

THE

Guide

2017-18



University
of Glasgow



University of Glasgow | Confucius Institute

The Confucius Institute at the University of Glasgow is located in the McIntyre Building, the Institute promotes Chinese language and culture.

It was opened by Scotland's former First Minister Alex Salmond in October 2011. It is a partnership with Nankai University in China and supported by Hanban.

The overarching aim of the Confucius Institute is to promote an understanding of contemporary China. Its specific goals are to increase the numbers of people in Scotland learning the Chinese language, to organise a wide range of public events, and to work with schools, cultural organisations and businesses to foster engagement and research led understanding of China.



They offer:

- Group and private Chinese language classes for all levels.
- Scholarships and summer exchange programmes to study in China.
- Free cultural events and festivals.
- Lectures, seminars and workshops on China and China related topics.
- Plays, book festivals, film festivals and exhibitions.
- Volunteer opportunities through the SVSS.

Group classes are £115 for 20 hours - a special rate for University of Glasgow staff and students.

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Welcome

Hello! I'm Kate Powell, President of Glasgow University Students' Representative Council (the SRC) and it's my pleasure to welcome you to The Guide. The pages ahead contain pretty much everything you need to know about being a student in Glasgow - consider it 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. It contains information and advice on 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 The Guide has been written, designed and edited by a team of current and former students of the University, informed by advice from the student organisations and University, with the intention of making your first year easier. If it's not useful, you won't find it in The Guide.

Expect to catch quite a few mentions of the SRC in the following pages - not because we commissioned this book, but because the SRC is an integral part of the University of Glasgow. Our work includes running a free anonymous advice centre, a second hand bookshop, a volunteering service, a jobshop, a postgraduate social club and of course, providing representation for all 27,000 students at the University on campus, local, national and international levels.

The book is divided into four sections: Campus Life, Academic Life, Glasgow Life and Life Support, each covering different aspects of what it means to be a student at the UofG. Check the contents on the next page for details.

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

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Campus Life

The following pages will offer you a short introduction to the setup of Glasgow University's student organisations, as well as initial info about other campus initiatives including volunteering, student media and clubs and societies.

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Student Bodies

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

Most of you will have undoubtedly read about, heard about or experienced Glasgow's unique four-way student body system by the time you read this document; whether you met someone raving about how it makes the University special at an open day or you figured it out during Freshers' Week when hordes of brightly-coloured shirt wearing helpers shouted at you about how great it is.

A quick recap for those still struggling to figure it out - start by getting acquainted with the following four important acronyms: SRC, GUU, QM, GUSA. While most universities will have one, all encompassing student union, association or "guild" (be glad you don't go to Birmingham) responsible for every aspect of representation and activities on campus, at Glasgow, the responsibilities are split between four distinct organisations.

The system is a throwback to simpler times, when men and women each had their own social unions, while another organisation took care of representing the students, and another

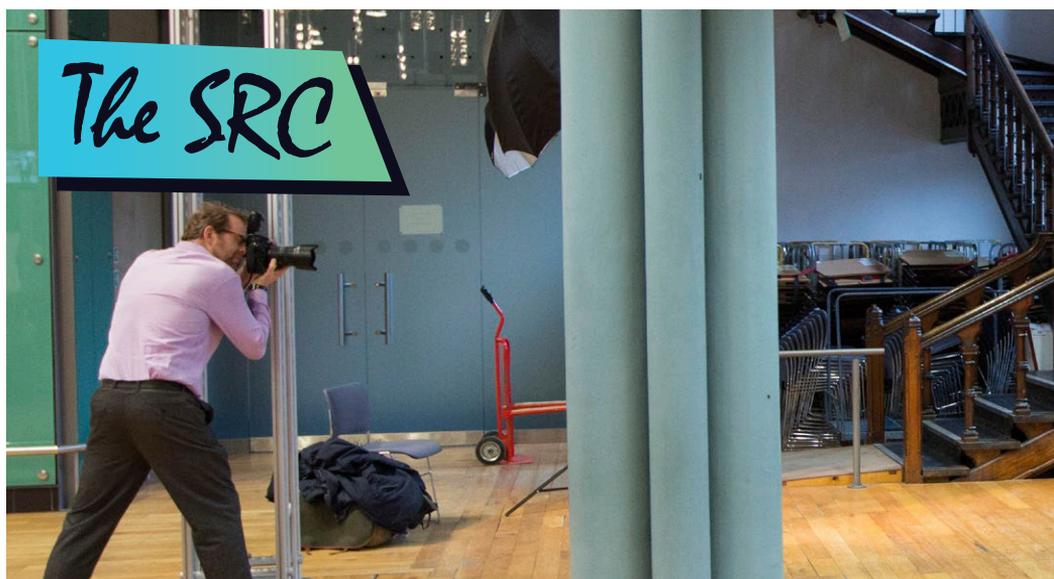
did sports. While the gender barriers were torn down decades ago, the four-organisation system remains, with individual bodies each asserting the notion that their role and services are unique and super-valuable to your time as a student.

