and art school hipsters, Nice n Sleazy is the kind of pub that would hang about behind the bike sheds smoking if it could. Inside it's kitsch as you like (all formica, strange lampshades and half finished art projects) and as cool as it sets out to be. The best jukebox in town, excellent food, Buckfast by the glass and wall to wall beautiful people make it hard to resist.

Music

The Scene

In the past year Glasgow has been described as the new Chicago, Detroit and Manchester. For most music fans these comparisons will be significant. As the birthplaces of Motown, house, Factory Records, techno and the Hacienda, these are cities which defined eras, made legends and spawned a thousand 'I was there' anecdotes. What Glasgow has in common with these musical Meccas is the raw aggression and individuality that comes with decades of labour migration, government indifference and industrial decline. Only a city whose main industry has slipped from shipbuilding to call centres in a generation could give birth to the self-deprecating brand of humour that pervades its entire music scene.

What differs in Glasgow however, is the sheer range of music being produced in the city at any given moment. While other cities are remembered for the genres they spawned this period of Glasgow's musical history will be remembered for the diversity of its output. Against the wishes of the more mercenary end of the music industry, Glasgow has not become a city of Franz Ferdinand wannabes. As well as the many excellent indie and electro outfits there is an ever-growing community of hip hop producers, Grime and Garage MCs, turntablists and house DJs. Even Happy Hardcore seems to be making a relative return to the mainstream.

The established venues and club nights that you will find in this section of the Guide are only a starting point. You will find almost every kind of music listed below but there will

always be more to find and you'll always be more satisfied with the things you discover yourself. Keep an eye on flyers and posters, buy the List, listen to Subcity and get on to the music forums. Clubs and gigs are as likely to take place in art galleries, people's garages and disused railway tunnels as they are in conventional venues so its worth paying attention.

Live venues

The fact that Glasgow now boasts its own live music audio tour (www.seeglasgow.com/itour) should give you some idea of just how important it is to the city. From Orange Juice to Franz Ferdinand to Belle and Sebastian, Glasgow has been a home to some of the most exciting live acts in the UK and has the venues to match. Gigs pop up all over the place nowadays but the venues below are a good starting point.

Nice and Sleazy Sauchiehall Street

Despite its size (200 at a push) and the inconveniently positioned columns this is still the place that makes or breaks most Glasgow bands. Anyone who's anyone from the Glasgow scene has played here over the years

Barfly Clyde Street

This subterranean skankpit is an absolute stalwart of Glasgow's band scene. Formerly called the 13th Note, it has always veered towards the punkier end of things although it's on the circuit for most of the local and



Barfly isn't the prettiest of venues but it books some great acts

many international bands at the cutting edge of the independent music scene.

Barrowlands Gallowgate

The glitzy neon lights and knowing tackiness only add to the status of this legendary venue. It's a venue that has not only been graced by some of the most important bands of the last 20 years, but has been the scene of some of the most memorable performances by those bands. New Order, Oasis, Steve Earle, Underworld and Mogwai spring to mind but there have been countless other unforgettable moments at this strange and delightful music hall. For many students going to the Barrowlands is their first taste of the rougher, socially downtrodden East End. It's actually just 10 minutes walk from the affluent Merchant City area - but in many ways it's a world apart. Let's just hope it survives.

Carling Academy, Eglinton Street

Despite its relative youth, the Carling Academy has already seen performances from the likes of Public Enemy...



“

What's amazing about Glasgow's live music scene is its diversity. You can be listening to weird electronica one night and rockabilly the next. We've also got some of the best venues in the country

”

Emily Mules
Subcity Presenter

Live Venues [contd.]

James Brown, Basement Jaxx, Nick Cave and Franz Ferdinand to name but a few. Its ludicrously high ceiling and wide stage give it a churchlike quality, which is probably intentional. The bar is located right next to the dance floor so you don't have to miss the band while you get a beer.

**The Cathouse
Union Street**

Glasgow's punk and new metal mecca is perhaps better known as a slightly dodgy but entertaining rock club. However, bands play regularly to packed crowds who wanna rawk.

**Glasgow Royal Concert Hall
2 Sauchiehall Street**

From middle aged rock stars playing acoustic sets to the Royal Scottish National Orchestra playing Tchaikovsky.

**The Halt
Woodlands Road**

Local old man's pub in the West End where aspiring bands and artists make their first steps towards stardom, or obscurity.

