



THE GUIDE

2015/2016

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



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WELCOME

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

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

It might seem like a lot of information and it might be a little overwhelming, but every word has been written by current and former students of the University, informed by advice from the student organisations and University, with the intention of making your first year easier. If the information in this book wasn't useful, the book wouldn't exist.

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

The book is divided into four key sections:

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

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

CONTENTS

CAMPUS LIFE

STUDENT BODIES	008
THE SRC	010
QMU & GUU	012
GILCHRIST PG CLUB	016
SPORT	018
STUDENT MEDIA	020
VOLUNTEERING	024
CLUBS & SOCIETIES	026

ACADEMIC LIFE

STUDYING	032
LIBRARY & STUDY SPACES	034
BOOKS & RESOURCES	038
WI-FI & TECHNOLOGY	040
COURSES & MYCAMPUS	042
ACADEMIC REPRESENTATION	044
ACADEMIC SUPPORT	046

GLASGOW LIFE

GREEN PLACES	054
BEYOND GLASGOW	056
MUSEUMS & GALLERIES	058
THEATRE & COMEDY	062
CINEMA	064
EATING OUT	066
BARS	072
OFF LICENCES	076
CLUBS	078
LIVE MUSIC	080
LIVE SPORT	084
FESTIVALS	086
POLITICS & CURRENT AFFAIRS	088
GROOMING & STYLE	090
SHOPPING	092

LIFE SUPPORT

ACCOMMODATION: MOVING IN	096
ACCOMMODATION: MOVING ON	102
GETTING AROUND	106
GETTING AWAY	112
HEALTH	114
DRUGS	120
FOOD & NUTRITION	122
MONEY	126
JOBS	128
FAITH	130
LGBT+	132



CAMPUS

LIFE

GILLMOREHILL & UNIONS & CLUBS & SOCIETIES & VOLUNTEERING
& REPRESENTATION & SPORT & PRESIDENTS & MORE

STUDENT BODIES	008
THE SRC	010
QMU & GUU	012
GILCHRIST PG CLUB	016
SPORT	018
STUDENT MEDIA	020
VOLUNTEERING	024
CLUBS & SOCIETIES	026

STUDENT BODIES

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

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

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

The system is a throwback to simpler times, when men and women weren't encouraged to socialise together, and each had their own social unions, while another organisation took

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

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

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



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



THE SRC

Arguably the most enigmatic of the four student bodies, Glasgow University Students' Representative Council has a significant role to play not only in the University, but in the lives of all the students that attend it. From minibus services to student media, from University Court to photocopying, the SRC has a finger in a huge number of University pies. And the best news? You're already a member and almost all of it is free (photocopying from 3p/sheet).

The SRC's work extends to every corner of campus, including this book. Current SRC President, Liam King, took a few minutes out of his day between meetings with University bigwigs to tell us about what exactly the SRC is, what it does, and what students can expect from the organisation in the year ahead.

What is the SRC?

The SRC is the Students' Representative Council, the organisation responsible for representing all 27,000 students at the University of Glasgow. We're the ones charged with promoting and enhancing the interests of students to the University, to the city of Glasgow, to Scotland, the United Kingdom, and the rest of the world. Our primary function is representation, ensuring that views of students are heard by those in charge at every level.

And who is the SRC?

The SRC council is comprised of elected students in academic and welfare positions, as well as a small number without specific mandates to either side. The most senior leaders of the organisation are the executive, including four, full-time sabbatical officers, each charged with managing a different aspect of student and University life. In addition to the President, who oversees all of council, there are vice presidents for student activities, student support and education. Council is charged with making policy on behalf of students; it can be anything from choosing a position on industrial action within the University, to setting down recommendations for redevelopment projects based on student consultation.

An example of the effectiveness of the SRC can be seen in last year's divestment from fossil fuels by the University. It's something that came through our council and not only did we take on a lobbying role, but we worked with students who felt passionately about it, making key arguments in the right way, to the right people, at the right time.

You mention activities and support? What other functions does the SRC have?

The SRC does a wide range things for students, broadly categorised into three pillars: representation, which I've covered, welfare and support, and volunteering and graduate attributes. In terms of



support, we have a range of services to help students in difficulty. I'm incredibly proud of our Advice Centre and the work it does and support it offers to students. It's a completely free, independent, confidential service with five fully trained, full-time professionals. Year in, year out, this small team help thousands of students who are experiencing difficulty, whether it be with accommodation, academic issues, finance matters or anything else.

And volunteering and graduate attributes?

In addition to being the student body that supports and organises Glasgow University's 250 clubs and societies, the SRC provides a Student Volunteer Support Service, working with local organisations to arrange placements for over a thousand students each year to gain experience as a volunteer and develop graduate attributes. For those looking to give something back to the local community or make their time studying more well rounded, that's what SVSS is for.

How will students interact with the SRC?

Much of what the SRC does is in the background, which in a way is what we want. It's easy to see and experience what the unions do, but for many students, they won't fully appreciate all the things the SRC does until they need us, but when they do need us, we can help. Our range of services is vast, we should be the first port of call for those who want to join a club or society, because we administrate the clubs and

societies system; for those who want to build graduate attributes, we're the ones that run volunteering initiatives, if you're having trouble with money or accommodation, come and see our Advice Centre. If you're wanting to get involved in representing your fellow students, that's what we make happen. For those who want more from University other than socialising, or for those who need support, we're set up to ensure there are options available for those people.

What's planned for the SRC this year?

We're working closely with the University on the campus redevelopment project. A huge new area of the University is being built at the current Western Infirmary site and students starting this year will be around to see some of the results of that. It's therefore up to us to bring the students into the project, get their opinions and make sure the University's plans are informed by students' needs and wants. It's a really exciting time to be a student here.

Any advice for new students?

Everyone always says it's never too late to get involved, but I'd say it's never too early to get involved. Some aspects of the SRC can sound dry and boring, but you'll find that if you get into it, you have the opportunity to make a real impact on campus life and the lives of other students. The SRC is your oyster. We should put that on the posters for this year's elections [laughs].



QMU & GUU

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

Each union elects its own board of management in the spring, and the latest Presidents on the student democracy carousel sat down to explain to us what exactly the unions do, what exactly they do differently to one another and why exactly you should consider spending your precious money and time in their buildings. Here's Max Sefton, QMU President, and Rory Slater, GUU President, giving the low down in their own words.

What are the unions and what do they do?

Max (QMU): *I hope that we're the part of the student experience that students remember when they finish their degree. A place they can meet friends, get a drink, some food and hang out.*

Rory (GUU): *I'd agree, the unions are students' home on campus. They're the place on campus you can go any time, day or night (within reason) and feel safe, find somewhere to sit and read a book, get some food, get some drink, that kind of thing.*

Would you say the unions provide the social aspect of student life?

Max (QMU): *Absolutely.*

Rory (GUU): *Glasgow is a big, sometimes scary city with a lot of bars, and a lot of restaurants, but the unions are a place that are on campus, close to halls that students can come to and feel safe in.*

What should students who haven't visited expect to find inside your unions?

Rory (GUU): *The GUU is based in a 1930s building at the bottom of the hill, and inside we've got numerous bars for all different events, including our main bar, the Beer Bar. We have a coffee shop, a Subway franchise and our own catering outlet. Upstairs, we have our famous debates chamber and two libraries, one of which is exclusively available for study use, the other of which can be booked for events. On the very top floor is our newly redeveloped billiards hall with six full size tables.*



www.guu.co.uk
www.qmunion.org

Max (QMU): *The QMU might not be as beautiful as the building down the road, but it's got a real homeliness to it, I hope. Our main venue, Qudos is on the ground floor, in addition to our café. On the first floor, two bars, Jim's and Champions', the latter of which is a more of a sports bar with pool tables and a big screen. On the second floor, our two catering outlets; the Food Factory pumps out student essentials like mac n cheese, while Scran is a little more upmarket, it's where you go for wine and tapas. On the top floor, there's a series of committee rooms which are used regularly by our eighty affiliated clubs and societies for meetings and events.*

What sets your union apart?

Max (QMU): *We have a huge history of live music; we put on everything from local student bands to enormous touring artists either in Jim's Bar on the first floor or in Qudos. Very few other unions have anything like the history or track record of promoting live music that the QM has.*

Rory (GUU): *If you're interested in debating, we have a long history of successful debating and it's a great place to come and learn about and practice the skills involved in it. It's got a great atmosphere, very laid back no matter the time of day or night you visit.*

And what's the best thing about your union?

Max (QMU): *I've always been very proud of the money we raise for other charities and the campaigning we do for different causes. We have a committee, Campaigns and Charities, which focuses on these things; last year we raised over £10,000 for a number of charities and we're aiming for even more this year, £12,500 to mark the 125th anniversary of the union. We also promote things like the Good Night Out pledge, this means we believe everyone's entitled to a safe night out and we go far beyond any club in town in making sure that happens through things like the 'hydration station'.*

Rory (GUU): *We have an event at the end of each calendar year called Daft Friday. The entire building is closed for a week beforehand and a team of students work to completely transform it along a secret theme; previous years have included The Lion King and James Bond. The building is completely unrecognisable by the time they're done, it's like walking into a secret land. The event lasts 12 hours, during which there's a non-stop lineup of entertainment; in recent years we've had acts like CHVRCHES, Basshunter and The View. It's basically a big, high-class Christmas ball, with swing bands, casinos, live music... It's got everything!*

QMU & GUU...

Why should students come to the unions rather than Byres Road for food, or town for clubs etc?

Max (QMU): We're cheaper; we're in the middle of campus and we can provide a great range of services.

Rory (GUU): We're not just cheaper, we're cheaper all week. It's not just promos or scams, we're always better value than your regular shops and bars.

Max (QMU): Plus, all your friends will be here.

Do you think that the unions have an advantage over other companies because they are run by students?

Rory (GUU): Definitely, we know what students want because those making the decisions are students themselves. Everything we do is with students' best interests in mind.

Max (QMU): I agree. The unions aren't here to make thousands of pounds out of students, every penny we make is reinvested in improving our services and making the student experience better.

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

Rory (GUU): We have a range of committees: games, libraries, entertainments and debates. Between them they run a massive range of events and services,

from things going on in bars, to our big events, to our in-house magazine and even more. I'd recommend coming to the events, meeting the people in the committees and finding out more because there's something for everyone to get involved in.

Max (QMU): We also have committees that students can come and get involved in: social, events, publications and campaigns and charities. If students want to really get involved, they can run for election to our board of management and have a say on how the whole organisation is run. If you don't like something about the QMU, you can change it. Students are responsible for making almost every decision on how the organisation is run via the board of management.

What should students look out for from your union this year?

Max (QMU): More of everything we do, more events, live music, charity fundraising, our student magazine qmunicate and lots of new ideas too, that are still in the works.

Rory (GUU): Our new nightclub space. This September we'll be opening a brand new, purpose built nightclub facility attached to the existing building. Within the new extension, there'll be four new bars and a café bar for use during the day by students and hopefully some of the local community. It's going to add a whole new aspect to the union.



Between them, the unions offer a choice of over ten bar spaces, including the QMU's Champions' Bar.

What advice would you give to students starting their University careers this September?

Rory (GUU): Try everything. Glasgow has the best student body system in the UK in addition to an incredible range of clubs and societies, there's so many possibilities open to you when you come to study here. I really believe that there's something on campus for everyone, so I'd absolutely advocate trying everything until you find somewhere you feel comfortable, somewhere you find like-minded people, somewhere you feel at home.

Max (QMU): Rory's hit the nail on the head there, throw yourself into student life head first. Sign up for fifty societies and even though you might never actually go to forty of them, amongst the others you'll find things you really enjoy and people you'll want to be friends with during your years here.

Rory (GUU): And remember that some universities have no student union, Glasgow has two, so use them, enjoy them and make the most of the unique, brilliant set up in Glasgow.



GILCHRIST PG CLUB

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

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

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

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



www.gilchristpgclub.org

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

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

OTHER STUDENT SOCIAL SPACES

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

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



SPORT

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

What is GUSA?

GUSA is the student representative body for all sport activity at the University. We work in partnership with University of Glasgow Sport, the University's department charged with provision and promotion of sport and healthy lifestyles. Together we're responsible for all club sport, recreational sport, sport-related welfare projects and pretty much anything that goes on in the gym.

So GUSA is the student arm of the University's sport department?

To a degree, yes. We fulfill the representational side of sport activity. Our council has nine convenors, each of whom run a committee focusing on a different aspect of sport provision and related activities at the University. Each convenor has a counterpart, or counterparts, employed by the University in the

UofG Sport department that they work with; the convenors feed back to UofG Sport with insight into what exactly students want, what's working and what's not.

What sports are available at the University?

There are 51 official University sports clubs affiliated with GUSA, covering three areas: competitive, recreational and instructional. There's a huge variety of sports on offer; there's your traditional school sports, hockey, rugby, football, for those who want to carry on their preferred sport, but there's also a huge range of other sports that people might only discover and take up when they get to Glasgow.

What if a student isn't interested in club sports, but wants to stay fit and healthy?

Well there's the University's state-of-the-art gym, in the Stevenson Building, but it's all part of the same package: University of Glasgow Sport Membership. Membership, including access to the gym, will cost £100 this year; we've always believed that the membership cost represents excellent value compared to commercial gyms. Membership includes access to all the facilities, fitness sessions, and expert staff who are on hand all the time. Furthermore, students now



glasgow.ac.uk/gusa

have the option to sign up for just one semester to ensure Erasmus students can join, and that those who maybe over-do it at Christmas can sign up in January. This year is particularly exciting as the expansion of the building will be complete in first term.

What does the expansion involve? What will students find in the gym?

Last year nearly 12,000 students signed up to the gym, and it was clear the existing facilities were stretched, so the University has invested in doubling the size of the gym. We're expanding it with brand new, top-of-the-line equipment, the strength and conditioning suite will expand, the cardio gym will expand, there's a second activity hall with viewing gallery, in addition to existing facilities such as the pool, sauna, steam room, quick gym, squash courts...

12,000 students is a lot, do you recommend everyone signs up to Sport Membership?

Absolutely. It's far too easy for students to neglect fitness and healthy living because they're focusing on their studies, and what they might not realise is that they're missing out on all the benefits that come with being part of a sports club, meeting new people and the feeling of belonging that it gives you.

What else does GUSA get up to?

GUSA has a wide range of welfare campaigns - last year we worked with Scottish Association for Mental Health to raise money and awareness through various means. Furthermore we have a charity partner every year; last year was Reach Out Scotland which is a youth project and a number of our clubs went to do sports taster sessions with the kids on the project. It's also worth mentioning the GUSA Ball in February - definitely something to remember!

UNIVERSITY GYM AT A GLANCE

- **Cost:** £100 for full year, semester membership available with cost TBC.
- **Facilities:** 25m swimming pool, steam room, sauna, strength room, cardio suite, exercise studio, activity hall, squash courts, fitness and strength zones
- **Opening Times:** Mon-Fri 0700-2100, Sat-Sun 0900-1730
- **Useful Info:** Towel hire, locker tokens and sports equipment available from reception. Peak times are 0700-0900 and 1700-1930. Activity hall and squash court hire are additional fees. Water fountains available throughout.