It's a system that has worked for Glasgow for hundreds of years - while the unions can focus on organising top events and social activities, the SRC gets down to the business of representing students and keeping the University in check and GUSA does sport. Furthermore, each body has its own elected student governing body, so while universities with a student association usually end up with their bars, shops and clubnights run by middle-aged people in suits, Glasgow benefits from students being in at the ground level for every single aspect of student 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 non-Glasgow 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.



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

The SRC's work extends to every corner of campus, including this book, which they commission every year. So it's good to get familiar with them quickly by reading introduction below in handy FAQ format.

What is the SRC?

The Students' Representative Council is the only one of the four University student bodies of which every new student is automatically a member. Why? Because what they do is important, and they do a lot. Their work falls into three broad categories. Student representation - they represent all students to the University and beyond. Student support - they have a range of wel-

fare and advice services to help students in need. Community development - they support student clubs and societies, the student media and run volunteering programmes throughout the year.

What is the structure of the SRC?

The SRC is made up of a small staff team and around fifty student officers, elected to Council at all-student elections which take place in the Spring and Autumn each year. The SRC Council includes academic representatives, welfare reps, general reps and the sabbatical officers, a team of four students, including the President, who have taken a year out from studying to help run the organisation.

How will you interact with the SRC?

Though they have lots of useful frontline services, unless you're elected a class representative or have a strong interest in student politics, you're unlikely to interact with the SRC much in your first year unless you find yourself in need their services. If you are keen to get involved early, be sure to stand for class representative and you'll get a training course from the SRC; also consider standing for one of the exclusive first year student positions in the Autumn 2017 election.



When you do need their services, keep in mind they can help with everything from printing to academic appeals, volunteering opportunities to accommodation support. There's a full directory on their website.

The final thing to keep an eye out for are campaign events, spread throughout the year. They tend to all have different theme and purpose, and some, Volunteer Week for example, span an entire week of events including guest speakers and collaborations with the other student bodies.

What makes the SRC unique?

The SRC is the only legally recognised representative body on campus (the clue is in the name). They get a say on what goes on in every part of the University, and have access to the highest levels of governance all the way up to University Court.

In recent year's they've helped give extended access to study facilities for students, developed and launched a policy for student carers that has gone on to be adopted nationally and helped students have their say in the University's £1m investment in the Western Infirmary site.

What's the relationship between the SRC and the other student bodies?

Without the pressures of providing social services, the SRC keeps a fairly low profile compared to the Unions and gets on with the important work they're tasked with. The aforementioned campaign events, and obviously Freshers' Week, bring all the student bodies together at regular intervals during the academic year.

What should you lookout for from the SRC this year?

One of the SRC's headline initiatives is the Student Teaching Awards (STAs), which offer students the chance to recognise the hard work of their lecturers, tutors and the support staff of the University. Nominations open in first term, while the ceremony takes place in second term.

Where can I learn more?

You'll likely get a handful of emails from the SRC in first term - the SRC gets to use the University's 'all students' mailing list, and of course, you can find the latest news and information on their website, Facebook and Twitter. Each of the sabbatical officers has their own official Twitter account too.

The Unions

In addition to a representative body and a sports association, Glasgow has two separate student unions with buildings at either end of University Avenue and chances are that by now, you've been to both. This unique setup might be a hangover from the days when male and female students weren't allowed to hang out with each other between lectures, but in modern times it's a super-beneficial system that allows students more choice about how to spend their hard-earned student loans on campus.

Whether you end up spending your days in the 1930s opulence of the GUU at the bottom of the hill or the 1960s brutalist masterpiece of the QM on University Gardens, both unions are managed by a team of students eager to help make your time at the University as much fun as possible.

What are the QM and GUU?

The primary remit of the two student unions of the University is to provide students with a place to socialise - inside each building you'll find cafés, bars and rooms for clubs and societies to use and both provide weekly events programmes including quizzes, open mic nights and clubnights. Additionally, both the QM and GUU go beyond social functions to offer you the chance to develop new skills and give back to other students.

How will you interact with the unions?

For most students, the unions will be a convenient place to eat, drink and meet up with people. The QM contains two bars, two catering outlets, a coffee shop, study rooms and a live music/clubbing venue, while the GUU offers numerous bars, a café, a Subway franchise and catering outlet, a debates chamber, two libraries a billiards hall and a state-of-the-art nightclub.