**King Tuts Wah Wah Hut
St Vincent Street**

Officially *the* place to catch The Next Big Thing before they get splashed across the cover of the NME. Past glories include Oasis, Radiohead and The Strokes at this intimate 300 capacity venue. It's been voted best venue in the UK on a few occasions and it's not difficult to see why. When it's full the sweat drips off the ceiling and you'll wonder if you'll survive the crush but when the music starts you just won't care.

**SECC
Finnieston**

Stadium rock and pop from Will Young to

Slipknot. It's pretty soulless and tickets are invariably wildly overpriced. But that doesn't stop thousands of fans turning up to every show.

**Stereo
Kelvinhaugh Street**

The tiny stage at this 150 capacity west end hang out just 10 minutes from campus, plays host to the more oddball talents on the local and touring scene. Bands play Sunday-Tuesday when there's usually a small charge to get in, the rest of the week's entertainment is usually provided by various local DJs who play a mixed bag of indie, dub, funk and electro.

**13th Note
King Street**

The Natural home of Glasgow's indie-kids and duffle-coated fraternity. The bright cafe upstairs serves inexpensive vegan food, while the basement downstairs serves up indie, garage and leftfield electronica, usually from local bands.

Clubbing

With a club scene to rival London's, Glasgow is the place to be for almost every kind of music imaginable. Here are just a few of the best. Keep an eye on the flyers though. That's where the real information is.

**Pressure
Last Friday of the month
The Arches**

Glasgow bother boys Slam make things go bang. So do their mates - people like Jeff Mills, Green Velvet and Laurent Garnier make their yearly pilgrimage to this monthly mega-club. But it's not all stadium techno. Slam are the people behind Glasgow's most important



Two time DMC finalist DJ Itchy guests at Mixed Bizness and Subcity amongst other nights

underground record label, Soma, the label that launched Daft Punk onto the world and now puts out cutting edge electronica of all flavours from the likes of Alex Smoke, Vector Lovers and Ewan Pearson as well as Slam's own productions. At Pressure Slam attempt to balance musical credibility with populist big-name line-ups. When it works it's truly brilliant.

**Subculture
Weekly Saturdays
Sub Club**

Underground in every sense of the word, the Sub Club, is the home of house music in Scotland. Loved by so many - Derrick Carter, Carl Craig, Stacey Pullen and Mark Farina have all gushed about how much they love the place - Subculture is fiercely underground and musical credibility is all. Long standing residents Harri and Domenic have never taken

their ears off the musical pulse, and are revered all over the world as two of the most gifted DJs ever, despite their concerted and largely successful effort to remain anonymous. Never relying on big names to get people in, Subculture is the place to hear the music and the DJs that are shaping the electronic music of the future.

**Optimo Espacio
Weekly Sundays
Sub Club**

'You won't like it sugar', the posters warn us. And certainly Optimo is not to everyone's taste. Optimo straddle the thin line between achingly cool and irresistibly subversive. Ranging from the musically breathtaking to what can only be called completely horrible, residents Twitch and Wilkes are wilfully impossible to pigeonhole. Perhaps their greatest talent is finding incredible songs that...

Clubbing [contd.]

no one could imagine dancing to and turning them into dance anthems - from heartbreaking country songs to mindless sixties pop to weird-out eighties no-wave. Past guests have included Franz Ferdinand (before they were famous), The Go! Team, Sons and Daughters, ESG, The Bug, LCD Soundsystem and a multitude of weird-as-it-gets bands that you will probably hate. You've been warned.

Utter Gutter**Last Friday of the month
Riverside Club**

Glasgow's best underground gay/mixed club night is a riotous celebration of hedonism and attitude. Mdm. Sanex and Hushpuppy play dancing music through the ages - from disco and new wave, to electro and garage rock. Glasgow's gay scene is pretty cheap and slutty in the wrong ways, Utter Gutter is cheap and slutty in all the right ways. As such Utter Gutter attracts Glasgow's artists and alternative types as well as the more clued up club kids, both straight and gay.

Freakmoves**Weekly Thursdays
Art School**

Thursday nights at the Art School are something of a Glasgow institution. As well as being dirt cheap (couple of quid in, pints £1) it is also one of Glasgow's most credible Hip Hop nights, playing host to the likes of Cash Money and Q-Bert alongside residents Dema and Nice. Downstairs Hushpuppy plays party anthems from disco to house and electro, with a bit of rock thrown in.