STUDENT MEDIA

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

GUST

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

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

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

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

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

SUBCITY RADIO

Celebrating twenty years on air in 2015, Subcity Radio is the University's student/freeform/community radio station/collective. Broadcast online via subcity.org, the station prides itself on its inclusivity, with contributors welcomed not only from Glasgow's student populace, but from the wider community.

Subcity has been a forward-thinking organisation since its inception, embracing the eclectic



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

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

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

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

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

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

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



PRINT MEDIA

Glasgow Guardian

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

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

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

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



GUM

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

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

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

Communicate & G-You

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

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

Look for the magazines around campus and to find out more about getting involved visit the unions respective websites [page 13].

VOLUNTEERING

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

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

In addition to opportunities in the student organisations, student media and clubs and societies, the SRC runs the Student Volunteer Support Service (SVSS). This should be the first stop for any student looking for details and opportunities in volunteering in Glasgow, and any organisation looking to draw on the University's staggering pool of talent and potential. They're involved in projects on and off campus, and will provide the relevant contacts and training to those looking to get involved.

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

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

NIGHTLINE

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

PRINCE AND PRINCESS OF WALES HOSPICE

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



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

ELDERLY BEFRIENDER PROJECT

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

GU SERVICE TO THE HOMELESS (GUSH)

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

CROSSING BORDERS

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

CONVERSATIONAL ENGLISH

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



CLUBS & SOCIETIES

Glasgow has a thriving clubs and societies scene, with student-lead mini-organisations specialising in almost anything you can imagine amongst the total of over 250 on campus. Joining a club or society (or ten) is a no brainer; it's a case of thinking of something you like, finding the relevant club or society and going along to their meeting to say hello to students who like the same thing. It's probably the easiest way to meet new people on campus, with the added benefit of knowing you have a shared interest.

But don't take this guide's word for it, read on to find out what some clubs and societies bigwigs have to say about their experience being involved in, and running, clubs and societies at Glasgow in their own words. We caught up with James Ansell (QMU Whisky Club), Anna Hills (GU Ball Room Dancing Society) and Amy Barber (Dancemania). For a full list of all the clubs and societies and their contact information, visit the SRC website at: www.glasgowstudent.net/clubs.

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

Anna: I joined straight away in my first year of University at the society's taster session. I progressed from beginner to intermediate and then to competitor within the first year. I have gone on to be on the society's board for the last two years.

Amy: I first got involved with Dancemania in my first year at university. I knew I wanted to join a fun and friendly dance club so I went to a few taster sessions of the societies available at Glasgow and decided Dancemania was the perfect one for me! I instantly felt welcome as everyone was so lovely!

James: I was actually involved with the club since its inception through knowing the guys who set it up. There was a group of guys with a common interest who wanted to bring together others with that interest, so they started the club! I helped out here and there at meetings before eventually taking on the responsibility of President and as host at tastings.



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

Anna: I think being involved in a society is hugely worthwhile. I have made many fond memories involving the club. I get to dance and be supported by a society to follow this passion and I have made life long friendships through the club. It's also a great form of exercise and stress relief from University work.

James: Absolutely, in addition to meeting a huge variety of people, it's also a way to develop skills. For example, through hosting the tastings I became a much more confident public speaker, and of course learned a lot about whisky! It's like most things, the more you put into it, the more you're likely to get out of it in return.

Amy: Definitely! Not only do you get to do something you enjoy but it is also a great way to meet new people, make new friends and take a break from studying. I find going to dance a great way to de-stress and I always come back with a smile on my face!

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

Anna: I was part of the first two couples to compete for the society and ultimately the university. I've travelled around Britain to compete, twice to ballroom's home in Blackpool and soon I hope to compete on the open circuit in my home town.

Amy: At Dancemania we have weekly classes of lots of different styles of dance that anyone can try, whatever their ability. All of this leads up to our big show in March which is so much fun! We also have great fundraisers and socials which are a fantastic way to get to know people in the society more with the bonus of having a great night out!

James: Well, I've drunk a lot of whisky! [Laughs] It was something I was vaguely interested in before, but I now know more about it than I ever thought I would, which is cool. Like Anna, it's given me the opportunity to travel to some great places to check out distilleries.

CLUBS & SOCIETIES...

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

Anna: For me especially it would be the people. The members of the society are all very like-minded and supportive and societies are a great place for people with a mutual interest to further their friendships. It's wonderful to have a group of people who share in your interests and can push you to achieve your best in them.

Amy: The first few weeks at University are completely manic and you end up talking to all sorts of people! If you are involved in a society you meet like-minded students and instantly have something to talk about it. I loved the fact that you meet people from different years as it really helps to talk to older students about University and life in Glasgow in general. It definitely made my first few weeks and whole University experience so much easier and more enjoyable!

James: It's definitely about the people, but it's not just meeting people with a shared interest, it's meeting people from all different countries, backgrounds and with different experiences. Also students from other years, as getting to know older students can lead to getting a leg up on your pals on things you can only learn about the University by having been here for a couple of years.

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

Anna: Please please please sign up to clubs and socs. Most do taster sessions for you to try and even if it's not your cup of tea at least you can say you've tried it. You only need to try it to get hooked on something you love! University opens up so many avenues that you never even considered before. Growing up I never once thought I'd be a dancer. It's an excellent idea to find a new sport or hobby, make friends with people outwith your course and with so many things being offered by Glasgow University, you just need to take your chance and seize what's out there!

Amy: Some of my friends didn't sign up for anything in first year and really regretted it; they were so keen in second year to join something. There are so many different things to get involved in so you will definitely find the perfect thing for you, I couldn't recommend it enough!

James: Just go for it, you're a first year, it's not like you have a jam-packed schedule. Sign up for loads of taster sessions for things you already like, things you think you might like, and things you have no idea what they even are; it'll only cost you a few hours and it could end up being the best thing you do while at University.



SECOND HAND BOOKSHOP

Buy courses texts from other students at significantly reduced prices.

1st Floor, John McIntyre Building

glasgowstudent.net/services/bookshop/



Glasgow & Strathclyde Universities' Officers' Training Corps

Be Challenged
Gain Experience
GET PAID!



We offer leadership development through military and adventurous training, reinforced with cultural education and social events.

Interested? Come along to our open night on the 23rd or 30th September, or contact us to find out more

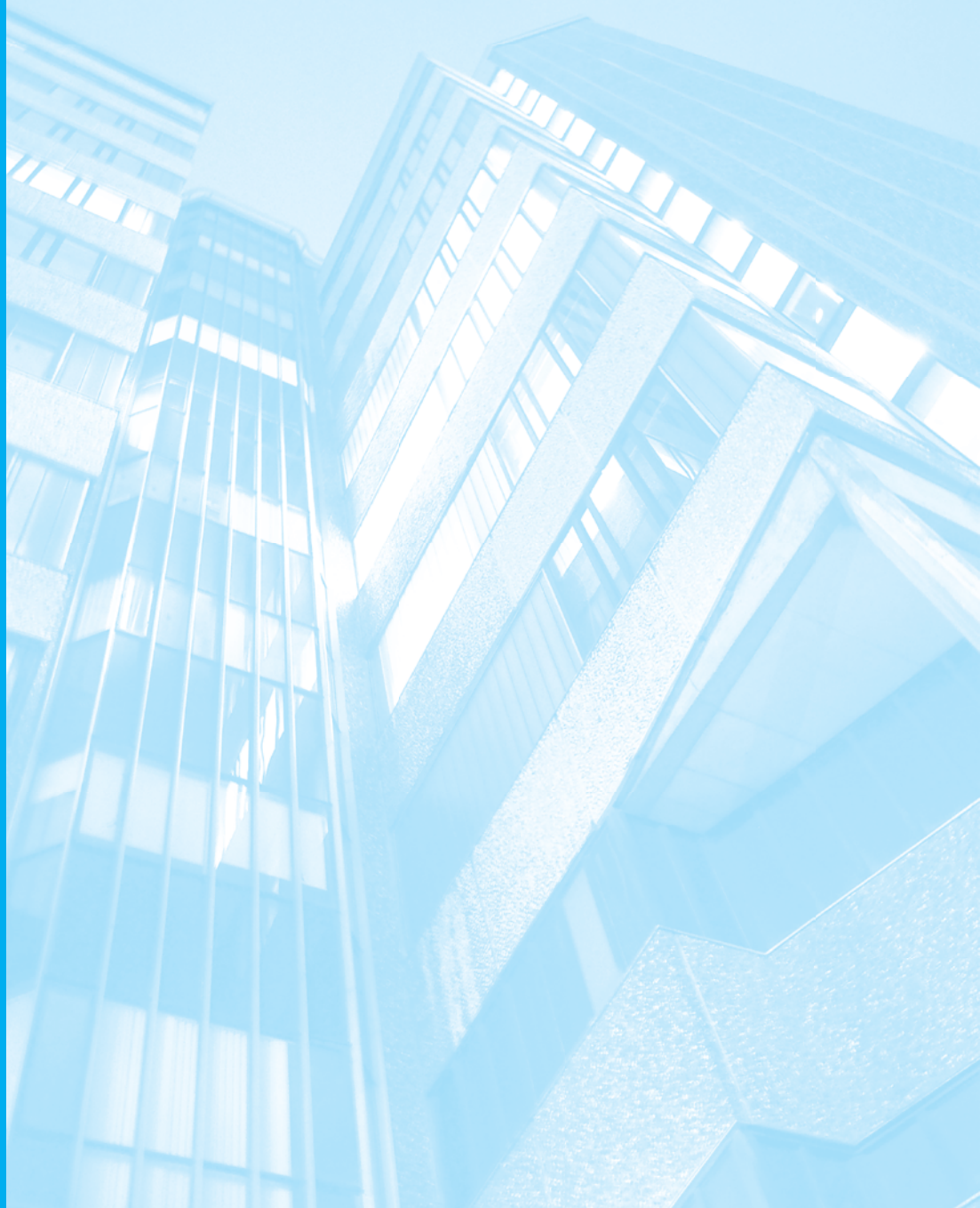
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ACADEMIC LIFE

STUDYING & BOOKS & WI-FI & EMAILS & COURSES & SUPPORT &
THE LIBRARY & TECHNOLOGY & REPRESENTATION & ADVICE

STUDYING	032
LIBRARY & STUDY SPACES	034
BOOKS & RESOURCES	038
WI-FI & TECHNOLOGY	040
COURSES & MYCAMPUS	042
ACADEMIC REPRESENTATION	044
ACADEMIC SUPPORT	046

STUDYING

You'll spend a large portion of your time during your years at Glasgow working towards your degree so it's a good idea to get settled in a way of working that suits you. Different people study in different ways and you will likely know how you study best and what type of environment works for you when writing essays or completing coursework. If you want professional help on study skills then the University offers one-to-one sessions with their Effective Learning Advisors; they can assist with essay writing, group work, maths and numeracy skills. In the meantime, here are a few tips to get you on the right track.

LECTURES, SEMINARS & TUTORIALS

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

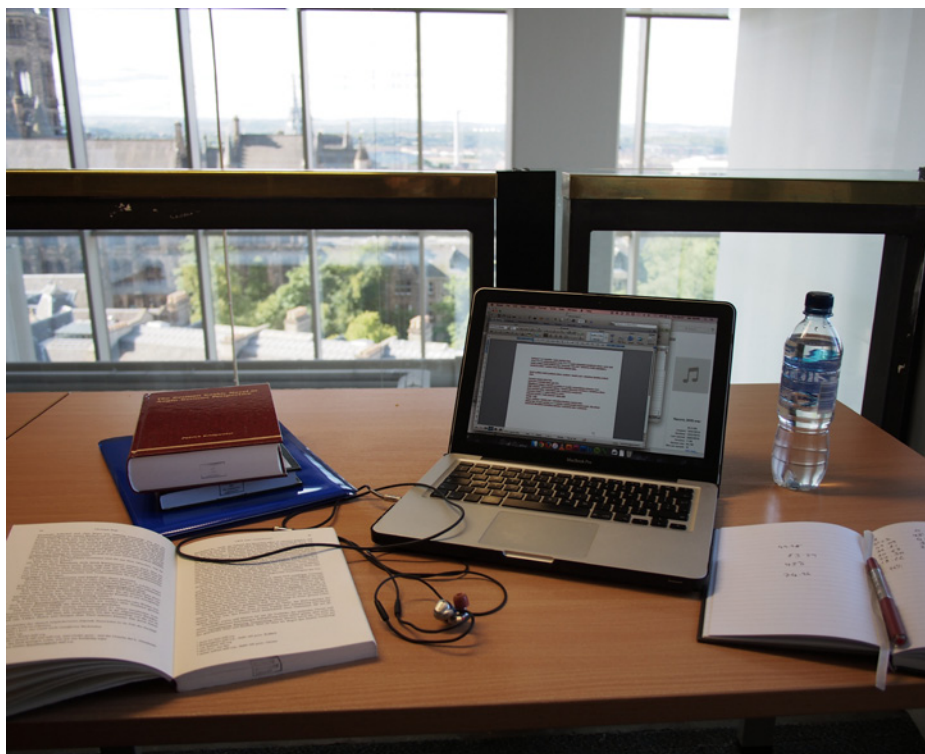
Seminars and labs are where you will put whatever you learnt during lectures and independent reading to the test. Here is where you explore the ideas with others on your course, make mistakes and learn from them. Seminars are focussed around discussion, presentations and group work and labs take theories to practice in controlled environments. Unlike lectures, attendance at seminars and labs is required and recorded. Attendance goes on your academic record; if you don't show up to enough sessions then you may be refused the credit, have to re-take units and be left behind the rest of your year group.

TIME MANAGEMENT

If you don't want to be pulling deadline all-nighters fuelled solely by off-brand Redbull and 'The Fear' - then it's probably a good idea to learn to manage your time. Spreading out your workload not only allows your brain to have a break, but also benefits your work, allowing you to re-draft and review regularly. Set aside time every day, whenever suits your schedule, to do course work or reading. Getting organised will allow you to fully enjoy your free time without that nagging feeling that you should be doing something else.

READING

Whatever you do or don't do, you have to read the core course material. Lecturers don't just give you a list of books worth the price of a small car for some light entertainment. Believe it or not, most of the things you need to know to pass your modules will be covered within those pages. It's also a good idea to read outside of the course material; read blogs, academic papers and internet articles, and you might just find the most obscure article leads to a better understanding of your chosen subject. Just remember to make sure any article you find on the internet is credited to an authentic author and generally avoid Wikipedia, it's basically the Buzzfeed of academia.



REFERENCING

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

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

BALANCE

No one can realistically study 24/7 without some kind of downtime, hobby or other interest. Having something else in your life that you enjoy spending time doing is just as important as how much time you spend reading or going to lectures. An extracurricular activity not only can also help you make new friends, create new goals, and develop a new passion.

Whether it's a sport, cultural pursuit, watching movies or playing video games, find something that gives you an escape from academia and don't be afraid to invest some serious time in doing what makes you happy. As long as it doesn't negatively impact your studies directly then there is no reason you can't do what you love while working towards getting your degree. A great place to start looking for like-minded people is at one of the University's many clubs and societies [page 26].

LIBRARY & STUDY SPACES

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

LIBRARY

The University library is the largest of the study spaces on campus with room for 2500 students. It is open from 0715-0200, 361 days of the year. You will need your GUID card to enter, check out books and use the printers and photocopiers so try not to leave this on the kitchen counter/train/in an exam hall (you will do the latter at least once).