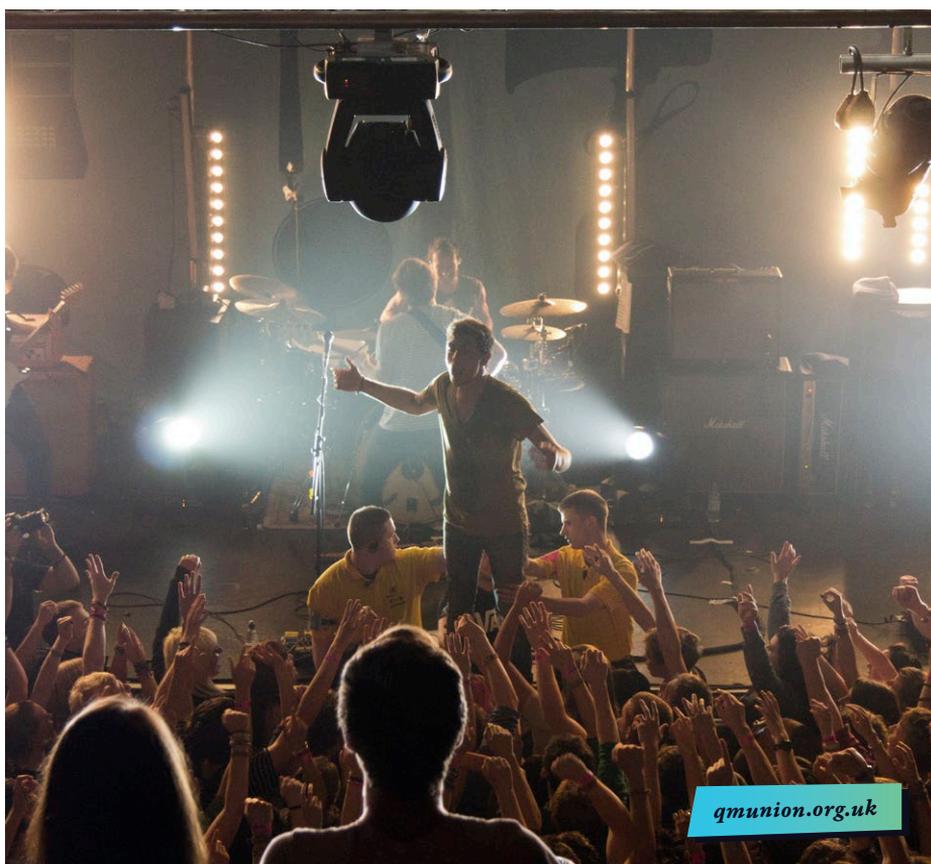
Day-to-day both are good places to go for cheap, decent-quality sustenance, and if you're looking for something to do in the evenings, the quizzes, open mics, gigs and clubnights that they offer are generally a solid choice as they're not only designed for students, but they're actually planned and managed by them too. If that's something that's caught your attention, read more below.

How can you get involved beyond the social side of the unions?

The first thing you'll probably want to do with the unions is sign up for membership - each union offers exclusive discounts and loyalty schemes for those who sign up at the start of the year, and membership is free, so it's definitely worth your while.

Both the QM and GUU offer the chance to have a say in what they do through student committees - kind of ongoing focus groups for students who want to invest a bit more time in making the unions and what they do better. Each union's committees and how they operate are different. The QM has four open committees and one which requires students to apply to be a member, while the GUU's four committees all operate on an application-only process. Details of the committees can be found below.

If you're a really keen-bean, both student unions have elections twice a year for positions on their Boards of Management - the 25ish-student team that are the governing body of each of the organisations. Running for a position on the board is a lot more responsibility, but also offers the chance to have a much stronger say in how the organisations are run.



QM Committees:

Campaigns & Charities: responsible for developing campaigns on behalf of students and working to raise money for local and national charities.

Events: responsible for large-scale events that happen in the QM's main venue, Qudos, including clubnights and festivals.

Social: responsible for events that take place in the QM's bars such as pub quizzes and open mic nights.

Publications: responsible for the QM's regular magazine, qmunicate and other union publications.

Tech Team (by application): responsible for helping set up the AV for all events in the union.

GUU Committees:

Debates: a committee charged to continuing the union's long history of success in the area of debating. Works closely with the University's Dialectic society

Games: responsible for the smaller-scale social events of the union including the pub quizzes, snooker tournaments and the Big All Day Games Event (BADGE).

Entertainments: responsible for planning and running any and all live music in the union plus the events that happen in the GUU's nightclub, the HIVE.

Libraries: responsible for maintenance of the GUU's library facilities and events within them, as well as publication of the union's in-house magazine G-You.



What makes each union unique?

Where the GUU prides itself on its highly successful track record of debating, counting many of the UK's top politicians amongst those who cut their teeth in the debates chamber and continuing to nurture students in the art of political arguing, the QM's history of campaigning and charity work is amongst its unique features, which it continues today through the Campaigns & Charities Committee.

Recent years may have seen the unions converging in terms of their facilities, services and events, but each retains a unique atmosphere and feel that means that they appeal to different students. If you've spent a bit of time in each union during Freshers' Week, you'll probably have noticed that each organisation has a different vibe to it and we'd recommend continuing to spend

a bit of time in both until you figure out which catering facilities you prefer, which bar you feel most comfortable in, and which union you and your friends eventually want to sign up to be members of.

What benefit do the unions offer over going off-campus?

Not only do the QM and GUU try to beat local businesses on price, but any money that they make on the coffee, pints, notepads or anything else you buy goes back into making the unions better for you.

It's pretty simple really - they're closer than most other options, they're cheaper than most other options and it's you and your fellow students who'll benefit from spending your money there in the long run.



What should you look out for from each union this year?