Mixed Bizness**Third Friday of the month
Art School**

Set up as an antidote to uptight, purest Hip Hop clubs, Mixed Bizness residents Boom

Monk Ben and Pro Vinylist Karim cut up, scratch and scavenge a wildly eclectic mix that embodies the original Hip Hop ethic. Expect to hear forty years of pop in the course of one night and expect to dance your arse off to stuff you didn't think you liked. Past guests include Fingathing, Treva Whatever (Ninja Tune) and Qool DJ Marv (NYC).

Funhouse**Weekly Fridays
Barfly**

DJs Paul Needles (of the excellent Glasgow band The Needles) and Vic Galloway (of the Session in Scotland) run one of Glasgow's most popular indie nights. What's particularly good about their night is that it manages to attract people with hugely different tastes. Whilst ostensibly an indie night there is a more rebellious feel to the proceedings and there will usually be a healthy smattering of punk, garage rock and even country. It keeps things sounding fresh and keeps your mind off the fact that you're shoes are sticking to the carpets.

National Pop League**Last Friday of the month
Woodside Social**

The ultimate indie night in Glasgow. Frequented by the likes of Belle and Sebastian and other indie legends it often feels like a bit of a time warp. They play the new stuff but the real emphasis is on classic indie (the Smiths being a particular favourite). The crowd is a real mixed bag but it has one of the most relaxed club atmosphere's in the city.

Mungo's Hi Fi**Second Friday of the month
Woodside Social**

Glasgow's best reggae crew run nights across the city but this is where they've always been most well known. As well as DJing these guys



From house to disco to funk, Glasgow has something for everyone to dance like a fool to

produce everything from dub to dancehall and work with some of the best vocalists in the business. Their night is as relaxed as you would expect but once their soundsystem starts blasting out the riddims it's impossible not to move your body.

The Garage**Sauchiehall Street
7 nights a week**

Probably the most famous student club in Glasgow, it's inevitable that you'll end up there at some point. It's absolutely huge (about 2000 capacity at the weekend) and you'll almost certainly lose your friends if you over indulge in the outrageously cheap drinks promos. The music is straight up chart and cheese in the main room (although different nights claim to have different policies) but there's an indie room and an RnB room that open up when it's busy enough.

Bamboo**West Regent Street
7 nights a week**

A slightly classier affair than most clubs aimed at students, the emphasis here is more on RnB and house than chart. It's still fairly mainstream but the front bar is a good place to chill out before it gets busy and someone drags you on to the dancefloor. At the weekends it's mobbed so you'll need to turn up early. Still, there's usually free passes available; so keep an eye out.

Blanket**Sauchiehall Street
7 nights a week**

As far as urban music goes there are definitely more innovative nights but Blanket does a solid job of keeping the dancefloor grinding to the likes of 50 Cent and Nelly and they occasionally run MC and DJ battles.



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appendix

all the extra information you'll ever need

people

src and university decision makers

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where to find what you're looking for

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buses

get where you need go

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maps

graphical versions of campus and city

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People

Meeting people is one of the best parts of university life. You'll make some friends for life and probably make a few enemies too. But that's all part of the fun.

There are few people however that it's definitely worth being aware of. They make a lot of the decisions that affect your life as a student at Glasgow so getting to know a bit more about them can be useful.

Over the next few pages you'll be introduced to the Principal and the Rector of the University and the SRC Executive.

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

It's these guys who put pressure on the university to change the way it operates, so if you don't like what you see then they can try and sort it out for you.

They're paid to work at the SRC full time for a year but they're still technically students so don't worry about just dropping by for a chat. The executive offices are on the first floor of the John McIntyre Building.

More information on the Rector and Executive can be found on www.glasgowstudent.net.

You're unlikely to bump in to the Principal until you graduate but if you do get invited to his office be sure to grab yourself a few biscuits. They always have good ones up there. That's why the SRC Executive are always up there 'complaining' about the state of the university.



Mordechai Vanunu

Rector

Rector is the highest level of student representation. The position has been held by, amongst others, Benjamin Disraeli, Winnie Mandela, William Gladstone, Richard Wilson and Greg Hemphill.

The rector can take matters to the highest level of university decision making - Court. In the past they have fought for a better deal for students on accommodation, funding and exams.