There are 12 floors and seven annex floors where you can locate resources, quietly study, or do group work, but the library can still get extremely busy. Expect tramping round ever floor desk-hunting to be a regular activity around exams.

It is always a good idea to take your laptop with you if you are able to; out of the eight hundred available, free computers are a rare breed during peak operating hours. The busiest times in the library are usually from 0900-1900 as students do a morning or afternoon shift, leaving evenings free to head to the unions or clubs and societies. Try to avoid these times, or at least arrive out of peak hours for the best chance of securing a desk space.

LIBRARY ETIQUETTE

The library is sectioned into different areas, some exclusively for silent study and others for group work and discussion. The University has implemented a coloured zone system to make the rules of each area clear to all students (except the colourblind); green for group study, conversations and phone calls, amber for individual quiet study and red for silent individual study. For a bit of escapism, the level 3 café and social area is the best shout, and the Mars Bar cake is top notch. Unfortunately many people tend to either forget or ignore the system, leading to stressful working environments and potential conflicts. Don't let that be you, and make sure you know the rules of the zone you're in.

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

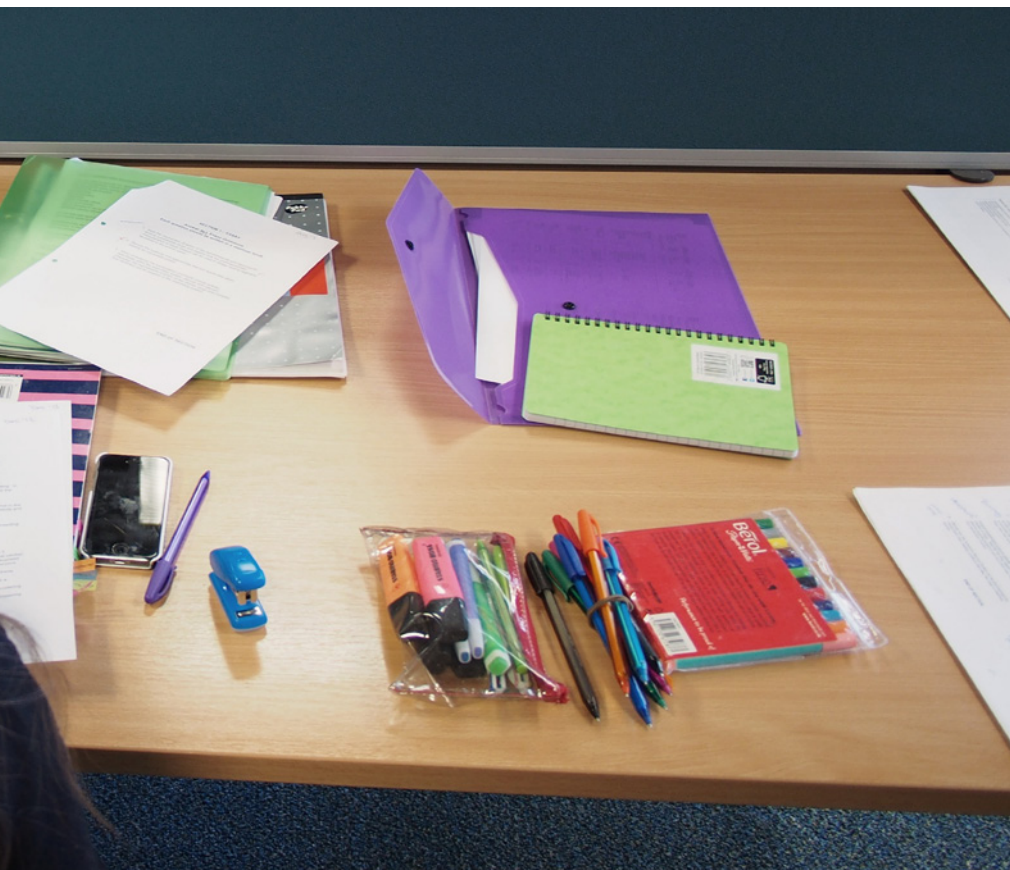


It seems imposing, but come fourth year, you'll spend more time in here than in your flat.



LIBRARY DON'TS

- **Desk Hogging:** This includes leaving your laptop on with a 'gone to lunch' sign stuck to the top; putting your coat on the chair next to you to 'save it for a mate'; placing a few random books on the next table to give yourself more space; all bad form, all will get you looks.
- **Exotic Lunches:** Technically only permitted in green zones, food in the library can be contentious, especially if it can be smelled from over two hundred metres away. If you've got leftovers or been to a Byres Road chippy, be considerate and maybe eat them outside during a quick break?
- **Loud Noises:** Most people work best in a quiet, relaxed environment so try and keep the peace by avoiding loud crunching, sniffing constantly, blaring music out of your headphones, or chatting to your mum on the phone.
- **Napping:** We all know that when you've got to nap, you've got to nap. It's a normal part of student life, but if you're doing it in the library, you're either working too hard, or have been there too long.
- **Amateur DJ.** You might be well into that bangin' 8-bit electro version of the Super Mario soundtrack but that doesn't mean your friendly library neighbours are. Use your headphones, and use them at a reasonable volume.



ALTERNATIVE SPACES

If you've slept through your alarm and can't face the struggle for a space in the library then there are plenty of other spaces to use for quiet study or group work. The Round Reading Room, just opposite the John Mac, is open Mon-Fri, 0900-2100. This is usually a lot quieter and fine if you only have a couple of hours work to do, however if you're looking to pull an all-nighter you might be best to make camp elsewhere.

Most University schools also have designated study spaces or offices within their buildings for use by students studying the subject, these often include printing facilities and are conveniently close to essay drop off points. There's also libraries, common rooms and committee rooms in the

student unions which can be booked out and used for group work. These smaller spaces are often forgotten in favour of the main study spaces and can therefore be significantly quieter with a better chance of getting a PC.

If you're not wanting to travel into campus or just want a change of scenery then the Hillhead Library on Byres Road also has spaces to use, as does the Mitchell Library in town. Partick Library, on Dumbarton Road, is surrounded by wonderful eateries and watering holes and is also very close to campus if you have lots of books to carry around with you. To use public libraries you have to register which is pretty simple, just take some ID and confirmation of address (halls confirmation letter usually does the job).



BOOKS & RESOURCES

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

LIBRARY LOANS

Unsurprisingly, in addition to computers, the library has quite a few books. The floors are separated into related subjects, while books can be found and reserved using the online quick search; handy for finding what you need is in stock before you trek all the way into the Library to pick it up - or worse: find it's not there.

As an undergrad you can borrow up to thirty books at a time. A maximum of two from High Demand (four or 24 hour loan), maximum of ten from One Week Loan, and most other books for four weeks. To loan out a book just go to the self-service machines on level 3, scan your GUID card then scan the barcode on the book. It's pretty simple once you get the hang of it and unlike the devil's self-scan machines at Morrisons there is no bagging area to worry about.

Although late returns fees aren't too expensive they can soon rack up; it's usually a good idea to make sure you return well within the loan period.

If you lose a library book you will be charged to replace it, so best not to lend it to others.

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

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

BUYING BOOKS

You will at some point need to purchase a book or two. Usually best before your course starts, most likely once you realise you can't just copy every quote off a powerpoint or find it on Google. On campus, John Smith's Student Store sits in the ground floor of the Fraser Building; it carries books from most reading lists as well as stationary and essentials. They also hold start-of-term bookstalls and can order in special titles.



For a more purse-friendly way of purchasing your reading list visit the SRC Second Hand Bookshop in the John Mac. It's a not-for-profit affair where all books for sale are technically offered by fellow and former students, so when you buy, the money goes in their pocket. They have countless shelves of books at reduced rates; you can contact them on bookshop@src.gla.ac.uk to reserve a book (except during September or October) or check out the website and online database.

Most books can now be found on Amazon, either new or secondhand; it can be great value and simple to use if you can find the edition of the book you need. You might sometimes get stung on the postage but they offer one month free Prime which gives you free delivery, which makes it easy to buy all your books in one go.

ONLINE RESOURCES

On behalf of students, the University subscribes to all the major online journal databases, giving you free access to a ridiculous number of academic papers from across the world. These databases can only be accessed on the University network or by using a VPN [page 40], but it's worth getting familiar with them, they will be invaluable to your studies in the next four years.

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

Papers are available in a wide variety of formats and occasionally you will need to pay to access them, however a lot of them are simple PDF downloads. Another tip is a simple advanced Google search for file type PDF. Sometimes you will be able to find the exact paper you are looking for without having to pay a subscription or download fee.

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

WI-FI & TECHNOLOGY

With Wi-Fi now considered a more essential need than food or water, you're probably going to want to know how to get online on campus as soon as possible. Unfortunately, the University haven't made it quite as simple (or readily available) as your local pub yet, but once you know what you're doing, connecting to the University's campus network is pretty straight forward and will grant you access to a world of wonders. Namely, the discount on the online Apple for Education Store and access to journals. Wonders.

EDUROAM & FLEXACCESS

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

The other Wi-Fi system is the VPN Flexaccess which can be used to access academic journals and other resources available only to University of Glasgow students. Access to academic journals is essential to your essay and dissertation writing and allows you to reference current, up-to-date research to back up your theories and findings. You can download and install the VPN client software onto your laptop or home desktop via the University website and again, log in with your GUID. Detailed info and help can be sought from www.gla.ac.uk/it/mobile.

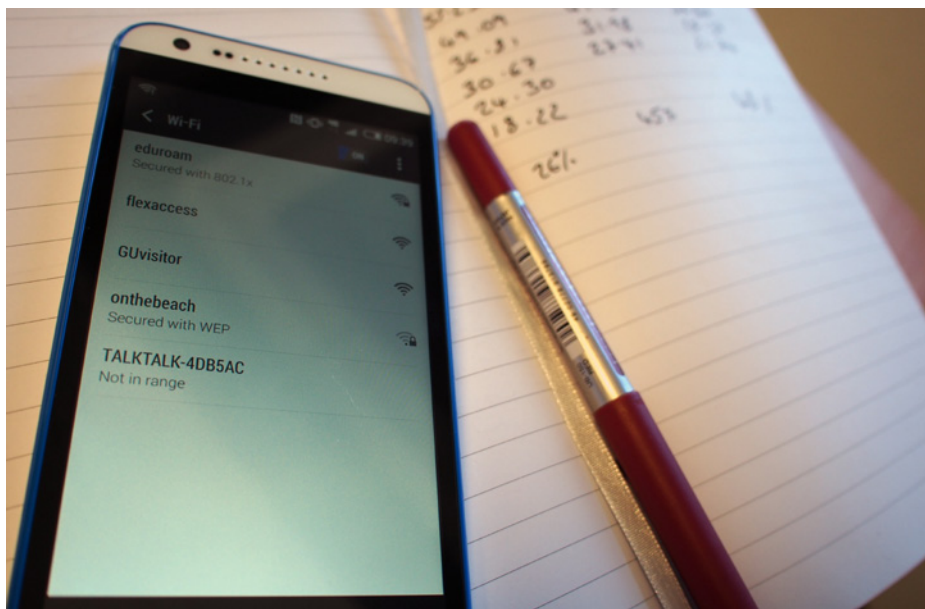
OTHER NETWORKS

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

Both student unions pertain to having decent Wi-Fi systems that should do you well enough to check Buzzfeed or Reddit between sentences in your essay, while local coffee shops such as Starbucks (Byres Road), Offshore (Gibson Street) and S'Mug (Great George Street) offer decent Wi-Fi, coffee and a different atmosphere if you're looking to escape the stuffiness of the library and pretend you're working on your screenplay.

IT HELPDESK

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



UNIVERSITY EMAIL

Once you have enrolled you will be given a GUID and university email address. You can access your university email at mail.student.gla.ac.uk. Using the University's email system is a good way of keeping your personal and academic life separate.

Your advisors, lecturers and the University administration will also contact you on this email address to notify you of any timetable changes, issues or general feedback so it's a good idea to check this regularly. It is also handy to give this out to classmates or colleagues that you don't want seeing your old-school pixi94xoxo@hotmail.co.uk address. If you are wanting to sign up for any sites or subscriptions specifically designed for students you will need to use this .ac.uk email address as other email providers won't be recognised.

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

PRINTING

Thanks to the network, you can print from most University computers to most printers. Around essay hand-in time, competition for a PC will be fierce; in an attempt to address this, the University introduced short-term log-in computers and standing desks on the busiest levels, but if you're on a deadline you should really try and get there a good couple of hours in advance. The printers can be unreliable, mix this with sleep deprived students and there are daily breakdowns (printer and human) to contend with. If you break a printer, take responsibility and tell someone; don't just skulk away and pray no one saw.

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

The SRC Welcome Point also has printing facilities and coming in at just 3p per sheet when topping up £20 or more, they are the cheaper option. The SRC and unions also offer binding for a small fee, and for a truly retro experience, you can send a fax from the Welcome Point.

COURSES & MYCAMPUS

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

MYCAMPUS

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

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

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

The system had a some minor issues during its implementation, and still during exam results season it can get very busy. Expect it to slow down considerably with every student checking their results pages.

COURSES

Though you may have applied for one subject, Glasgow's pre-honours (first/second year) and honours (third/fourth year) structure may call for you to study three different subjects in first and second years.

You'll obviously be taking the subject you applied for, in addition to one or two electives adding up to the total credits needed for that



semester. However, things change; your goals and ambitions change; and you could realise that you would prefer to take a different course, subject or elective. Once you have completed your enrolments the University does allow for this during what they call the add/drop period.

You can do this through MyCampus providing there are still places available in the alternative course or class. After this time you will need to speak to your Advisor of Studies [page 46] who should be able to make the change for you (if this

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

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

ACADEMIC REPRESENTATION

As well as the academic support given by the University, the driving force for change and improvement within the University of Glasgow comes in the form of the Students' Representative Council. They are around to support every single student who passes through Glasgow from academic issues to personal problems and everything inbetween. The SRC aims to engage with the student body and drive the university in the right direction from the viewpoint of you, the students.

CLASS REPRESENTATIVES

Change starts from the ground up with the boots on the ground coming in the form of Class Representatives. They exist to be a bridge between students and the SRC and students and the University so you can talk to them about anything you have suggestions for or problems with. Class Reps are invited to attend review meetings with other Class Reps and academics from their school once per semester, but if there's a really pressing issue, it can be taken to the School Representative at the SRC. Anything you talk to your Class Rep about can then be taken to an SRC Council meeting to be discussed and, where necessary, officially raised with course leaders and support staff; even to the higher powers at the University in extreme cases.

Any student at the University of Glasgow can be a class rep after you emerge victorious from a quick, painless election by your class. You'll then be offered full training by the SRC to enable you to fulfil the role to the best of your ability and understand the system you're part of.

Being a Class Rep is a great way to meet new people and get a taste of the world of student politics. It will also be a good addition to your CV and Higher Education Achievement Report. You also get free sandwiches at training and meetings so there's a reason all on its own.