The biggest date in the GUU's calendar is Daft Friday, a huge Christmas ball that takes over the whole of the building with activities, entertainments and big name bands and DJs. Held on the final Friday before the end of first term, each year's 12-hour event is themed around something from pop culture (previous incarnations have included Harry Potter and James Bond) with lifesize props and wall-scaling murals adding to the impressive spectacle. Make sure your kilt is dry-cleaned and your best dress is ready as it really is the biggest event of the year at the bottom of the hill.

Meanwhile, keep an eye on the QM's website and Facebook as their proud history of live music is very much alive and well today, with not only

self-promoted festivals and gigs throughout the year, but touring bands taking over Qudos regularly. There's already five gigs confirmed for first term including The Horrors and Oh Wonder, and there's sure to be plenty more to be added in the coming weeks.

Who can I go to for more information?

If you've read this and checked each union's website and still have questions about how it all works, don't be afraid to go to the unions and ask them directly.

In the evenings, ask at reception to speak to a member of 'duty board' who'll be somewhere in the building, or during the day, ask if any board members are in their offices. They will more than likely love to talk to you about what's going on, and what the union can do for you.

Gilchrist PG Club



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

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

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

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



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

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

Other Student Social Spaces

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

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



Sport, glorious, sport. The University's so into it that it set up GUSA, a student body directly responsible for representing students about it. Why do students need sport representation? Find out below.

What is GUSA?

GUSA is one of the four student bodies at Glasgow University that is primarily concerned with club sports, health and fitness and encouraging general wellbeing amongst students. Their remit is promoting sport on campus and assisting the University's fifty-plus sports clubs in their pursuit of glory.

How will you interact with GUSA?

You'll have likely run into GUSA helpers in Freshers' Week who will have told you all about signing up for Glasgow Sport membership and

how wonderful the University gym is and for most students, that's as much as you'll see from GUSA for most of the year. Like the SRC, a lot of their work goes on behind the scenes and although there's some high-profile events in the calendar including campaign weeks and one-off events, unless you find yourself managing a sports club, you can rest assured that their work is quietly being done in the background.

Of course, if something comes up in regards to sports or the gym that you feel could be improved or you don't feel is right, GUSA are the ones you want to go and speak to.

What is the structure of GUSA?

Like the other student organisations, GUSA has elections each year to build its Council, led by the President, Vice President and Secretary.



Their council actually has a fairly flat structure, with a team of convenors, each charged with representing students on different aspects of University sports - welfare, travel, finance, events and lots more.

How can you get involved in GUSA?

The first step to getting involved in GUSA is to go to the sports fair and talk to the committees, they know everything there is to know about how to get involved in the clubs. You do have to be a member of UofG Sport to take part in any of the clubs but if you're staying in University of Glasgow halls it's included in your rent costs, and just £125 for other students. With your membership you'll have access to all facilities and classes also. Clubs also have a small fee which covers travel, competition entry and keeps the club running.

What should you look out for from GUSA?

Most clubs have their own social calendars, but some big events will involve as many students as possible, so keep an eye out for things like Super Teams, colour runs and most importantly, the Glasgow Taxis Cup in Spring 2018. The cup is an 18-sport competition pitting University of Glasgow students against those from Glasgow Caledonian and Strathclyde; it takes place in venues all over the city with over a thousand students competing and next year will see UofG trying to win for the eighth consecutive year after a narrow win in 2017.

At the end of the year, students from all sports get together for the GUSA Ball, a black tie dinner and awards ceremony followed by a massive party to celebrate the year's sporting achievements.

The Gym

Joining the University gym via a UofG Sport membership is pretty much a given and if you're in University halls, it's free. For everyone else, it's the cheapest gym you'll ever be a member of and it's one of the best kitted-out facilities in the country. If you're able to, embrace the chance to get fit, or stay fit while in your first year; freshers fifteen (lbs) isn't just an urban myth.

Joining

As mentioned above, if you're in University halls, you get your first year's gym membership for free, otherwise, it'll cost you £125 for an academic year, or you can pay per term. Make the most of membership by signing up early.

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

Facilities

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

Classes

Exercise classes are free to attend, but popular classes often get busy and will require tickets for entry which can be collected before the class (one per person). Classes on offer include Circuit Express, Kettlebells, Meta-Box and the terrify-

ingly tough Super Circuits. There's something for everyone spread across the seven-day schedule, the latest version of which can be checked out online.