Last year students elected Mordechai Vanunu as rector. Most famous as the whistle blower on Israel's nuclear weapons programme he has since become a vocal peace activist and anti-nuclear campaigner.

Mordechai remains under house arrest in Israel and is technically banned from speaking to foreign press but has managed two interviews with campus papers since his election and is in regular contact with the SRC.

He has made it clear that he will undertake his duties in Glasgow if and when he is released.



Sir Muir Russell

Principal

The office of Principal dates from the early days of the University but its function has changed many times over the centuries.

The Principal sits on the University Court and is also President of the Senate, the supreme academic body of the university. In modern times the Principal has also fulfilled the task of Vice Chancellor, and carries out the task of conferring degrees in the Chancellor's absence.

Sir Muir Russell took up office in October 2003. He is a graduate of Glasgow University, a Fellow of the Royal Society of Edinburgh, an honorary graduate of the universities of Glasgow and Strathclyde and a Fellow of the Institute of Physics.

Prior to his appointment, Sir Muir worked as the Permanent Secretary to the Scottish Executive.

He is now responsible for the effective management of the university, its staff, and its finances.



Dan Guy

SRC President

So you're the boss then?

Well, not really. I coordinate the running of the SRC on behalf of the students. Running campaigns and representing students to the university is a key part of my job.

What are the big issues for students this year?

I'll be trying to take on dodgy landlords. There are still too many unscrupulous property owners in Glasgow renting out dangerous flats to students. I think that HMO licensing needs to be tightened up and I'll be pressuring the City Council and the Scottish Parliament to make changes.

Any other plans for the year?

I think there's too much confusion and duplication between the student bodies so I'll be running a referendum on a Students' Association. This could bring the SRC, GUU and QMU together as one body. I want students to make up their own minds on what's best though.

president@src.gla.ac.uk



Sarah Tomlinson

SRC Vice President
(Welfare and Equal Opportunities)

What does VP Welfare get up to then?

I coordinate campaigns designed to promote and improve student welfare. One of the big things I'll be looking at this year is sexual health. It's a big issue for a lot of students. I'll be making sure there's plenty of free condoms available across campus.

You deal with housing too. Any tips?

Avoid going for price over quality. It might seem tempting to save a bit of money but it just isn't worth it in the long run. Some cheap, unlicensed properties can be death traps.

What about this Student Festival we've heard so much about?

It's the SRC's annual celebration of all things good about Glasgow and Glasgow University. It's a about looking after yourself but still having a good time. I'm also planning to run an ethical careers fair during the event, which will help you find a career doing something worthwhile.

vp-welfare@src.gla.ac.uk



Heather Spurling

SRC Vice President
(Activities and Development)

You had the enviable task of running Freshers Week but what do you do now?

Well, I'll be running Refreshers Week, which is a chance to meet clubs and societies and find out more about what's on offer on campus in case you missed it the first time round.

Why is it worth getting involved?

It looks good on your CV for a start but that's not why I got involved. I've met loads of great people and done some amazing things. If I left uni tomorrow without a degree I wouldn't regret it for a minute. You're here to have fun too and it doesn't need to get in the way of studying. If you don't get out there and do something you'll end up in a rut.

What's your top Freshers Week hangover cure?

Bananas or a big fry up. Quite a difference but it depends what mood you're in. I'd also recommend going for a run about with one of GUSA's sports teams. Sweat it out.

vp-activity@src.gla.ac.uk



Matthew Davies

SRC Vice President
(Education)

Education sounds pretty serious. Is it all policy?

No, my job revolves around what the students want me to do. I don't have a set agenda so if people come to me with problems I'll make them a priority. If people don't come to the SRC and speak to us then we'll never know what's going on around campus.

Do you have a pet project for the year?

I really want to improve Course Rep training. It's been getting better over the years but it's still got a long way to go. These guys are really valuable to us so we need to show some appreciation. I'm thinking free bar.

As the education man do you have any exam survival tips?

I've never failed an exam in my life and what I generally do is work really hard the day before, get a good night's sleep and then flick through my notes in the morning. Cramming does work if you've worked during the year.

vp-education@src.gla.ac.uk



Shona Morrison

SRC Vice President
(Communications)

So you're here to make the SRC look good?

In a sense. I'm responsible for publicity and the media. I'll be running some big publicity drives this year to try and raise awareness of the SRC and its services. Hopefully this will result in increased participation in elections and other events.

If the SRC make mistakes will you use your media influence to cover it up?