SRC COUNCIL

The majority of SRC Council are elected academic officers, who have won a seat via a slightly bigger election than those for Class Rep (the whole University gets to vote). Of particular note are School Representatives, who are one step above Class Reps and charged with gathering information from them, and College Convenors, who do the same, but from School Reps. There are four Undergraduate College Convenors, four Postgraduate College Convenors, a Postgraduate Taught Convenor and a School Representative for every School to reflect the structure of the university. At the top of the chain sits a sabbatical officer, a student who has taken a year out of studying to work full time in representing students, the Vice President - Education.



SRC Council members may choose to hold surgeries to meet with students within their school or college.

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

RECTOR

Every three years, students are given the opportunity to elect the chair of University Court, the governing body of the University in order to ensure students' voices are heard at the most senior levels of management. The current Rector is NSA whistleblower Edward Snowden.

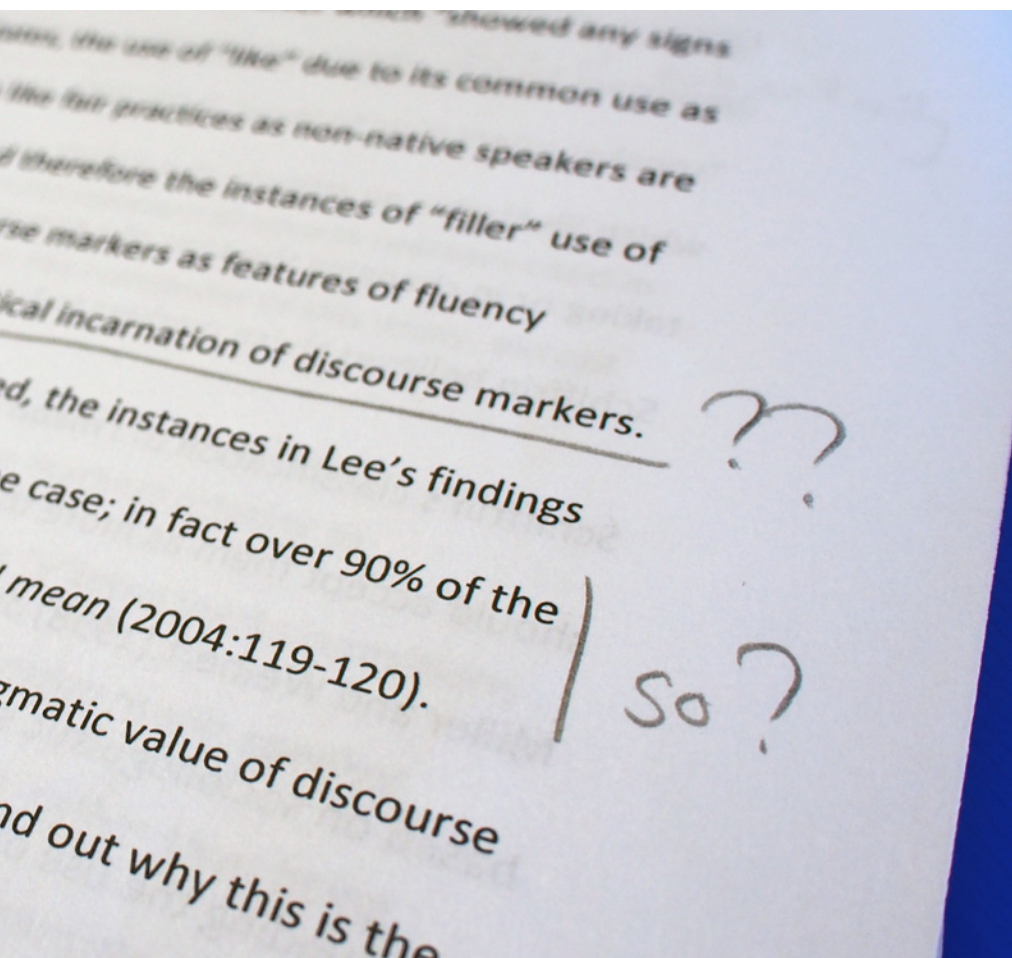


ACADEMIC SUPPORT

When starting your degree the phrases ‘independent learning’ and ‘solo study’ will be thrown around a lot, usually in the attempt to wean you off the teacher-led education style of high school and force you to take responsibility for your own academic progress. This does not, however, mean you are all alone with nowhere to turn for help and no one to go to for support. No student can go it completely alone; we all need a little help here and there with things like writing skills, deadline pressures and personal issues. There are systems in place to help you when you find yourself stuck or struggling so don’t just sit in silence when there is support available.

ADVISOR OF STUDIES

One of the first people you will meet when you start your degree is your designated Advisor of Studies. You’ll be assigned an advisor during your first week who will be with you throughout your entire degree to support and guide you through your academic choices and any problems or issues. It is a good idea to build a good relationship with this person as they will likely be the first person you contact with any academic problems or for any advice. Your advisor is there to help with academic support such as choosing courses, financial and academic services and pastoral care.



STAFF SUPPORT

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

Some students go through the whole of their University career without having a single one-on-one with any of their tutors and it usually shows in the final grades. Most staff love being asked challenging and awkward questions and engaging in debates and conversations with their

students so don't be afraid of speaking up and questioning them. You can speak to them directly after class, around campus or send them an email. If you're lucky, one might suggest drinks with the class.

Tutors and lecturers can have up to several dozen students to look after during the year and their time is precious so they will offer a range of office hours where you can speak to them if you have any problems or need further help understanding a piece of work. Make the most of these office hours by going prepared with questions and letting them know what you want to get out of the time.

ACADEMIC SUPPORT...

STUDENT LEARNING SERVICE

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

DISABILITY SERVICES

The University Disability Services are based out of 65 Southpark Avenue at the top of Gibson Street, just down the road from the Library. They co-ordinate support for any student at the University of Glasgow with a disability, chronic illness, mobility issue, mental health condition or sensory impairment. Services they provide include campus accessibility, assistive technology, exams, funding, and disability coordinators.

STUDENT SERVICES ENQUIRY TEAM

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

THE ADVICE CENTRE

The SRC Advice Centre offers confidential, impartial and independent advice on all areas of your University journey. They are based on the ground floor of the John McIntyre building and can be contacted by email, phone or in person between 1130-1600, Monday-Thursday, 1130-1500 Friday. They can help you with a huge range of issues including accommodation, money, employment, health and study. The staff here are a fountain of knowledge and will have no doubt seen it all before and know the best course of action. They are a friendly bunch and information shared is completely confidential.



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

APPEALS

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

There are three permitted grounds for appeal:

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

If you do decide to enter the appeals process then your first port of call should be the SRC Advice Centre, who will be your main contact throughout the process. They will help you in approaching your school in the first instance, as your Adviser of Studies, Supervisor, Course Leader or School/College Administrator may be able to come to an informal agreement.

If you choose to make a formal appeal to the University you have ten working days from the date of the decision to submit your 'intimation of intention to appeal' (not as scary as it sounds) to the Head of Academic and Student Administration in your College. It will tell you who that is on your School's page of the University website. You can withdraw this if you do come to an agreement outwith the appeals process, but it's best to get it in sooner rather than miss the deadline. You will then have a further twenty working days to submit your full grounds for appeal and any necessary supporting documentation. Again, the Advice Centre can assist.

The College Appeals Committee Convenor will decide if your appeal needs a full hearing (which you can attend) or if it can be dealt with by preliminary disposal (a decision based on your appeal letter and any evidence). The vast majority of appeals are dealt with via the latter, reinforcing the need to have a well written letter and supporting evidence. The Appeals Committee will then decide whether to uphold or dismiss your appeal; in specific cases if dismissed, it may be possible to request a reinstatement or to go to the Senate Appeals Committee.

ACADEMIC SUPPORT...

COMPLAINTS

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

As with appeals, the SRC Advice Centre should be your main contact throughout any complaints process. They can help you with identifying the grounds and main points of your complaint, with drafting your complaint form, and can in some instances help you to reach an informal resolution if you don't feel able to approach the parties concerned before raising a formal complaint.

The first step for any complaint you may have for the University is to try and come to an informal resolution with the parties involved. In many cases it may be a simple misunderstanding or something which can be easily resolved between yourselves. A simple discussion may be all that is needed to clear up any confusion and resolve the situation and save the need for any formal procedures.

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

Once you have raised a complaint it will go to one of two stages:

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

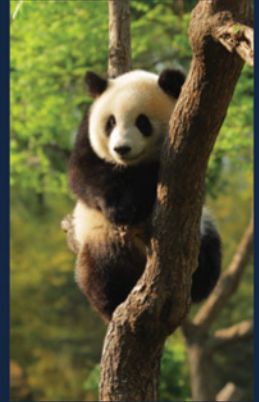


University of Glasgow | Confucius Institute

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

Language

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



Culture

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

Study in China for free

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

Lessons start from £100 for 20 hours - a special rate for University of Glasgow students and staff.



Contact:

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Tel: +44 (0)141 330 7730

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[www.glasgow.ac.uk/
confuciusinstitute](http://www.glasgow.ac.uk/confuciusinstitute)



GLASGOW

LIFE

PARKS & GALLERIES & FILMS & SHOPPING & FOOD & MUSEUMS &
THEATRES & MORE FOOD & MUSIC & BARS & SPORTS

GREEN PLACES	054
BEYOND GLASGOW	056
MUSEUMS & GALLERIES	058
THEATRE & COMEDY	062
CINEMA	064
EATING OUT	066
BARS	072
OFF LICENCES	076
CLUBS	078
LIVE MUSIC	080
LIVE SPORT	084
FESTIVALS	086
POLITICS & CURRENT AFFAIRS	088
GROOMING & STYLE	090
SHOPPING	092



GREEN PLACES

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

WEST END

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

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

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

ACROSS THE CITY

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



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

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

ETIQUETTE

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

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



BEYOND GLASGOW

Glasgow is geographically positioned to offer escape from the city to some of the most beautiful parts of the country, or Paisley. It boasts excellent local and national transport networks [page 106], with the subway, bus networks and overground rail stations connecting easily and cheaply to Glasgow Queen Street and Central train stations and Buchanan Bus Station, from which you can get out of the city for a day or weekend.

NORTH

Go slightly north to Balloch and you're in Loch Lomond territory. While busy and noisy during peak months and sunny weekends, this is the closest, best example of scenic Scotland; fresh air, mountains, hills, walks, cycling, boat tours, sheep, dogs, cows and rolling hills, whatever they are. Great for pictures and giving your visiting family a sense of 'real Scotland'. Bring lunch unless you're a big fan of spending ridiculous amounts of money on mediocre sandwiches at Lomond Shores and be sure to feed bready leftovers to the ducks, they appreciate it.

From Balloch head north to Tyndrum for the best chippy in Scotland (Real Food Café), then jump back on the train to the West Coast and Oban. Oban's a seaside town of little entertainment, but it does have a good distillery and excellent seafood offerings. From Oban you can jump on a ferry across to the Hebridean Isles, which on a nice day, are some of the most visually stunning places in the country. They're neither cheap to get to or to eat/drink on, but can be absolutely worth it if you're feeling flush and in need of true escapism.

SOUTH

Get the train South to Troon if you want to see a beach filled to capacity with Glasgow teenagers discovering alcohol, swearing, cigarettes and carousing for seemingly the first time, or slightly further South to Ayr for slightly more beach, and slightly less youths. Keep going South and you'll find England; alight at Oxenholme for the Lake District and great pubs, walks, watersports and greenery. Just remember your passport.



EAST

At some point you're likely to think it's a good idea to head east to Edinburgh. There's a couple of shopping streets, some excellent bars and good food to be found if you look closely enough. The capital's also got some really nice old buildings such as Holyrood Palace, the Old Town and a bloody castle, as well as a couple of passable new ones, such as the Scottish seat of government, Holyrood. Be prepared to fight through the tourists to see any of them.

If you're in Glasgow for the summer and fancy a day of culture at the international festival, it's absolutely worthwhile, even if you just do the free shows. The Fringe is basically Freshers' Week with cooler haircuts, so be prepared to be bombarded with flyers and for every pub to be busier than during an Old Firm game in Glasgow [page 82]. The stereotypical feeling of social and cultural snobbery is a lot less pronounced than it used to be; testament more to Glasgow's growing confidence than charitable Edinburgh compromise.

WEST

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

FURTHER AFIELD

For further afield, get a bus to Glasgow or Edinburgh airport, both of which seem to add another low cost, international route on a weekly basis. Spend slightly less a week on takeaways and Tennent's and you could quite easily find yourself in Prague, Berlin, Dublin or Warsaw for the weekend.



MUSEUMS & GALLERIES

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

MUSEUMS

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

run and often charge, which for the most part means they need the public's help to preserve their artefacts and history so if you get a chance, pop in and support them.

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

A ten minute walk from the main campus is the number one tourist attraction in Scotland, the Kelvingrove Art Gallery and Museum. It houses an eclectic, fantastic and intriguing collection



of art, history and culture; you'll find a stuffed elephant, a replica Spitfire plane and a world-famous Dali painting of Christ within seconds of each other. The redstone building is impossible to miss and a great view of it can be found at the University flagpole (top tip for Graduation photos).

The architecturally stunning Riverside Museum on the Clyde is the city's recently re-sited Transport Museum, boasting an exhaustive if slightly oddly-presented visual history of the city's transport, along with its sporting and industrial exports across the world.

Across the Clyde from Riverside is Glasgow Science Museum and Cineworld IMAX cinema.

The museum hosts hundreds of exhibits that simply, yet un-patronisingly, explain a full spectrum of scientific concepts and fundamentals. It looks like it's aimed at kids; don't be fooled. It's a lot of fun for visitors of any age. Negatives? It's one of the few paid entry venues in this list, and it's not cheap.

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

MUSEUMS & GALLERIES...

GALLERIES

As with history and heritage, Glasgow is teeming with contemporary and world-class visual arts. The Turner Prize comes visiting this December, and many former contestants, and winners, have come through the world famous Glasgow School of Art.

In the City Centre is the Lighthouse, an arts venue and event space that winds its way up four floors in an old newspaper building. The gallery is an excellent showcase of Glasgow creative talent, complete with a whole range of mediums and obligatory overpriced gift shop. If you find a rare day that the roof is open, pop up for a 360 degree view of the city centre. Walk ten minutes up Buchanan and along Sauchiehall Street to the CCA, an alternative arts hub that sees over 600 arts and cultural events a year, a succession of major exhibitions and an excellent veggie café.

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

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

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

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

In the West End, just 15 minutes walk from campus is SWG3, an arts space that recently converted the ground floor to hold major live music, clubbing and arts events. They host regular club nights and cultural events and there's



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

always some kind of display of art to check out. If you can blag your way on to the third floor, do it; there you'll find a clean, modern, creative space complete with drawing on the walls and mortuary sinks.

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

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



THEATRE & COMEDY

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

THE BIG TWO

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

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

INDEPENDENT THEATRES

Imagine what an institution called the 'Citizens Theatre' might be like; Glasgow has one, and it's exactly like that. This theatre sits on the edge of more interesting parts of the city, and tackles local issues head-on and with gusto. It's the favoured theatre of both city veterans and idealistic students, staging all kinds of works with a distinctly Glaswegian tang. It's due a major redevelopment in the coming year, so it's worth snagging some concessions tickets, getting on



the subway to Bridge Street and checking it out a couple of pieces there in its current form while you still can.