Add-ons & Extras

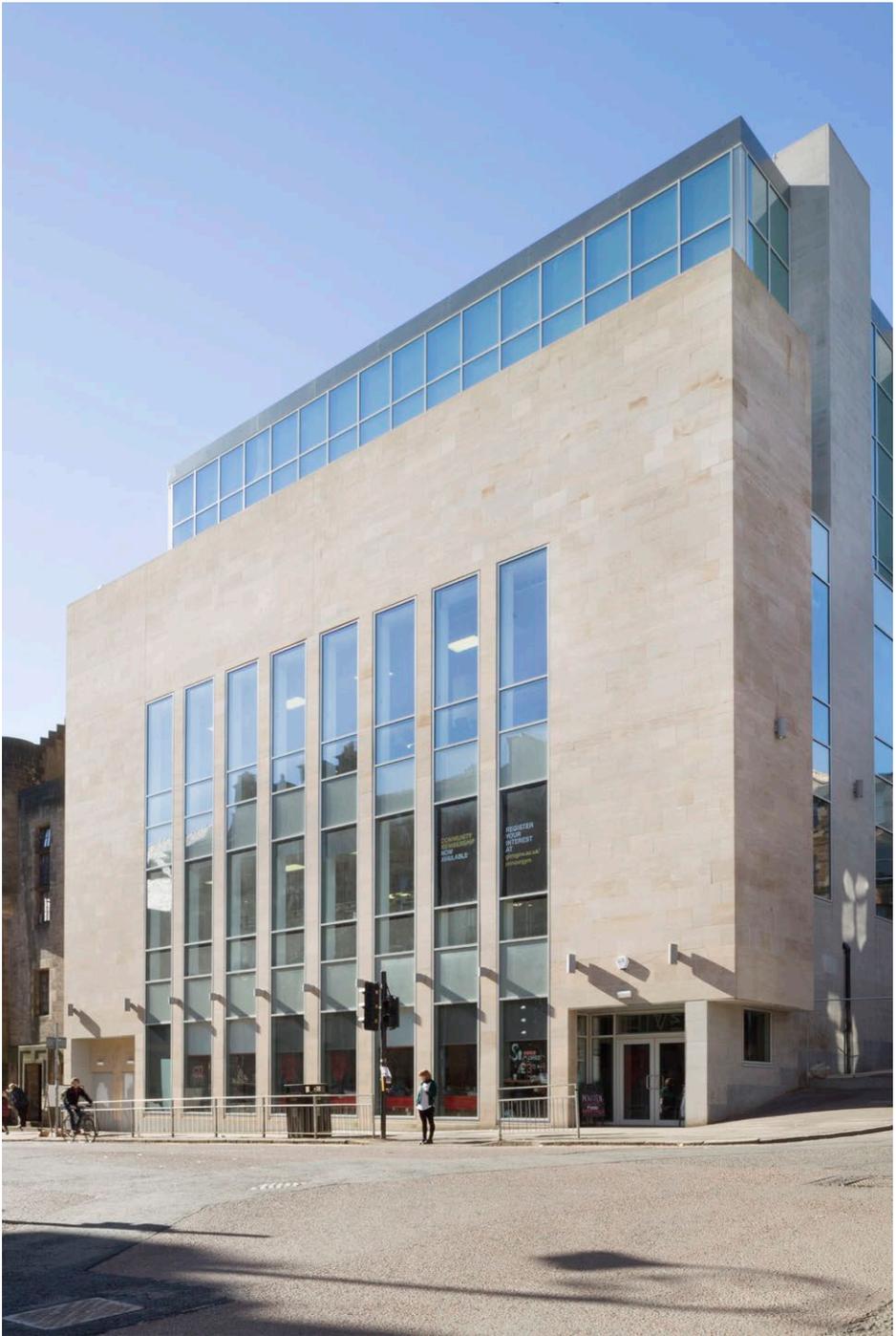
Some facilities at the gym require a small cost to book, including squash courts, badminton courts and the activity hall for dedicated activities like five-a-side football or basketball.

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

The University has recently taken on three personal trainers, who are available to all members, their details and how to book them can be found on the UofG Sport website.

Opening Hours

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



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 media organisations are there for you to take 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 every working. 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 give them a shot at the start of the year as you might enjoy what you hear/watch/read.

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 plus 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 won 4 National Student Television Awards, provided full coverage of the University of Glasgow Rector Election, and streamed a live TedX Talk.

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 conveniently indexed on their website, and is worth checking out if you've got the time.

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

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

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

Subcity Radio

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

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



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

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

The station's semi open-door policy has seen it nurture budding talent, giving up-and-coming DJs and MCs somewhere to hone their skills. Alumni of the station include DJs Hudson Mohawke and Jackmaster, who have gone on to international acclaim after learning the ropes in the tiny studio on University Avenue.

Additionally, the station has developed a stellar reputation for running events across Glasgow, putting on clubnights, film screenings and live

music shows 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, and if you want to familiarise yourself with the station before then, acquaint yourself with their website and dive into their vast back catalogue of shows - there's a huge, organised bank of content to consume.

If you're really desperate to get involved - fire them an email and have a chat with some of the team who currently run it about what it takes to get on air, or be part of the station management team.



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 organisation 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. The Guardian's website is updated with exclusive articles and breaking news frequently throughout term. Definitely be sure to bookmark www.glasgowguardian.co.uk if you want to stay up to date with the latest in cross-campus politics, events or controversies, as well as wider-Glasgow news.

The team behind the paper meet weekly in the SRC's 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 or publishing, get along to a contributors meeting and see what you can offer.



GUM

Glasgow University Magazine is the oldest student magazine in Scotland, but thanks to continuous reinvention in the course of its rich history, it has remained a highly-relevant, high-quality publication for students.

The current iteration of GUM is a stylish, 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 - Publications at the QM and Libraries at the GUU.