Of course not. The SRC media groups are editorially independent so if we make a mistake we won't stop them from telling the students we're accountable to about it. This level of freedom is one of the main reasons why our media departments are so successful.

Obviously you love Guardian and GUM but which is better: Qmunicate or GUUi?

That's not fair! I used to write in Qmunicate so I'm quite attached but I think GUUi will turn in to a great paper this year. It's sill pretty new.

vp-communications@src.gla.ac.uk

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Buses

Glasgow bus drivers only accept exact change so if you're out for the night it's worth holding on to some cash for the journey home.

Most buses will drop you in town, either on Union Street (almost all of them), George Square (11, 51) or Buchanan bus station (the ones which say "buchanan bus station" on the front).

Bus stops will have the numbers of the buses stopping there on them - this is particularly important in town where buses will stop at just one out of a group of stops.

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

24 hour buses are normally hourly, during the week but up to every 15 minutes on Friday and Saturday night.

No.40

where - Town via Maryhill Rd, Wolfson & Murano St
when - 24hr. 20-30 minutes in evenings, 60 mins at night (20 at the weekend)
destinations [to town/from town]-
 Easterhouse / Clydebank
where to get it in town - Trongate, Sub Club, Hope St
alternatives - 109, 119, 61

No.66

where - Great Western Rd (as far as

Anniesland Cross) to town
when - 24hr. 20-30 minutes in evenings, 60 mins at night (15 at the weekend)
destinations - East Kilbride / Mountblow
where to get it in town - Glassford Street, tourist info in george square, top half of hope street
alternatives - 20, 51, 59

No.44/44A

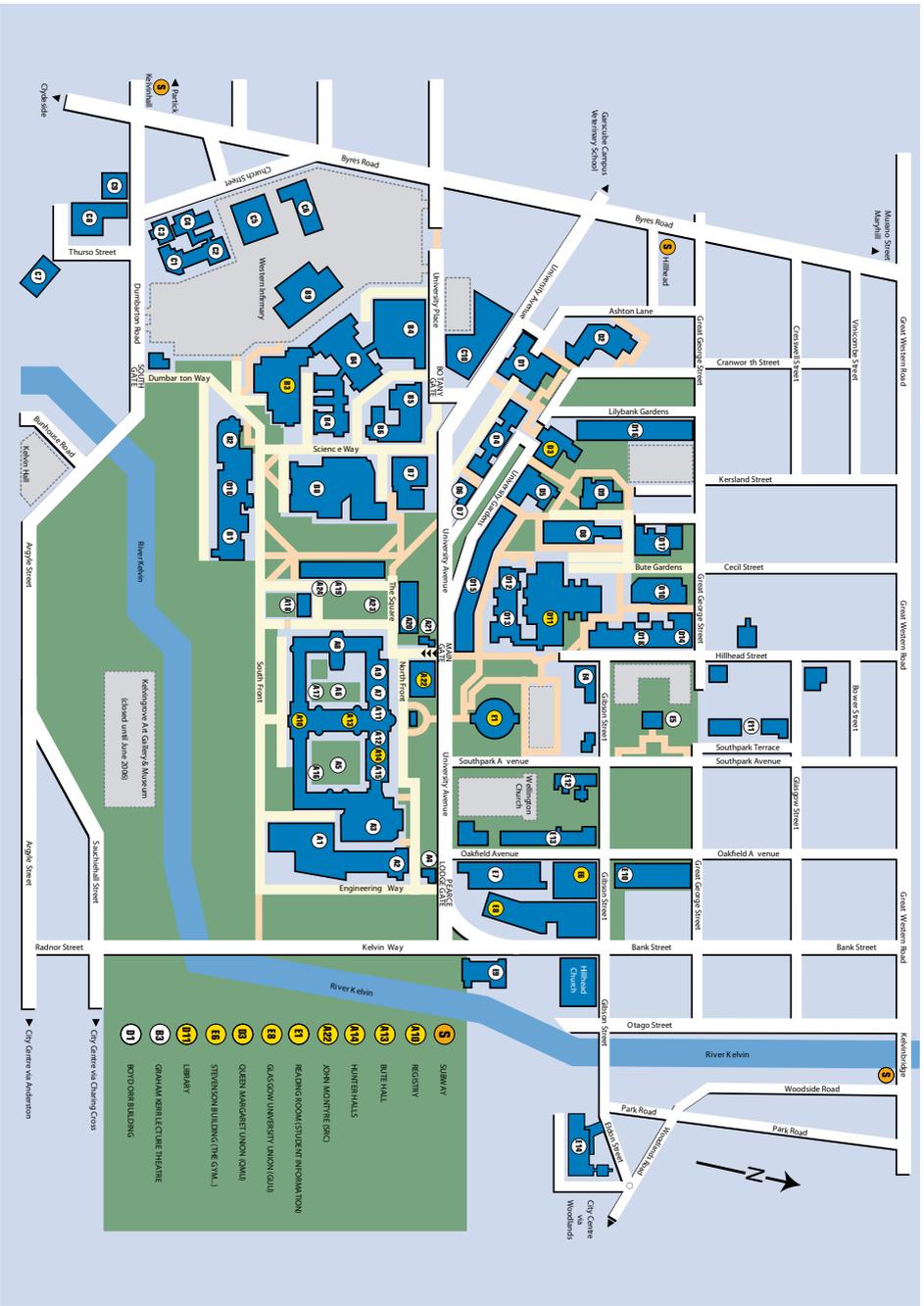
where - University Avenue to town/South Side
when - 10 mins during the day, 30 mins in the evenings, no night service
destinations - Newton Mearns / Knightswood
where to get it in town - Bottom half of Hope street, Bath Street
alternatives - 11