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

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

COMEDY VENUES

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

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

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

CINEMA

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

MAINSTREAM CINEMAS

We really only need mention the Cineworld on Renfrew Street here. It's in close proximity to all major city centre transport hubs and is the tallest cinema in the Europe, so it's pretty hard to miss. This pub quiz classic fact is made all the more impressive by the number of screens it houses (18), and the diverse range of films it shows. It deals principally in mainstream releases, but it's worth keeping an eye on the website for re-releases, special screenings, live broadcasts and mystery films. For the proper cinephile, the Cineworld Unlimited card can be good value.

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

If you like your films big, loud and in your face then head over the Clyde to the IMAX at Glasgow Science Centre, where the blockbuster-de-jour can be found on the biggest screen in Scotland.

ARTHOUSE & INDEPENDENT CINEMA

If you're a fan of something a bit more different and challenging, or at the very least would like people to think that you are, Glasgow has plenty of provision for that. We've already mentioned the Glasgow Film Theatre, but its heritage of culturally engaging the Glasgow community with local, alternative documentary and world cinema really can't be overstated. It's absolutely worth a visit, even if only to get a look at the art deco cinema building and retro-classic interior.

Just off Byres Road on the ever popular Ashton Lane is the Grosvenor, a tiny two-screen cinema, clad with comfortable real leather armchairs and sharing sofas. It has a full licence and connecting bar, allowing you to share a bottle of wine while watching the latest blockbuster, or a pint of craft beer while viewing a well reviewed documentary.

You can find screenings all over the city if you look, with multipurpose venues such as the CCA on Sauchiehall, the student unions; and even in the basement of a pub across the road from Cineworld hosting film nights.



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

GLASGOW FILM FESTIVAL

Glasgow Film Festival is a unique feature of the city. Taking place in February to capitalise on the post-Oscar season enthusiasm, the festival largely focuses on arthouse films in the GFT. Events run for around two weeks with the 2016 earmarked for 17-28 February.

Tickets range from free to £20, with special rates available for those booking tickets for multiple

films. The festival doesn't just feature screenings, but aims to engage the viewer with the work with Q&As and special events. Alan Rickman was here last year sharing his second film as director, *A Little Chaos*.

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



EATING OUT

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

CHEAP EATING

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

can get you something equivalent and a hundred times more satisfying for a fraction of the price.

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

If you're really after a deal, it's worth acquainting yourself with deals websites such as Itison, 5pm and Living Social; browsing between the three when you're after a bargain almost always guarantees a cheap meal somewhere in the city.

DAY-TO-DAY EATING

Eating is one of the best things about being a student in the West End, but listing all the places you're likely to grab breakfast, lunch or snacks would be impossible. Here's a quick guide to the best places near the University or in town.



Byres Road: This may well form the mainstay of your dietary day, if you fancy devoting a good chunk of your expenditure to something you could otherwise make at home for a fraction of the price. Good food can be found in TacoMazama, Curlers Rest and Soba. Meal deals (~£3) can be found in the supermarkets and the chemists. A few minutes further will get you to Dumping Monkey on Dumbarton Road, a Chinese dumpling shop without equal.

Sauchiehall Street: The main avenue that connects the West End to the city centre, Sauchiehall Street's main reputation is for being full of steaming drunk students, crawling the three metres from club door to taxi rank most nights of the week. However, you'll also find a regenerating hub of culinary activity; go to the CCA café for tasty vegan; Cocktail & Burger for, uh, cocktails and burgers; or the Greggs that's open until the wee hours for post-drinking sausage

rolls. There's even a hipster chip shop (try saying that after exiting the ABC at 0300) selling just Belgian-style, artisan chips with a variety of sauces for absurd amounts of money. What a time to be alive.

Merchant City: The area East of the city centre has recently emerged as a hotspot for eating out. Merchant City is located in the triangle between George Square and Argyle Street, and is absolutely full of trendy bars, classic pubs, the odd food market, and, most importantly, tonnes of cheap lunch deals. It might not be an area you choose to visit often if you're staying in the West End, but if the parents are in town and staying in the city centre, or if you find yourself hungry in the city during the day, there's a lot of good options to choose from. Of particular note are the twin Indian restaurants Dhabba (North Indian) and Dhakkin (South), the unassuming trans-europe café and the upmarket Blackfriars bar.



PUB EATING

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

Inn Deep: closest to campus, this pub is sits under the Kelvinbridge and can be accessed via Great Western Road or the river footpath. The food is affordable and often great, and the beer/spirits list is enviable. It's got an outdoor area for fresh air, dogs and people watching and sport-showing TVs, booths and an often DJs inside if you're a more indoorsy type.

WEST: On the edge of Glasgow Green is the iconic Templeton Building, worth a look by

itself. Sitting on one corner of this is WEST, a brewery, bar and restaurant established by a German Glasgow University graduate unimpressed with the city's beer offering. Excellent beer, great currywurst. Their posh dining West End outpost, struggles to compete.

Bier Halle: a side street basement off Buchanan Street boasts an impressive beer list and excellent fresh pizzas, 2-4-1. If you're hungry, bring two friends and order four pizzas. When the weather's good, they set up an on-street 'beer garden'; ideal for making office workers jealous.

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



FANCY EATING

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

Ox & Finch: A new kid on the block this is well on its way to a Michelin star and dethroning stalwarts like Ubiquitous Chip as kings of Glasgow's food scene. They serve top-quality food in tapas-sized portions for a sharing-style dining experience, you should absolutely save up, absolutely go at least once go here, and you should absolutely book in advance.

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

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

Two Fat Ladies: There are several of these in Glasgow. One on Dumbarton Road has probably the best fish in Glasgow; likewise the restaurant uptown. The biggest premises - named the Buttery, is located in Anderston, underneath the M8 where the west end meets the city centre - and is just outstanding, if somewhat twee. Occasionally these appear on discount websites. Snap them up.

Gandolfis: Tucked away in Merchant City, Café Gandolfi, and the next-door Gandolfi Fish, serve some of the finest café, Scottish and Italian food in to be found anywhere in the city. Definitely a treat dinner or celebration spot, but without any major pretensions.

EATING OUT...

LATE NIGHT EATING

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

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

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

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

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

BURGER EATING

You may wonder why/if burgers deserve their own section; Glasgow is burger mental. There is, without lying or exaggeration, a crossroads in the city centre with a burger joint on each corner and all of them are doing roaring trade.

A whole host of Glasgow's burger restaurants offer either occasional or ongoing burger competitions, aimed at people who think that Man Vs Food was television gold, or alternatively people who have just spent three weeks trapped in a shed with only insects and plant seed for sustenance. It'll cost you if you can't complete them, but at least you'll have leftovers to live off for a few days.

It's indicative of Glasgow's burger habit that there isn't enough room here to list even half of the prominent burger joints. Highlights of the burger scene as it stands (because there'll be at least three new places by the time you read this) are Bread Meats Bread on the aforementioned burger crossroads in town. Lebowskis in Finnieston with an extensive White Russian menu and Nice N Sleazy on Sauchiehall Street, who collab with hyperactive burger architects Meathammer, serving burgers taller (and tastier) than your face. If you see an El Perro Negro pop-up advertised, go. Easily the best burger in the city.



Ordering from the kids menu can sometimes yield unexpectedly brilliant results, especially if hungover.

VEGGIE & VEGAN EATING

Down in Finnieston is The 78, a great eatery with a decent drinks selection. Don't make too much noise or try to have too much fun though, it has an oddly conservative attitude to loud conversation and mild debauchery. Just off Gibson Street is Tchai Ovna, a tea house with a fascinating range of brews and a menu of freshly-prepared vegan snacks in addition to shisha pipes. Be prepared to wait.

Also in the West End is Usha's; at the bottom of Byres Road, it serves exclusively vegetarian Indian cuisine in the popular small plates format. Great for trying new, veggie dishes with pals.

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



BARS

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

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

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

STANDARD BARS

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

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



Walk a bit further to get to Cottiers (Partick) and Inn Deep (Great Western Road), both of which have a casual night out feel with good food and won't break the bank. Of course you also have the two unions; still the source of some of the best priced drinks in Glasgow, as well as daily entertainment in some form or another in one of the many, many bars.

In town, Sauchiehall Street is packed full of places selling cheap spirits, shots and five pound wine in the evening – try Firewater for cocktails and pitchers, Nice N Sleazy for the best value White Russians in town and The Raven for craft beers and cheap wine (as the city centre goes). There's the usual big players in the city centre including four big Wetherspoons who do all great value guest beers and usually serviceable pub grub.

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

HIDDEN GEMS

It won't be long until you get invited on your first subcrawl a colourful pastime that involves stopping at each stop on the city's underground railway and having a drink in the nearest pub. This will highlight that we haven't covered several areas of the city, such as Govan, brimming with charisma, sights, sounds and pubs.

Indeed, venture off most city streets and you'll find a row of shops, pubs and attractions previously undiscovered by Glasgow University students. Just be sure to keep in mind the above 'don't do anything stupid, or in a football strip' guidelines.

Arguably the best pub in the city sits on a rundown crossroads just across the river. Surviving thanks to its proximity to the O2 Academy and Bridge Street Subway (for the aforementioned subcrawls), The Laurieston has some of the best staff, beers and locals in Glasgow, along with a free jukebox and a photo album of subcrawl groups that have been through the bar.



SPECIALIST BARS

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

Gin

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

Whisky

Whisky is Scotland's national drink, aside from Irn Bru, and its most valuable export. Almost every drop produced that isn't consumed here comes through the city on its way across the world.

Start your trail in the Lismore on Dumbarton Road, then head up to Finnieston for a visit to the Park Bar for a dram and a dance to live Scottish music and finally stopping in at the Ben Nevis's corner bar. These three should be adequate for any avid whisky drinker staying in the West End.

If you really want to take it seriously, though, head uptown to the Pot Still. They have a collection ranging into the hundreds; it's worth a look just for the logistics and another look for, you know, the whisky. If you're in the city centre then nip into The Vale near Glasgow Queen Street station, which has friendly locals and cheap, good whisky.



Beer

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

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

In the city centre, Bar 92, Bier Halle and Beer Café prove that Glasgow's good at beer and bad at naming things.

Head over to Drygate for great guest ales and experimental brews (though consider skipping the core range), South to Clockwork Brewing Co for a microbrewery with a good atmosphere.

SPORTS BARS

If you're looking for a place to watch national or international sport, most bars in Glasgow have a couple of screens, but not all of them will be worth a visit. In the West End, your best options are the Old Schoolhouse, down Gibson Street, Tennents on Byres Road, or for somewhere a little more sophisticated with decent drinks and ace BBQ food, The Crafty Pig on Great Western Road.

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

Be warned though, any sport clashing with a televised fixture of either of the Old Firm teams will certainly take second preference in order to keep the locals happy.



OFF LICENSES

Heading to your drinking hole of choice might be tempting when you're flush with that sweet, sweet student loan cash, but when the bank account is looking increasingly close to creeping into the red, having people round for a few social drinks might be a better option. Plus you'll need to know the rules of buying alcohol for when you're invited to the flat-party-that's-definitely-not-a-flat-party-because-they're-not-allowed-in-halls party.

There's a few key, potentially annoying things to remember when heading to the shops to pick up off sales:

1. Don't drink it in public.
2. You won't get served after 2200.
3. No multibuy deals (two bottles of wine for £10, two cases of lager for £15). The price you see is the price you pay.

TRADITIONAL

Off licences in Glasgow, in their traditional form, are becoming a thing of the past. Up near Murano Street halls you'll find some examples of booze shops of the past; caged-in affairs with shelves to the ceiling full of spirits, wine and beer (some absolutely lethal-looking), that the proprietor will pass you through a little window like a more exciting version of a post office.

Where these establishments might not be able to compete with the supermarkets in price, or selection, they can in convenience; one will turn up just when you're needing it most on a street corner at 2155 and the house party you're at is running out of booze. Don't underestimate how much you'll be willing to pay for a case of lager when you're desperate to keep the good times going at your mate's flat.



SUPERMARKETS

The bittersweet truth of this is that off-sales have been taken over, in the main part, by supermarkets who can do it cheaper, easier and with more range. There's always one nearby, in either full-size or local forms. For those living in Murano or Queen Margaret residences, the 24-hour Tesco in Maryhill has an exhaustive selection of spirits, beers, wines and mixers. As well as about two hundred varieties of crisps and everything else you can imagine.

Supermarkets will also tempt you with own-brand versions of spirits which, while cheaper and good enough to throw in a punch bowl, probably aren't the best if you're actually looking to enjoy the taste of whatever drink you're making. If money's tight and you've got a supermarket nearby, it's probably the best option.

SPECIALIST

It isn't all bad news for the high street, though, as each passing year sees another specialist booze shop open, stocking high-quality imports and tasty local delights. The West End is particularly good for these, with a couple of Peckhams, Valhalla's Goat on Great Western Road (near Kelvinbridge Subway) and Hippo Beers on Queen Margaret Drive.

In town, the Good Spirits Company has an excellent basement spirits shop and expert staff that will advise you according to preference, intended recipient or budget. They've just opened up a dedicated beer and wine shop round the corner. Both are five minutes' walk from underground and bus stations. They even take requests via social media, which is a godsend if you're organised, useless if you're not.



CLUBS

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

Glasgow's clubs generally open at 2200 or 2300, get busy around 0030, and shut at 0300, though you'll find outside the city centre they shut at 0200. It's very important to note that you can't get in after 0100, under any circumstances (door staff often use this to turn away drunk folk who've nipped out for a smoke as well). You'll often find student discounts, so bring your GUID card. Discounts, or indeed free entry, can be found on facebook pages, twitter hashtags, mailing lists or friendly flyering staff near entrances. Take a look at *The Skinny* or *The List* websites to get an idea of what's going on on any given night, when and where.

WEST END

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

Going out in the West End mainly involves ending up in Viper on Great Western Road. The infamous club is a small, sweaty attic that's seemingly purpose built to make you do things you'll later regret, but you will keep going back.

At the top and bottom of Byres Road are Oran Mor and The Sanctuary, which despite offering late opening hours, probably should be avoided at weekends to avoid swarms of steaming thirty-somethings.



CITY CENTRE

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

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

On the side streets off Sauchiehall are Kushion and Bamboo; probably best described as bars with dancefloors; they offer table service, comfy, yet sticky seats and garish lighting. Glasgow's 'bar with a backroom' category is thriving well, with decent bars like the Flying Duck and Stereo offering good-quality music nights.

Those who still think 'alternative' means 'rock' will want to check out The Cathouse, down near Central Station. It's a somewhat aging affair with a nonetheless passionate and dedicated regulars.

LGBT+

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

LIVE MUSIC

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

Glasgow's venues range from the intimate to the massive; from pub basements to the SSE Hydro, now the second-busiest entertainment venue on Earth, and everything in between. Lovers of international arena-pop will be as happy as hipsters looking to be over the next big thing that they saw in the front room of someone's tenement.