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 12].

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

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

and potential volunteers should also contact the SVSS. They are involved in projects on and off campus, and will provide the relevant contacts and training to those looking to get involved.

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

Culture Club

Fancy helping to organise the Chinese New Year Celebrations, Burns Night or an International Students ceilidh? Then get in touch with the SVSS Co-ordinator to find out how you can get involved.

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.



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

Elderly Befriender Project

One of the University's most established projects. 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.

Conversational English

Giving volunteers the opportunity to meet with international students of the University in order to help them improve their spoken English skills. Fun to be involved in, and an opportunity to develop your own teaching and language skills, and learn about international language and culture.

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

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 Saturday). GUSH is supported by many students, so you can join and volunteer for a shift as your free time allows.

Clubs & Societies



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

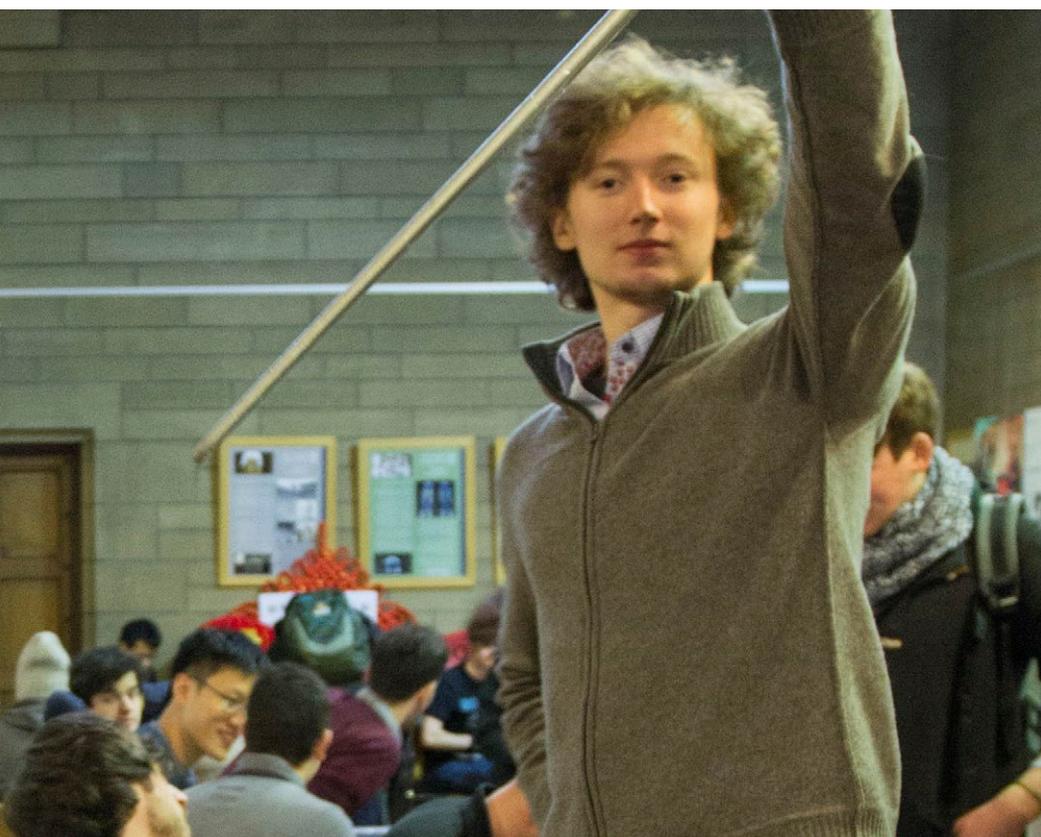
But don't take our word for it, we caught up with Jamie Young (Glasgow Grim Reapers Quidditch Team), Alex Ternar (GU Amnesty International), Alan Cheong (GU Engineering Society), and Niamh Esmonde (GU Beekeeping Society) for their take on the clubs and socs scene in Glasgow.

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

Jamie: I first got involved playing Quidditch through other teams, and then decided I needed to play in Glasgow, and that's when I met Alice (our Quidditch captain) and joined the club!

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

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



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

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

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

Naimh: Absolutely. Being involved in a club/society lets you meet people from different backgrounds who come together to share the same

interests. When you’re in a club/society you get the opportunity to make new friendships with people who have different experiences, perceptions and come from all over the world.

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

Jamie: The best thing, I think, is the mix of people you get to interact with. It really is amazing how many different people from different cultures you can meet at Glasgow Uni, and the clubs are the best place to meet them.

Alex: I think the best thing about a society like Amnesty is seeing impact of the work we do. This year we have raised money for Amnesty International, organised great events and campaigned on local and international social issues...



(Alex cont...)With a society like this, you get the amazing feeling of being part of a bigger movement and amazing organisation.

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

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

Jamie: I've been involved in various training sessions, and would have got involved in tournaments if I'd had the time!

Alex: We have organised some of the biggest events of the Amnesty student groups in the UK, raised a lot of money for great causes, we've run

effective and informative campaigns and had some fun along the way!