No.62

where - Partick to town, past the bottom of Byres Road and Cairncross house
when - 24 hr. 10-15 minutes evenings, 60 mins at night (15 at the weekend)
destinations - Baillieston / Faifley
where to get it in town - Trongate, Sub club, bottom of Hope Street, St Vincent Street
alternatives - 9

No.18

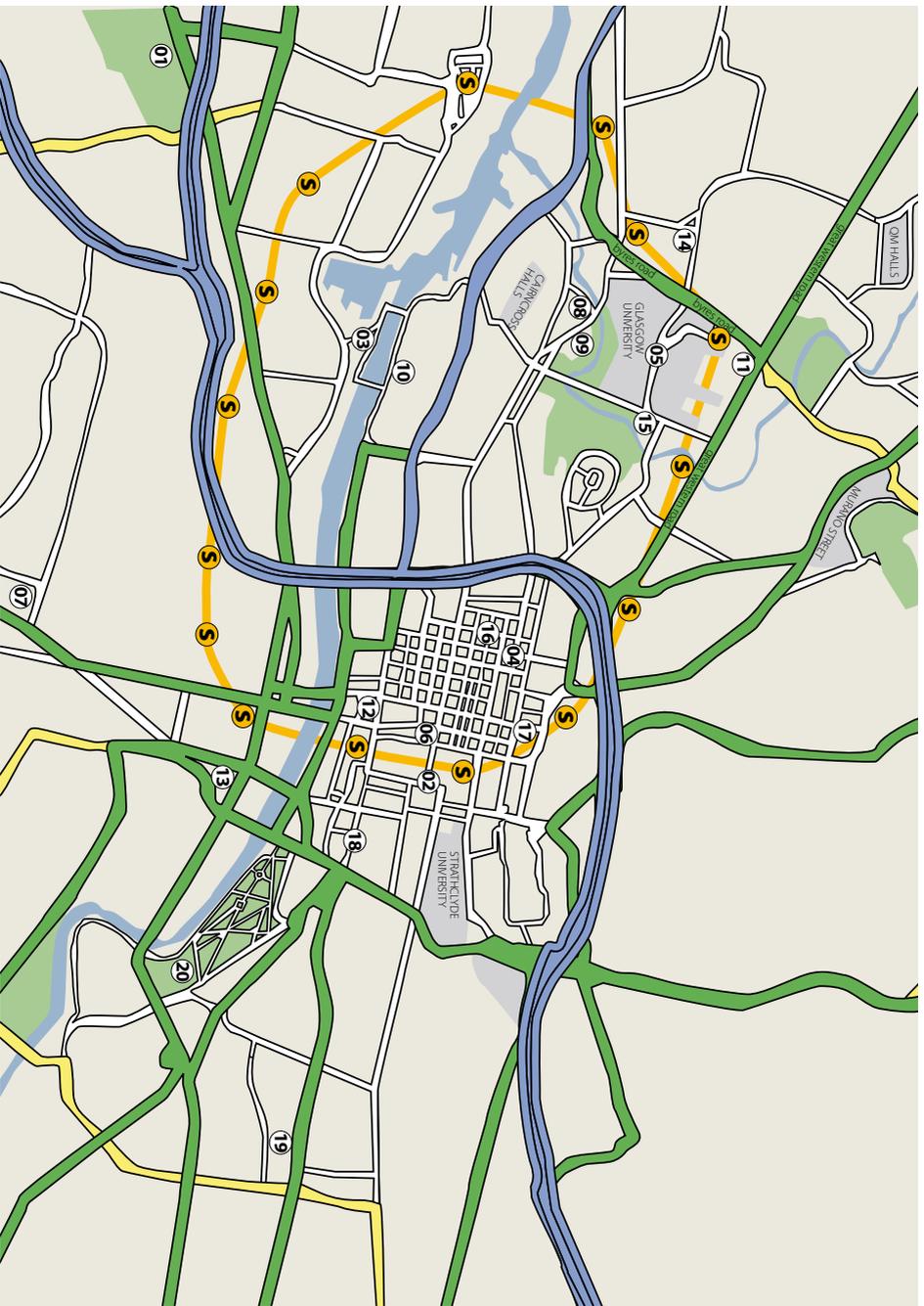
where - Maryhill Rd to town via Queen Margaret Dr , Byres Rd and Sauchiehall St
when - 15mins during the day. 30 minutes in the evening til midnight, no night service
destinations - East Kilbride / Summerston
where to get it in town - Trongate, Sub Club, bottom half of Hope Street, Bath Street
alternatives - 16