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

BIG VENUES

Getting the big ones out of the way first, the relatively new SSE Hydro dominates this market now; boasting Nicky Minaj, Elton John and Taylor Swift over the last year. It sits to the side of the SECC complex, an entertainment and conference venue that previously held the city's largest events before the building of the Hydro as a dedicated live music and entertainment arena. Soon to be gracing the stage of the Hydro will be One Direction, U2, The Prodigy, Madonna, Jason Derulo and Little Mix, but it's not all pop megastars - Glasgow locals Belle & Sebastian recently celebrated their new album launch with a show at the venue backed by full orchestra.

Big rock shows still call the national stadium, Hampden Park, home. It holds just over 52,000 people and is used for acts such as Bruce Springsteen and ACDC on their mega-tours.

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

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



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



LESS-BIG VENUES

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

The University's own QMU is still regularly used for live music, with touring acts visiting the 900 capacity venue regularly throughout the year. In addition to being local, the drinks are a lot cheaper than any of the city's venues, so worth a night out.

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

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



One of the best new music venues is The Hug and Pint on Great Western Road. Created by Glasgow musicians, for Glasgow musicians, it's the brainchild of a music producer and restaurateur. This is a music venue designed to nurture young Scottish talent and provide great food, great music and a great vibe.

Until recently the gap in the city for big-name clubnights, touring RnB, traditional music, vintage music, and almost every kind of alternative genre was The Arches. It's now been closed by the council in a spectacular cultural own-goal, but watch for anyone placing themselves as 'a spiritual successor', as it's likely the music here will be a bit different, and a good night. Particularly ready to step into this breach is SWG3 - also con-

veniently positioned near the West End - and the CCA on Sauchiehall Street.

SMALL & BAR VENUES

Most bars looking to court the student market will have some kind of live music slot in their weekly schedule - it's worth looking around to see what you can get to (or what to avoid, sometimes you don't want someone singing into your ear during a pint). Most often this is free, particularly in the case of open mic nights and you'll quite often find a real jewel in the rough. The offering here is almost too numerous to mention, but a lifetime achievement award should go to bloc on Bath Street, which has birthed, introduced and/or honed many a Glasgow band.

LIVE SPORT

Whether taking part [page 19] or watching, Glasgow's sport scene is rich and diverse. Here we'll cover what there is to see from the city's mainstream sport offering, and what there is to do outside of the Sports Association's bounds.

If you're looking for a place to watch it happening in real life, Glasgow plays host to the national stadium, Hampden, and some world-class arenas built for and around the Commonwealth Games. The Chris Hoy Velodrome for cycling in the East End, and the SSE Hydro for gymnastics, wrestling events and more.

LOCAL SPORTS TEAMS

You may have come to Glasgow knowing a little of its tumultuous history in regards to sports teams, specific controversies lie around the football teams in this fair city. Yes, football can be divisive, so it's worth addressing the issues head on: Kingsley, Partick Thistle's new mascot is ace, and if you think otherwise, you're an idiot. If you've not seen it yet, Google it.

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

If you're wanting to avoid the football altogether, fear not, as Glasgow's sports scene has plenty world-class (or at the very least entertaining) options to keep you occupied, from the University teams to international competitors.

FOOTBALL

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

Rangers FC: Rangers may have fallen on financial hard times recently, but have retained a loyal fanbase working their way through the lower leagues in the quest for Scottish Premier League glory once again. They play in Ibrox in the Southside.

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

ICE HOCKEY

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



Falkirk FC, whose ground can be reached in around 25 minutes, offer cheap tickets for a good day's sport.

RUGBY

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

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

OTHER SPORTS

Seek and ye shall find, there's live sports taking place all over the city. Well-established sports like cycling have new homes such the Chris Hoy Velodrome, which are easy to access and run classes and practice sessions at all levels. This October, Glasgow will host the 2015 World Gymnastics Championships in the SSE Hydro.

Glasgow has an ever-expanding scene for sports such as roller derby (at ARC Centre), parkour (everywhere), climbing (Ibrox), watersports of all kinds (Pinkston, by the canal) and more to watch or join in with.



FESTIVALS

Yet to achieve Edinburgh's levels of mad, rabid summer festivaling, Glasgow has chosen to more modestly spread it's throughout the year. Glasgow festivals tend to happen all across the city, in a multitude of venues with a multitude of audiences.

AUTUMN

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

WINTER

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

The oft-overlooked Celtic Connections festival comes in January and brings music and other entertainment from across the world, and is small enough that the tickets are still reasonably priced.

Next, in February, the Glasgow Film Festival showcases independent, international, documentary and blockbuster cinema for a local audience. Get tickets to here for great cinema, and the odd celebrity.



SPRING

In March comes the International Comedy Festival. It's a comedy festival. It's international. It has a very literal title. You can see decent acts in venues across the city, and the prices are often respectable (take that, Edinburgh).

The biannual GI Festival of contemporary art returns next April, reaching across the city and bringing some big names into town. Also in April comes Aye Write, which is a festival of fiction, poetry, literary culture and city heritage.

Small music festivals abound in Glasgow; keep an eye out for Stag & Dagger in May. People travel from across the UK to see this showcase of local talent in venues across the city. It's a good chance to see big (or soon-to-be-big) acts in intimate settings.

SUMMER

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

Glasgay!, an LGBT+ multi-arts festival of international acclaim, usually takes place in July. Changes to public funding meant it was called off 2015, but stay tuned for 2016 details.

Expect to hear bagpipes in August, as the World Pipe Band Championships take place on Glasgow Green, along with the Piping Live! festival.



POLITICS & CURRENT AFFAIRS

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

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

GLASGOW CITY COUNCIL

Glasgow has long been viewed a Labour stronghold, and this is no better evidenced than the city

council being held by a Labour majority since 1980. The last election in 2012 returned two Labour, one Scottish National Party (SNP) and one Green councillor within the Hillhead ward, where the University is based. Elections are generally every four years, however, the next local election for Scotland isn't until 2017 to avoid clashing with Holyrood elections next year.

HOLYROOD

The big one for 2016, Scottish Parliament elections are scheduled for 5 May with a huge amount of speculation and debating over what the results might mean for the country. Holyrood is currently governed by an SNP majority after the 2011 election saw the party win 69 of the 129 available seats. The second largest party, Labour, currently hold 38 seats, and at the time of writing are leaderless following a poor per-



formance in Scotland in the General Election of 2015. Other seat holders include the Conservatives (15), Lib Dems (5) and Greens (two), in addition to independent candidates and those with no affiliation (four).

The current MSP for Glasgow Kelvin, the University's constituency, is SNP member Sandra White.

WESTMINSTER

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

The MP for the University constituency is SNP Member Patrick Grady.

MEDIA

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

Scottish branches of the Mail, Sun and Times reside in the city, and the biggest Scottish daily, the Daily Record, is published here too.



GROOMING & STYLE

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

If you're in and about the West End of the city, it's pretty easy to find somewhere to get your hair sorted, get a hot towel shave or get your nails done. Most places offer a student discount (if they don't, walk five minutes and find somewhere that does) that will cut the price, sometimes quite dramatically.

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

Ladies should check out Sculptur, of which there are two in the West End, one on Byres Road and another down in Woodlands. They're quick, good quality and offer a student discount, VIP card. For a more specialist cut or colour, Rainbow Rooms is a step up in both quality and price but is definitely worth the added time and cost. There are literally hundreds of places in the



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

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

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

If you fancy something less risky, consider looking on the discount sites: 5pm, Groupon and so on, for cheap bookings and appointments. It's easy to find reviews online for a lot of places, so make to do some research to be sure that wherever you're going isn't going to dissolve your nails off or set fire to your head.

SHOPPING

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

CITY CENTRE

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

BARRAS MARKET

The more adventurous shopper will head East at the weekend, to the Barras - Glasgow's [in]famous market of cheap clothes, entertainment, electrical goods, and almost everything else. It's a good place to see markets as they are elsewhere in the world; frenetic, mad, swears and occasionally illegal.

WEST END

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

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



A typical Saturday on Byres Road in the West End (but not really).

FURTHER AFIELD

Further afield, though completely accessible by the 77 bus, is Braehead Shopping Centre. It has all the shops you could think of needing, along with an ice rink, laser quest arena, ski slope and is attached to an IKEA. It'll take you forty minutes to get there, and it is large, but worth devoting a day to if you fancy a wander.

Make friends with someone who owns a car; there are other shopping centres sprinkled throughout the city outskirts if you know someone who won't mind taking you on a few shopping trips. The Fort and Forge in the East and Silverburn to the South all have pretty comprehensive websites detailing the occupants and opening hours.



LIFE

SUPPORT

CARS & JOBS & FLATS & BUDGETS & PLANES & JESUS & RENT &
SUPERMARKETS & CHEESE & CASH & MORE

ACCOMMODATION: MOVING IN	096
ACCOMMODATION: MOVING ON	102
GETTING AROUND	106
GETTING AWAY	112
HEALTH	114
DRUGS	120
FOOD & NUTRITION	122
MONEY	126
JOBS	128
FAITH	130
LGBT+	132



ACCOMMODATION: MOVING IN

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

There are pros and cons for each type of accommodation and no single choice will suit everyone. Hopefully this section will give you an idea of what to expect; whether you've decided to stay with your folks or are leaving the nest for the first time to stay with other new students; contained on the next few pages are some tips for making the most of your time at University no matter where you're staying.

MOVING OUT

Moving away from the familiarity of the family home can be daunting, but don't worry if leaving friends, family, pets and that super comfy hango-

ver chair in the living room has got you feeling anxious. The great thing about coming to university is that the vast majority of the people you meet in the first couple of months will be in the exact same position as you. There will, of course, be a handful of new students who made the leap into the great unknown of living away from home before university. They are the wise gurus on moving-in day who have somehow rustled up a seafood paella in their branded cookware, ordered their shopping and set their meal plan for the week in the same amount of time it took you to work out how to boil the kettle. Everyone will be different but everyone is now in the same position, which makes moving into shared accommodation so exciting.

LIVING AT HOME

There are a lot of benefits to staying at home while studying; the most obvious being the cost. It is significantly less expensive to live at home compared to both halls of residence and private accommodation. The cost of rent, bills, laundry, purchasing kitchen gear and bedding stacks



up, and often isn't viable. If you are fortunate enough to have someone at home who doesn't mind you living with them, it is often a more realistic option. There might be some expenditure included in this such as a monthly contribution to living costs - essentially rent - as well as the travel costs of getting to and from campus, but overall you can expect to be a good bit better off than your loan-reliant peers. The downside of staying at home can often be a feeling of isolation and missing out on shared experiences of halls of residence or living near to campus, but you can still do a lot to take advantage of the range of social activities, clubs and societies (and mates' couches or floors) available to find like-minded people to hang out with in the early days of your degree.

3RD PARTY HALLS

Recent years have seen an upsurge of privately run student halls of residences around the West End and city centre. These third party halls offer a more commercial style of living with high quality fixtures and fittings, high speed Wi-Fi,

en-suite rooms and all of the mod-cons of modern apartment living. Although still focussed toward student living, they can be significantly more expensive than official halls and not necessarily geared toward giving the best student experience. If you are thinking about third party halls of residence make sure you do research to ensure you're not paying more than necessary.

PRIVATE ACCOMMODATION

Unfortunately, the University's official halls of residence are oversubscribed pretty much every year, meaning some students may have to choose to live in privately rented accommodation during their first year at University. Fortunately, not being packed into a freshers farm can be a blessing in disguise; while there might not be quite as much camaraderie in private accommodation, it can often be cheaper, better located, more peaceful and generally nicer than some of the official halls of residence. With most students heading into private accommodation in their second year, those who get in early have a head start on truly independent living.



LIVING IN HALLS

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

In addition to having a ready-made community, other upsides about halls include extras such as Wi-Fi, laundry rooms, security staff, social areas and not having to worry about the hassle and drama of splitting electricity bills at the end of every month (it's all included). You also have the added bonus of the free minibuses for getting to University and back when it's pissing rain.

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

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

- **Murano Street** is the largest of the student residences with over 1100 rooms available. It is approximately a 25 minute walk to the main University building and has a thriving social life.
- **Cairncross** is the closest to campus but the smallest halls with around 200 twin and single rooms.
- **Kelvinhaugh Street** has 347 bedrooms. Usually for 2nd, 3rd or 4th year students.



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

FLATMATES

The wonderful thing about University accommodation is the variety of people you will inevitably meet. Living with new people is not an easy task. There will be arguments over who's

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

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

ACCOMMODATION...

TIPS FOR LIVING WITH NEW PEOPLE

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

LAUNDRY

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

FIRE ALARMS

Late-night fire alarms are pretty much a rite of passage for those living in halls. As hilarious as it may seem the first couple of times, when you have to get up at 0700 the next morning for a tutorial, the novelty soon wears off. Don't be the flat that

always sets off the alarm with their burnt toast at 0300 because they didn't stop for chips and cheese on the way home. When you're cooking make sure to open a window, keep the fan on and don't leave anything unattended. Each hall of residence will have their own safety guidelines so make sure you read them, but generally don't smoke indoors, and don't burn incense in your room.

SECURITY

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



Another common reason for halls of residences being the victim of crime is by students being too trusting and letting strangers enter their block, not realising that the other flats may not have taken the above advice. Never let in a stranger. If they live there, they will have their keys, if they don't they're an idiot and can phone one of their flatmates and wait for them to come and get them.

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

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

INSURANCE

If you're actually reading this section and didn't skip it because insurance is one of the most boring things in the world, well done, you're the

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

Endsleigh Insurance are one of the more popular choices for students and come highly recommended. Although these policies are used by hundreds of thousands of students annually, it's worth checking the terms as some items like bikes or instruments might be extra, and you might need to add accidental damage or walk-in theft cover.



ACCOMMODATION: MOVING ON

There will come a time for many of you (probably around May 2016), when it's time to leave your first year accommodation and venture out into the world (probably West End) to seek a dwelling of your own (probably rented). It might seem a little scary thinking about it now, but come the Spring, you'll likely be glad to put halls behind you to find somewhere with a bit more freedom, a few less rules; somewhere with the opportunity for you to make it feel like your own (within reason).

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

WHEN & WHO?

You will need to start thinking about where you will be living next year a lot earlier than you might think; most students start viewing flats around Easter time and tenancies start being finalised just before exams start.

Choosing who to live can be tricky, and is also worth thinking about early. Most flat shares come about naturally, but it's a good idea to think about how many people you are comfortable living with, especially compared to large communal living of halls. Don't be afraid to turn down an offer for a flatshare, many factors go into choosing who you live with and where you live so take everything into consideration including the people, cost, location and style of flat. You'll likely be there for at least a year, so make sure you're comfortable where you live and with who.