Alan: Each year we hold numerous events which are well attended - a subcrawl jointly organised with the Psychology Society and the Engineering sports teams who compete with other disciplines in a variety of sports. We also have the annual 'Dinner with Industry' which allows Glasgow University students to meet and engage with companies. This year it is our 125th anniversary and we are preparing something special to celebrate that.

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

Jamie: Definitely. It's the best way to interact with other students and make great friends.

Alex: Definitely!



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

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

VCS Awards

At the end of first term, the SRC opens nominations for the Volunteering, Clubs & Societies Awards for you to submit for any club, society or member who you think deserves recognition for their work. If you're struggling to find a club for you, check the list of 2017 winners below, or the SRC website for a full list of clubs and societies and their contact information.

Clubs & Societies Award-Winners 2017

Most Dedicated Member:

Caitlin Bell, Psychology Society

Best New Club/Society:

Disney Society

Innovative Activity Award:

Flow Arts

Community Engagement:

Art Afternoons

Fundraising Award:

Language4Water

Exceptional Campaign Award:

Elephant in the Room

Club or Society Showcase Award:

Erasmus Student Network

The Rules

The University has a lot of rules, and it's probably best to follow them all if you want to keep your nose clean. The most important rulebook to know about is the Senate Code of Student Conduct, which covers not only academic activities, but also the places you'll go and services you'll use as a student.

The code of conduct is vast and wide in scope; with 25,000-plus students cutting about campus each year, they need a lot of rules to make sure everyone stays safe, treats each other well and, importantly, that everyone can get on with the important business of getting a degree. Everything from plagiarism through to use of illegal drugs is covered in great detail, and if you're keen, you can read it all online, but below you'll find some straight-forward advice for staying on the right side of rules.

Different types of misconduct are handled at different levels of the University, so if you've been accused of misconduct, or feel the need to talk to someone about another student breaking the code, go and see the SRC Advice Centre, who know the list of rules like the back of their caring hands and can help point you in the right direction.

- Be respectful regarding characteristics like gender, sexual identity, age, race and religious belief.
- Be aware of discrimination, harassment and offensive, threatening or violent behaviour; don't do it, and call it out when you see it.
- Be honest: take credit only for your own work, and bring only items you need into your assessments.
- Look after all University property and participate in University events peacefully, without disruption and risking nobody else's safety.

Basically, be a good person, don't try to take shortcuts with your University work, and you should get through the next four-plus years without ever needing to worry about seeking the SRC's support.

STUDENTS TRAVEL FOR LESS!

Unlimited travel around Glasgow
from just **£1.10** a day*

As a student you can unlock the freedom of bus travel around the city or even go further afield with these tickets

1 WEEK	4 WEEK	12 WEEK	*ACADEMIC YEAR
City/ Local	City/ Local	City/ Local	City/ Local
£14	£42	£110	£330
Network	Network	Network	Network
£17.50	£53	£150	£410

For even bigger savings download our App and get your tickets on your phone with mTickets



Terms and conditions apply go to firstgroup.com/Glasgow/students





Academic Life

You came to the University of Glasgow to take part of the higher education experience and ultimately, get a degree. To achieve this, you're going to need to get your head down and do a bit of study; the next section of this is book is all about the where, when and how of learning at the University, plus some tips should you find yourself struggling to keep up.

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Studying

Figuring out a way of studying that works for you early in your time as a student is probably one of the wisest things you can do. You're going to spend a lot of time staring at books and screens in the next few years - make sure you're doing it effectively and if you need help with study skills then the University can assist via the Learning Enhancement & Academic Development Service (LEADS). In the meantime, here are a few tips to keep you on the right track.

Lectures, Seminars, Labs & Tutorials

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

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

Time Management

If you don't want to be pulling deadline all-nighters fuelled solely by supermarket Red Bull and the fear, then it's probably a good idea to learn how to manage your time. Spreading out your workload allows your brain to have a break, and allows you to redraft and review regularly. Set aside time every day, whenever suits your schedule, to do coursework or reading. One of the most common struggles for new students is the lack of structure when asked to work independently, so try to implement some self-imposed rules for getting to work.

Reading

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



Referencing

One of the key differences between university and school work is using ideas and arguments from elsewhere to back up and reinforce your ideas. When you do this, you need to make sure that you give credit to the original author by clearly and precisely referencing the original work.

It can't be stressed strongly enough that plagiarism is a major offence at any level of academic writing, so it is vital that you properly cite other people's work. Generally, each course has a specific referencing method and you will be given guidelines on how your particular course would like you to reference, but the main advice is consistency throughout. Having a notebook to hand when doing your reading to note down the source, author and page will help with this.

Another tip is to read the citations used in each paper; see what they have referenced, and build a network of evidence to back up any claims you make should you be called upon to prove your work's basis or originality.

Balance

No one can study 24/7 without some kind of downtime, hobby or other interest. An extracurricular activity can help you make new friends, create new goals, and develop your other skills.

A popular way of winding down and staying grounded is mindfulness and meditation. Mindfulness can be practiced at home or at one of the many centres across the city. Headspace is a simple mobile app that teaches you to do ten minutes of meditation a day.