Key to campus map

This map is available in larger size with a full key from the student information desk in the Round Reading Room.

- Accommodation Services - D14
- Accounting & Finance - E12
- Adam Smith Building - D8
- Adult & Continuing Education - E14
- Advice Centre, Student - A22
- Aerospace Engineering - A1
- Anderson College - C1
- Archaeology - D2
- Arts Faculty Office - D15
- Bower Building - B7
- Boyd Orr Building - D1
- Business School - A6
- Bute Hall - A13
- Careers Service - D15
- Catholic Chaplaincy - E11
- Celtic - D5
- Central & East European Studies - D10
- Chapel - A8
- Chaplaincy - A24
- Chemistry - B4
- Children's Panel Training Group - E14
- Civil Engineering - E7
- Classics - E13
- Clinical Physics - B9
- College Club - A9
- College Club - A9
- Computing Science - D16
- Computing Service - A2
- Concert Hall - A12
- Concours Building, Student - E10
- Davidson Building - B1
- Dermatology - C2
- Dining Rooms - A9
- Disability Service - A22
- Divinity, School of - A20
- Drugs Misuse Research, Centre for - C9
- Earth Sciences - D2
- Economic & Social History - D15
- Economics - D8
- Education Faculty - E14
- Electronics & Electrical Engineering - E7
- Engineering Faculty Office - A1
- English as a Foreign Language - D18
- English Language - D15
- English Literature - A6
- Financial Studies, School of - E12
- Florentine House - E4
- Fore Hall - A8
- Forensic Medicine & Science - B4
- French Language & Literature - D5
- Gardiner Institute - C6
- GAUT - E13
- Gatehouse, Main - A21
- Geography & Geomatics - A5
- German - D5
- Gilmorehill Centre - E9
- Glasgow University Union (GUU) - E8
- Graham Kerr Building - B3
- HAITI - D7
- Health Service - E10
- Hetherington Building - D10
- Hetherington House - D6
- Hispanic Studies - D10
- History - D15
- Hunter Halls - A14
- Hunterian Art Gallery - D12
- Hunterian Museum - A15
- Information Desk, Student (SID) - E1
- Institute of Biomedical Sciences - B2
- Immunology and Bacteriology - B9
- IT Education Unit - E1
- Italian - D10
- James Watt North Building - A2
- James Watt South Building - A1
- John McInyre Building (SRC) - A22
- Kelvin Building - B8
- Kelvin Gallery - A7
- Laboratory of Human Anatomy - A3
- Language Centre - D10
- Law (School of) - A19
- Library - D11
- Lilybank House - D9
- Mackintosh House - D13
- McMillan "Round" Reading Room - E1
- Gilbert Scott "Main" Building - A10
- Mathematics - D4
- Mechanical Engineering - A1
- Media Services - E5
- Medical Faculty Office - C10
- Medical School Building, Wolfson - C10
- Modern Languages Building - D5
- Music - D15
- Nursery - D19
- Nursing & Midwifery School E10
- Officer Training Corps - B5
- Pearce Lodge - A4
- Philosophy - E10
- Physics & Astronomy - B8
- Politics - D8
- Pontecorvo Building - C3
- Postgraduate Club - D6
- Principal's Office - A10
- Print Unit (Gilmorhill) - A1
- Psychology - D18
- Queen Margaret Union (QMU) - D3
- Quadrangles - A5 & A6
- Radiation Protection Service - B8
- Randolph Hall - A10
- Rankine Building - E7
- Registry - A10
- Research & Enterprise - A19
- Robertson Building - C2
- Scottish Literature - D15
- Security (Central Services) - A21
- Senate Office - A10
- Slavonic Studies - D10
- Social Sciences Faculty Office - D8
- Sociology & Anthropology - D8
- Sport & Recreation Service - E5
- Southpark House - E5
- Sports Association (GUSA) - E13
- Stair Building - A19
- St. Andrew's Building - E14
- Statistics - D4
- Stevenson Building - E6
- Student Information Desk (SID) - E1
- Student Recruitment & Admissions - A20
- Students' Representative Council - A22
- Teaching & Learning Service - F4
- Theatre Film & TV Studies - E9
- Theology & Religious Studies - A20
- Thomson Building - A3
- Urban Studies - D17
- Visitor Centre - A11
- West Medical Building - B2
- Western Infirmary Lecture Theatre - B9
- Widening Participation Service - E11
- Wolfson Building - B10
- Wolfson Medical School Building - C10
- Zoology Museum - B3