TYPES OF PRIVATE ACCOMMODATION

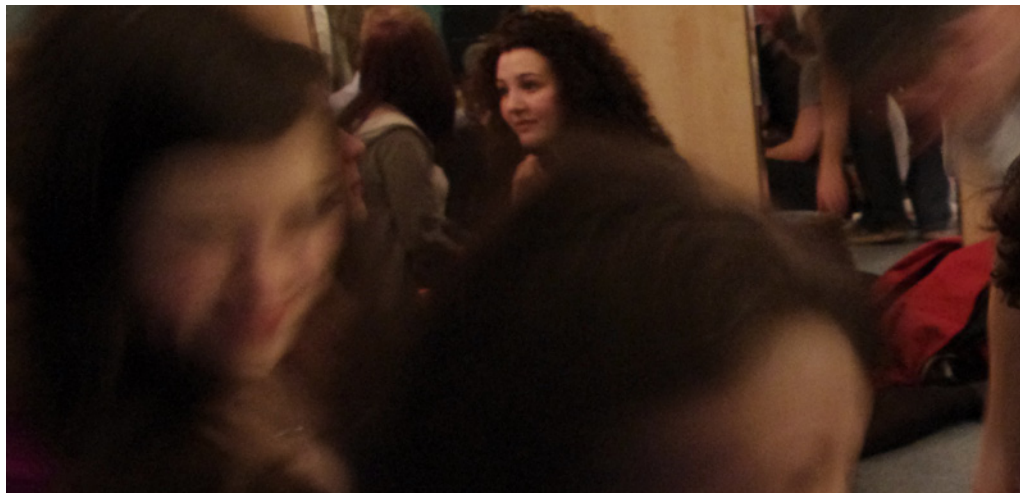
The majority of accommodation within Glasgow is in the form of flats or apartments, usually within the traditional redstone tenement blocks. Tenement flats traditionally have a shared close or 'hallway', a communal outdoor space and waste disposal area, and are 3-4 stories tall. When deciding where to live there are a number of factors you need to take into account.

WHERE TO STAY

The city is split into a few dozen neighbourhoods or districts. The areas closest to the University are Hillhead, Partick, Woodlands, Hyndland, and Finnieston. These all have numerous student flats, rich social culture and great transport links. Hillhead, Hyndland and Woodlands are the most expensive areas as they are popular with

both students and affluent families. A little further out, but still within walking distance are Partick, Kelvindale, Anniesland, Charing Cross and Maryhill. Here you should find the rents are a lot less but you still have access to the great amenities of the West End.

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



COSTS

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

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

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

Another cost involved in moving into a flat is furnishings and equipment. Most student flats come furnished with the necessary equipment

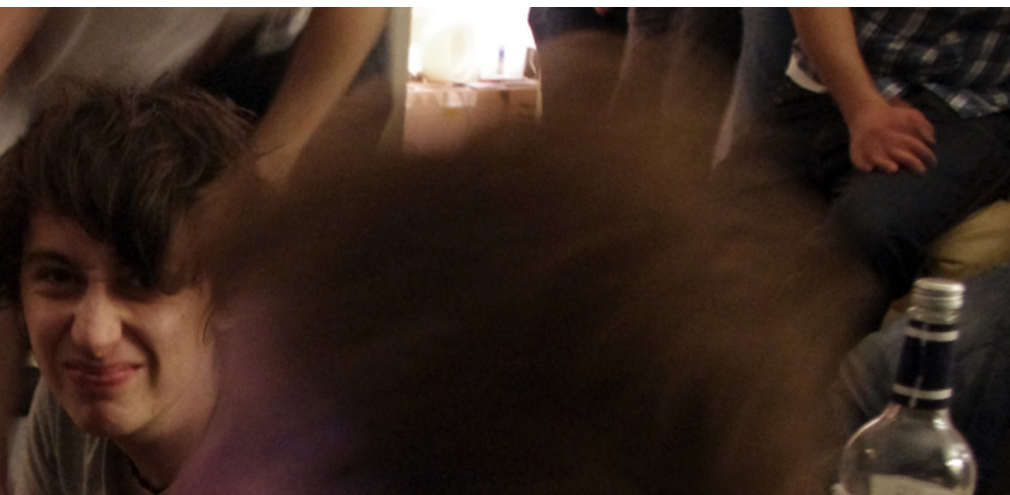
needed such as kettles, vacuum cleaners, ironing boards etc. However you may need to purchase additional items to make living there more comfortable. September sees shops like Argos, B&M, The Range, and IKEA filled to the brim with students purchasing cheap, low quality goods for their new flats.

COUNCIL TAX

If you are a full time student living only with other full time students then you will be exempt from paying council tax. To claim this exemption, you need to complete an exemption form from the University and return it to Glasgow City Council, or register for exemption on My-Campus [page 42].

There are a number of additional rules and sub-rules around council tax, for example: if a student lives with a non-student, the non-student can claim a 25% discount on the council tax bill. Full details of exact rules can be found on the City Council website.

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



HOW TO FLAT HUNT

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

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

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

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

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

Other websites such as Rightmove or Gumtree can also be helpful for finding accommodation but should always be used with caution. Make sure to do your research before signing up to a privately let flat by checking the landlord is registered with Glasgow City Council. Your landlord should have an HMO license if you live in a property with three or more other people, and you share a kitchen, bathroom or toilet. There is a range of criteria standards that HMO properties must meet including the provision of adequate facilities for each resident and fire safety features.

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



TRANSPORT: GETTING AROUND

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

A mixture of having a strong city centre, an excellent public transport system and inexpensive taxis means that getting around is straight forward, once you've figured out where you're going. You won't need to be on the underground for ninety minutes to get from one side to the other and buses aren't extortionate but it's a good idea to get to know the quickest and cheapest ways of getting around to save yourself missing the last subway or train home and having to fork out £20 for a taxi.

Use the info on the next few pages to get acquainted with some of the best ways to get around.

WALKING

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

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



SUBWAY

The Glasgow Subway system is a brilliant way to get from the West End into the city centre, as well as covering a bit of the Southside. Possibly the simplest subway system in the world, this single circular line has 15 stops and two tracks, one going clockwise (outer circle) and the other going anti-clockwise (inner circle). Going one stop is frowned upon; it takes about the same amount of time to go through the barrier, walk down the stairs, wait at the platform, travel the distance, get off the train, walk up the stairs and out as it would to simply walk from one station to another. As a rule of thumb the stations are approximately ten minutes walk apart.

The ticketing system has recently been changed with the addition of the new SPT smartcard.

Much like the Oyster card in London you can top up this smart card and the barriers will take off the correct amount each time you use it for a journey. If you are going to be using the subway a lot (five days a week) you can also load a seven-day or 28 day pass onto the card, meaning you can use the subway as much as you want within this time-frame without paying for each individual journey.

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

GETTING AROUND...

CYCLING

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

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

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

You will likely see the People Make Glasgow hire bikes dotted around the city. You have to register on the nextbike website to use them and can get an annual subscription for cheaper rates. Annual membership will cost £60 with hire costs of: free for the first 30 minutes and £1 an hour capped at £5 for up to 24 hours. Hire costs for short-term casual users are to be £1 for the first 30 minutes with each additional half hour costing £1 and capped at £10 for five to 24 hours.



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

LOCAL TRAINS

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

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

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



CAR

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

Glasgow has a lot of on-street parking with very reasonable rates. There are also a number of multi-story and secure car parks available, with park and ride available at Kelvinbridge, Shields Road and Bridge Street subway stations for just £5 per day. Be wary of NCP car parks who charge a fortune and are often crowded. These are where Google will try and send you, however you can

usually find on-street or smaller car parks for much better value.

TAXIS

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

There are two types of taxis, the black 'Glasgow Taxis' cabs which wait at ranks and can be hailed on the street if showing their amber roof light, and private hire cabs which need to be booked in advance. A lot of supermarkets have a direct line phone to the nearest private hire taxi firm which saves minutes and lets you know it will be a trusted driver. Private hire taxis are a lot cheaper than the black cabs so if you know where you're going



and what time you want to go, always opt for them over the cabs, the only downside is that you can't book in advance from a public place. If it's hammering down with rain and you forgot your umbrella there is no better sight than that amber 'taxi' light driving towards you on top of a nice, dry, black cab.

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

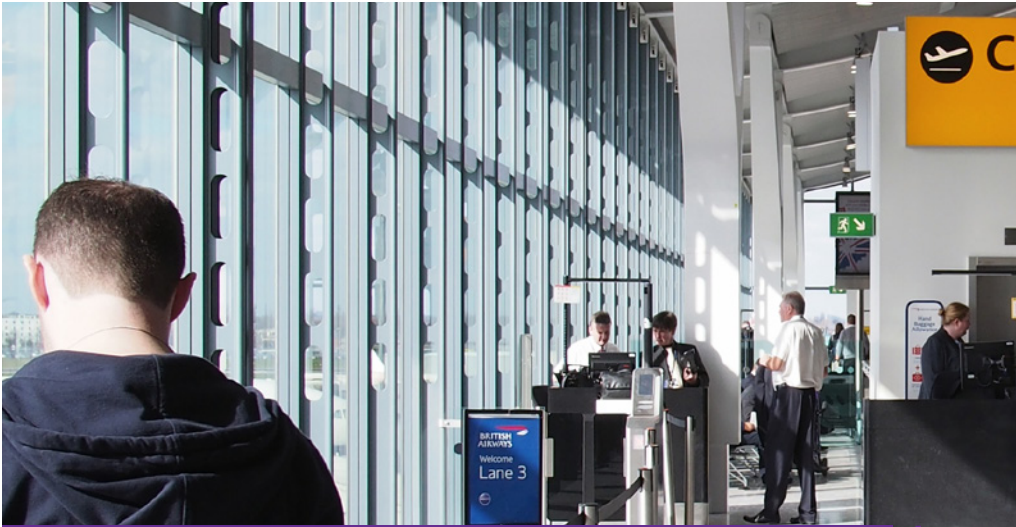
BUSES

The public buses in Glasgow are mainly run by First Bus and Glasgow Citybus. Citylink offer a direct bus from Glasgow to Edinburgh and further destinations across Scotland. Buses are great for getting to those slightly more out-of-the-way places a subway or train station isn't close to. If

you've got a hospital appointment in the Queen Elizabeth University Hospital, or if you are recommended a great hairdresser in Knightswood, you are often able to get a bus almost door to door. Be aware that buses in Glasgow only take exact change, so don't rock up with a £20 note for a £2.20 journey, as you might be out of luck.

The buses that stop at Gilmorehill campus are Firstbus numbers 11 and 44. You can purchase a SimpliStudent week ticket from just £13 which gives you unlimited journeys within the city.

SRC Minibuses are another great way for getting in and out of campus. These free buses run from Murano Street, Cairncross, Maclay, QM Halls and Wolfson Halls. Buses run Monday to Friday during term time excluding bank holidays from 0700 until 1030 and then from 1730 to 2300. Timetables can be found either on the SRC website, at the bus stops, or printed timetables are available from your halls.



TRANSPORT: GETTING AWAY

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

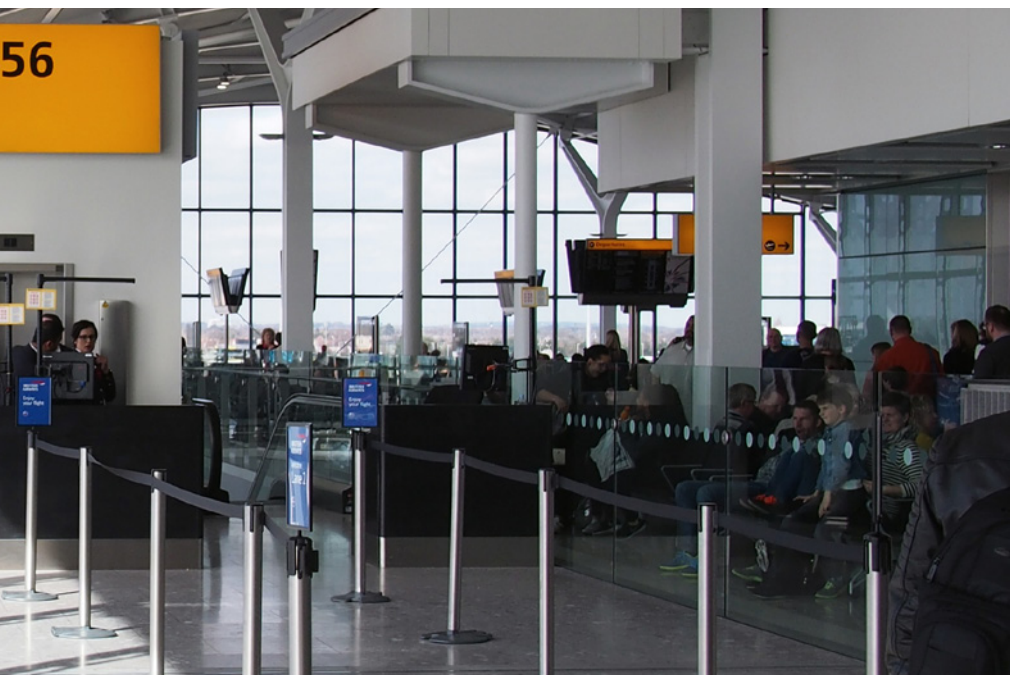
TRAINS

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

line, with thousands of commuters going one way or the other on a daily basis. The Glasgow Queen Street to Edinburgh Waverley train runs very frequently, every 15 minutes on Saturdays and takes around fifty minutes. Be cautious of off peak versus on peak trains as they vary between weekdays and weekends. If you've got an off-peak return you won't be able to travel on any peak trains.

You can also buy your ticket on trains in Scotland, useful if you've had to do the dreaded dash for the last train, however you won't be able to get any railcard discounts aboard so usually best to buy in advance. Though the majority of stations in Scotland now operate a barrier system one side or the other, you can still buy a ticket at your arrival station when coming into Queen Street or Central station.

A 16-25 railcard is well worth its £30 per year fee if you are travelling regularly, offering a third off all journeys and more often than not will pay for itself in one journey down to London. Also,



if you are booking trains, book in advance and most companies release their highly discounted 'advance' tickets 12 weeks before departure so if you know you have somewhere to be, or if you're travelling home for Christmas/Easter then make sure you check them out. Travelling at less than preferable times of day will also mean cheaper tickets, and you can always have train naps.

PLANES

If you choose to go abroad either for academic research or (more likely) a holiday then there are a few things you should know. Firstly, Glasgow's air networks are always improving with new direct routes to Canada, Prague, Vegas, Marrakech and more added in the past year. Unfortunately Glasgow Airport is a little way out of the city. To get to the airport you have three choices: lift, taxi or bus. If you book a pre-hire taxi you will be looking at around £15 for a journey to the airport from the city centre. Black cabs are around £20. Taxis can be a good option when there are a group of you travelling or if your flight is

early morning or late night. The two main buses, which drop off and pick up at Glasgow Airport are the 500 Shuttle bus and the 77. The 500 goes direct from Buchanan Street and takes around 25 minutes. The 77 comes from town through the West End, including a stop at Partick bus/train/subway station, but does take longer, with an hour long journey taking you to see the sights of the new hospital and Paisley en route.

If you can't find a direct flight to your preferred destination then there is a direct bus from Buchanan Street Bus Station to Edinburgh Airport which offers a number of other destinations.

BUSES

If planes nor trains can get you where you want to go, or if you're a bit strapped, Buchanan Bus Station in the town centre has multiple options for national travel, including the ever-reliable MegaBus. If you're brave enough and don't mind 24 hours travelling, they'll get you as far as Amsterdam cheaper than anyone else.



HEALTH

PHYSICAL HEALTH

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

DOCTORS

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

contagious, or have an ongoing health concern that requires regular appointments, it may be more convenient for you to register with a GP nearer to your halls or accommodation. Check out www.nhsggc.org.uk to see where to find your nearest registered GP.

Always make sure to attend a pre-booked appointment and only ask for prescription medicine if totally necessary. A lot of illnesses like freshers' flu or a seasonal cold can be treated at home on over-the-counter treatments.