Key to city map

The map above is not fully detailed and is not the whole of Glasgow, it is intended to give a rough outline of where some of the places mentioned in this guide are and how easy it is to get to them. We recommend that you buy an A-Z guide of the city for a finer for actual direction finding. For info on most of the places listed below see Play [pg138-141].

- 01 - The Burrel Collection
- 02 - Gallery of Modern Art
- 03 - Glasgow Science Centre & IMAX
- 04 - Centre for Contemporary Arts
- 05 - Hunterian Museum & Gallery
- 06 - The lighthouse
- 07 - The Tramway
- 08 - Museum of Transport
- 09 - Kelvingrove Museum & Art Gallery
- 10 - SECC
- 11 - Oran Mor
- 12 - The Arches
- 13 - Citizens Theatre
- 14 - Cottiers Theatre
- 15 - Gilmorehill G12
- 16 - Kings Theatre
- 17 - Theatre Royal
- 18 - The Tron
- 19 - The Barras
- 20 - The People's Palace Museum and Winter Gardens

Glasgow Subway



The Glasgow Subway system opened in 1896 making it the third oldest in the world behind London and Budapest. Unlike London and Budapest though, the Glasgow Subway has never expanded past its original route - a circle. This does however make it very easy to use and you can't get lost, only end up going round the long way.

Stations

The nearest Stations to uni are Hillhead on Byres Rd, Kelvin Bridge on Great Western Rd and Kelvnhall on Dumbarton Rd.

Times

There's a train every four to eight minutes
 First and last trains: Mon-Sat 0630-2300 and Sun 1100-1740

Cost

Single journey - £1, All day unlimited - £1.90, month pass £26

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(ELECTRO POP INDIE ROCK HOUSE)
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Every Wednesday from 10pm

indie & rock **karaoke** **mondays** **from 9pm**

Drinks Prices Include - Every Sunday - Thursday
buckets - 4 btls stella/miller £6.50, buckets - 4 btls corona £7.00
buckets - 4 btls budweiser £7.50, miller/stella (btls) £1.80,
vodka mix £1.80, vodka cranberry £2.00, jack daniel's & mix
£2.00, apple sourz £1, cocktails £2.50, shooters £2.50
champagne cocktails £3.50

Tuesdays - All Drinks £1.20, Bottle Of House Wine £6



Open 7 Days Midday - Midnight
11.30am Sundays (Food Only)

Monday Munchies - Food For A Fiver
Any Main Course, Pasta, Salad, Sandwich or Burger For A Fiver
Any 2 Starters Or Desserts For £5

Students will receive 20% off their own food bill with current matric card
Not in conjunction with any other offer

Bunker Bar Restaurant
193-199 Bath St, Glasgow
0141 229 1427, www.thebunkerbar.com