PRESCRIPTIONS

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



MEDICAL EMERGENCIES

If you do fall ill with a more serious condition, or think that you need to see a doctor on the weekend then your first call should be to NHS24 on 111. They'll put you on to a healthcare professional who will be able to advise the best course of action, from visiting your GP at the next available opportunity, to getting yourself down to A&E. The local A&E has recently moved over to the new Queen Elizabeth University Hospital (formerly Southern General) on Govan Road.

DENTIST

It's also best to register with a dentist in Glasgow. Staying with your family practitioner might be fine for your yearly check ups when you're down with your parents in the summer, but if you're caught out with an issue that needs treatment in the short term, you'll probably want someone a bit closer. Plus, annual check ups are free in Scotland.

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

OPTICIANS

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



MENTAL HEALTH

Student life can be difficult, with pressures from both within and outwith your academic pursuits easily weighing heavily on you during your time at university.

It's worth remembering to take care of your mental health and wellbeing in the same way you would your physical health and be aware of anything that might impact your studies.

SUPPORT

The first thing you should know when considering mental health issues is that you are not alone; there are a number of support systems both

within the University and externally which are there to help should you feel the need to talk to someone. Don't be afraid to speak out, there's no shame in caring for your mental health, and talking can often be part of a solution. If you're looking for support, consider the services listed below. It is very much a case of what works for you and what will help your personal situation. Do not be afraid to ask for help, it's there if you need it.

GP

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



COUNSELLING & PSYCHOLOGICAL SERVICES

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

NIGHTLINE

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

WELLBEING CHARITIES

Talking to external mental wellbeing charities such as The Samaritans and Breathing Space can be beneficial when looking for advice or direction on how to deal with mental health issues and their causes. Both services are confidential, and can be used as a first step in addressing problems at an early stage.

Samaritans

Phone: 08457 90 90 90 (24/7)

Web: www.samaritans.org

Breathing Space

Phone: 0800 83 85 87 (Mon-Thurs: 1800-0200, Fri-Sun 1800-0600)

Web: breathingspace.scot

HEALTH...

SEXUAL HEALTH

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

STIS & SCREENINGS

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

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

If you do have any of the following symptoms then you should also get checked out as soon as possible: itching, redness, unusual lumps, pain or discharge. And, in the worse case scenario that you do have an STI, it is important to inform all previous sexual partners to enable them

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

If you find yourself needing an appointment for any reason, the local sexual health clinic in the West End is the Sandyford Clinic in Finnieston, check out sandyford.org to find out about the services they can provide.

CONTRACEPTION

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

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



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

PREGNANCY

Sometimes even with the best precautions and planning accidents can happen. The first sign of a pregnancy is usually a missed period; if you think you are pregnant you should take a store-bought pregnancy test as soon as possible, and then another to check. Should you find yourself pregnant while at university it is important to speak to a doctor as soon as possible, they will talk you through your options and steps you will go through if you choose to go through with the pregnancy or otherwise.



DRUGS

University is a time for exploration and trying new things and you will no doubt find yourself in a situation whereby you are in the position to try drugs. These range from legal substances like alcohol or nitrous oxide (laughing gas), to illegal substances including amphetamines and cannabis. If and what you want to experiment with is up to you, but it's best to do so safely and responsibly.

ALCOHOL

The most popular substance used and abused by students by far is alcohol. Students have a reputation for drinking a lot and often, and there are certain clubs and societies who will actively encourage drinking through games and challenges. Student life can sometimes feel like it revolves around drinking, going out, meeting in bars or flat parties; that doesn't have to be the case for everyone, there's plenty going on outside of

drinking social activity and if you're not into it, no one will judge you. Just be prepared for your coursemates or friends to invite you for a drinks until you let them know.

If you do choose to drink then there are a few tips that will save you from being passed out in your own vomit in the middle of the dance floor at 2200. Firstly, know your own limits. Alcohol affects different people in different ways - you may be able to down ten pints and still hold a decent conversation (not advised), you may find that three glasses of wine will have you on the floor. Secondly, pace yourself. Alcoholic drinks take up to twenty minutes to start affecting the body so it's probably not a good idea to go for another four shots straight away if you aren't feeling that buzzed. Hydration is another tip when out drinking. Alcohol dehydrates the body so try and have a few pints of water during the



night, and especially just before you go to sleep. Your body will thank you in the morning with a slightly less terrible hangover.

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

ILLEGAL DRUGS

Drug use amongst students is not uncommon and can be seen at private parties and social gatherings. The most likely drugs you may come

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

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



FOOD & NUTRITION

Believe it or not, brain food really is a thing. It isn't just about tuna and avocados; more generally the better you eat, the better you will feel and work. A lot of students think they can't cook because they haven't tried and are scared of using fresh ingredients. Such people turn to the false, warm embrace of Rustlers' finest fake meat products, Iceland frozen pizzas or expensive take-aways. There is nothing worse than getting into a bad routine of sugary food, rush, slump, sugary food, rush, slump, especially when you have an essay to get in the next day.

COOKING

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



Cooking is a great way of getting people together. Big occasions such as birthdays or Christmas are usually one of those times 15 people try to squeeze round your four-person table, five flat ovens are on full blast and there is an abundance of sherry on the go. Embrace these occasions, as even though there's likely one person taking charge, you might find that you can learn tricks of the trade from friends and flatmates. The guy from Flat D's Granny's gravy recipe may become a regular addition to your Sunday roast for years to come.

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

FOOD & NUTRITION...

SUPERMARKETS

It's almost an inevitability that your parents will take you to a supermarket on the day they drop you into halls. £100 of groceries later and you might think you're set for the entirety of first term, but be warned, a day will come when you think yourself safe and happy, and suddenly your joy will turn to mould in your mouth when the last bits from the big shop run out and you'll know it is time to hit the supermarkets. It will take a while for you to establish a system and a regular buying pattern; you'll forget to buy the essentials (cheese) and come home with things you don't need or won't eat more often than not in the first few trips. It's easily done, and everyone does it.

There are a plethora of supermarkets in Glasgow with the big four (Tesco, Morrisons, Sainsbury's and Asda) positioned throughout the city. The Maryhill Tesco Extra is one of the most accessible to Murano Street Student Village. It sells almost everything, is open 24 hours every day and has a reduced section roughly the same size as some whole Tesco Express stores. It's worth being wary when you venture in though, with the confidence of a student loan sitting pretty in your bank account, you will inevitably go in for a pack of bacon and leave with a new TV, 12 champagne flutes, 24 packets of ginger nuts and an en-

tire ham. Morrisons in Partick is another easily accessible supermarket and is just next door to a subway and train station - so handy for getting things home.

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

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

There are lots of ways you can save a few pennies when supermarket shopping. Bulk buying non-perishables is an obvious one, pasta & rice should only ever be purchased in giant bags and will last a good six months if sealed and stored correctly. If you have a large freezer this is another way you can stock up, either on meat (keeps four-six months) or on precooked meals (two-three months), just don't be tempted to do your full weekly shop in Iceland.



TAKEAWAYS

No matter how health conscious or purse-light you are, it is inevitable that at one point or another you will get a take-away during your time at University. For some, this will be a monthly special occasion, others will order so often they'll know the delivery guy by name and receive a Christmas card signed 'Love, Geoff the Pizza Delivery Guy'. If (when) you pick up the phone for that first take-away there are a few things we would suggest. Firstly, don't just go for the big chain restaurants. Although places like Domi-

noes do great deals on specific days such as two-for-Tuesday, you can often find better value and much better food at smaller independents. Pizza Magic on Hyndland Road is a great restaurant and delivers across Glasgow. For Chinese, Home Wok on Byres Road and Dumpling Monkey on Dumbarton Road are very close to campus so great to grab on the way home. As for late night, post-clubbing munchies, Glasgow pretty much has anything you'd want at 0300 on every street of every area of the city, as long as it's deep fried or cooked on a spinning metal pole.

MONEY

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

BUDGETING

First things first, set a budget. Think about how much you will have coming in including SAAS grants and loans, and any part-time work that you may opt to take. If you are planning on working through the holidays then also take this into consideration. Then look at your outgoings. This will likely include fees, rent, groceries, course materials, services (insurance, mobile phone etc), travel (including holidays and trips), cheese and socialising. If the two don't match up you can do three things: increase income, decrease outgoings, or both. It is always a good idea to leave a little wriggle room in your budget for unexpected emergencies or unforeseen expenses.

It's a good idea to shop around for your services including mobile phone tariffs, insurance, and - when moving out of halls - internet, gas & electricity providers. Being conscientious of the best deals can end up saving you hundreds of pounds over the year. Sim-free phone tariffs are great value and most insurance and service providers offer great deals to new customers so don't be afraid of switching year-on-year.

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

STUDENT DISCOUNTS

A lot of places offer student discounts on their products which you have no doubt seen and used in the last couple of years. High street shops such as New Look, Paperchase, Dorothy Perkins, and more all offer discounts when you show a valid student card. The Glasgow Royal Concert Hall also offers student discounts, as do a number of arts venues across the city. Bigger name brands have special student rates, the foremost being Apple's education discount where you can get significantly reduced rates on Macbooks and iMac computers. Even if you don't know whether or not a place does student discount you should always ask, 20% off here and there might not seem like it will matter but it soon adds up and makes your money go a lot further and you'll miss it when it's gone.

STUDENT LOANS

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

What makes a student loan different from a personal loan from, say, a bank or building society,



is the way it is paid back. You won't pay anything back until your salary reaches a certain threshold, which currently stands at £15,000 per annum.

As with any loan, if you don't need the full amount being offered to you, you don't have to accept it. If you are planning on funding your time at University through savings, part time work, or otherwise it might be a good idea to decrease the your loan. Although the interest rate is reasonable, you don't want to be paying it on money you didn't really need. You can also opt to pay back more than the minimum amount should you choose to do so.

FINANCIAL DIFFICULTIES

University can be an expensive time - it takes a lot of people a while to find their financially-independent feet. A lot of students will end up in the red and may stay there until a number of

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

If you find that you are spending more than you have budgeted then it is sometimes a good idea to go back through your bank statements to see where you've been going wrong. Sometimes with a simple fix and some responsible saving, it's easy to get back on track.

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

JOBS

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

FINDING A JOB

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

Your first stop should be the Jobshop at SRC. Local employers post new positions regularly and these listings always come from trusted sources. Another useful resource is Gumtree. This online notice-board hosts listings for everything; jobs, property, cars, pets and everything inbetween. One must be more cautious when browsing the jobs listings on Gumtree and when something seems too good to be true, it often is. Word of mouth is one of the best ways to gain employment as recommendations from friends or course mates come from a trusted source and can easily be checked out.

It is good to work with people you know or live with as getting home late at night or early in the morning is a lot easier, cheaper and safer.

RIGHTS & TAXES

Employers can see students as an expendable commodity. There is a sizeable amount of people looking for part time work in the city - some can take advantage of this and not treat their employees in the correct manner.

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

Another common mistake students make is thinking they don't need to pay tax or National



Bar work is amongst the most common student job, with Glasgow having over 9000 pubs in the city.

Insurance - this is not totally true. You must pay National Insurance if you earn over the annual personal allowance of £883 a month or £10,600 per annum. This will be increasing to £10,800 for 2016/17 and £11,000 for 2017/18. Many students don't reach this threshold as they only work a few hours per week; perhaps on the weekend or evenings. Your employer will usually deduct Income Tax and National Insurance from your wages through Pay As You Earn (PAYE). If you've paid too much tax and have stopped working part way through the tax year (thus not reaching the personal allowance) you may be able to claim a refund.

WAGES

The current minimum wages are £5.13 per hour for 18-21 year-olds and £6.50 per hour for over 21s. From 1st October 2015, this will increase to £5.30 (18-21) and £6.70 (21+).

If you find yourself in a situation whereby you are not being paid minimum wage then you should be sure to contact the SRC Advice Centre or Citizens Advice Bureau who will be able to help. If you want to formally report your employer for failing to pay the minimum wage, contact the Pay and Work Rights Helpline on 0800 917 2368.



FAITH

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

UNIVERSITY CHAPLAINCY

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



CLUBS & SOCIETIES

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

WIDER COMMUNITY

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

LGBT+

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

REPRESENTATION

Representation within the University for both LGBT+ student and staff is something which Glasgow prides itself on. The University is fully committed to equality for LGBT+ staff, students and potential staff and students, and its Equality and Diversity Policy includes detailed appendices on sexual orientation and gender. Within the University's senior management, Secretary of University Court, David Newall, acts as Sexual Orientation Equality Champion.

Sexual Orientation Equality Officer is an elected SRC Council role representing the interests of LGBT+ students at University level and provide students with a safe place to discuss issues affecting them directly. The Sexual Orientation Equality Group (SOEG) brings together the University's Sexual Orientation Equality Champion, representatives from the Equality and Diversity Unit, SRC and both staff and student LGBT+ networks.

OFF CAMPUS

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

SOCIAL SCENE

In terms of places to go out in the city, Polo Lounge in the Merchant City is the most popular place for students. They run clublights throughout the week and put on a crackin' special event around Halloween and any major bank holiday. Other clubs include AXM, The Underground and Delmonica, all of which offer a fully inclusive atmosphere and pretty bangin' night out.



CLUBS & SOCIETIES

Glasgow has a thriving LGBT+ community with a dedicate society for students. The Glasgow University Lesbian Gay Bisexual Transgender and Queer + Students' Association (or GULGBTQ+) was formed to provide an open and welcoming space for people under the LGBT+ banner. They run a number of special events

throughout the year to celebrate the LGBT+ community both within and outwith Glasgow. They also get involved in campaigning and debating issues relevant to the community.

GULGBTQ+ meet every Wednesday and can be reached by searching 'GlasgowUniLGBTQPlus' on Facebook.

GLOSSARY

ADAM SMITH CAT (1996–2015)

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

CHANCELLOR

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

CLOISTERS

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

COLLEGES

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

COURT

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

FIRST

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

ERASMUS

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

FRASER BUILDING

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

FRESHER

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

FRESHERS' HELPER

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

GENERAL COUNCIL

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

GILMOREHILL

The name of the hill on which the University sits.

GILBERT SCOTT BUILDING

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

GLASGOWSTUDENT.NET

The SRC's official website. Useful.

GPA

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

GRANITE VAGINA

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

GUARDIAN

The University's student newspaper [page 22].

GUM

The University's student magazine [page 23].

GUSA

Glasgow University Sports Association [page 19].

GUU

Glasgow University (student) Union [page 12].

HUNTERIAN

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

JOHN MAC

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

MACKINTOSH HOUSE

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

MAIN GATE

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

QMU

Queen Margaret (student) Union [page 12].

QUADRANGLES

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

QUODS

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

RECTOR

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

REGISTRY

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

SCHOOL

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

SEMESTER

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

THE SQUARE

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

SRC

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

SVSS

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

SUBCITY

Radio station based at the University [page 20].

SUB CRAWL

15 stop pub crawl using the Glasgow Subway system.

THIRD

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

TWO ONE (2:1)

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

TWO TWO (2:2)

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

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www.glasgowstudent.net/about/rector/ask
 Alternatively, send an envelope addressed to
 "Edward Snowden - Russia".

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