Whether it's a sport, a cultural pursuit, watching movies or playing video games, find something that gives you an escape from academia and don't be afraid to invest some time in doing what makes you happy. As long as it doesn't negatively impact your studies directly then there is no reason you can't do what you love while working towards getting your degree. This is where that time management comes into play. A great place to start looking for like-minded people is at one of the University's many clubs and societies [page 28].

Library & Study Spaces

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

Library

As well as having an ample supply of books, the University Library also happens to be the largest of the study spaces on campus with room for 2,500 students. It is open from 0715-0200, 361 days of the year. You will need your GUID card to enter, check out books and use the printers and photocopiers, so try not to leave it in your flat/in a taxi/on a bus/in an exam hall (you will do all of these at least once).

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

If you have a laptop, it's a good idea to take it with you to the library; of the eight-hundred-

plus computers contained within the building, free ones 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, clubs and societies or part-time jobs. Try to avoid peak times, or at least arrive out of peak hours for the best chance of securing a desk space. Queues have been known to form before opening time, but there's nothing quite like an early morning walk up the hill to secure a prime study space (equidistant between toilets, windows and vending machines).

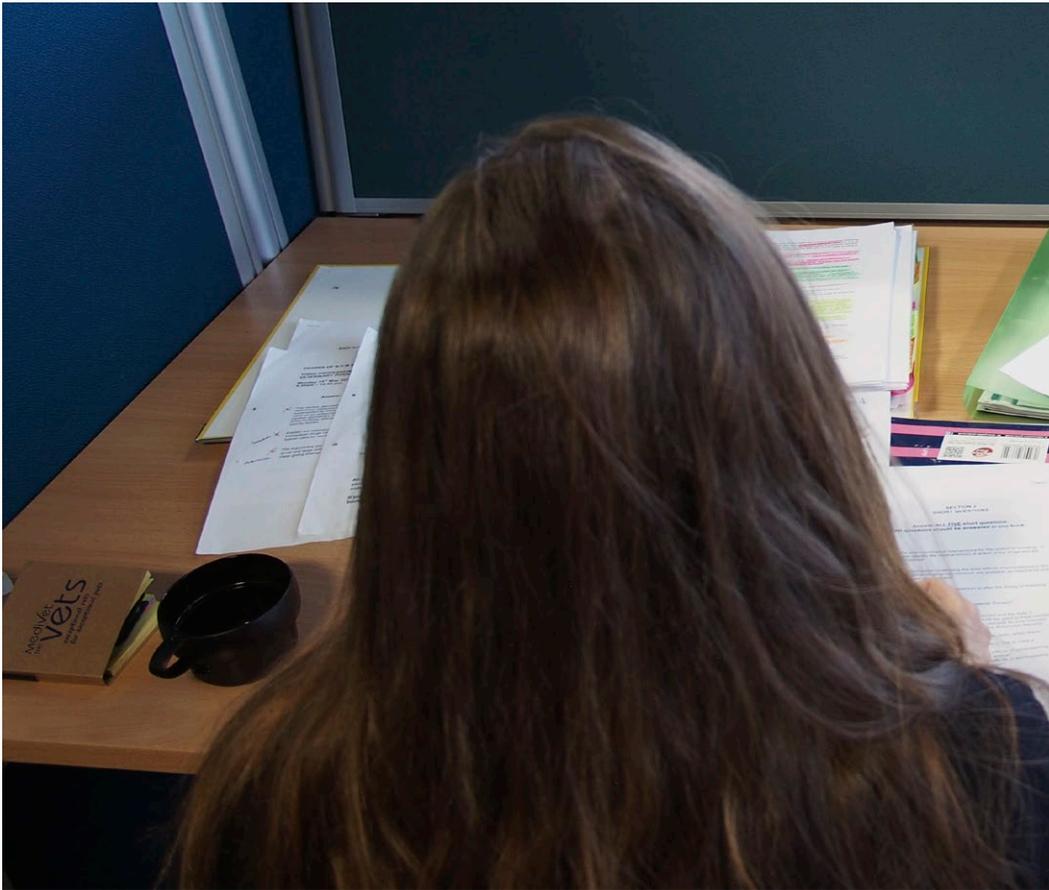
In all likelihood you won't be in the library as much in your first year as you will in later years due to a comparatively lighter workload, but it's a great resource; dig a little deeper beyond the academic journals and books and you'll find classic children's stories, rare vinyl records and a whole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



Library etiquette

The library is sectioned into different areas, some exclusively for silent study and others for group work and discussion. You'll come across the handy coloured zone system, each with a different set of rules; green is for group study, conversations and phone calls (levels 2 & 3), amber for individual quiet study (levels 4-7) and up on lev-

el 8-11 is the red zone for silent individual study. Unfortunately some people tend to either forget or ignore the system, leading to stressful working environments and potential conflicts; don't let that be you, and make sure you know the rules of the zone you're in. For a bit of escapism and down time with study buddies, the level 3 food and focus café and social area is the best shout.



Top 5 Annoying Library Habits

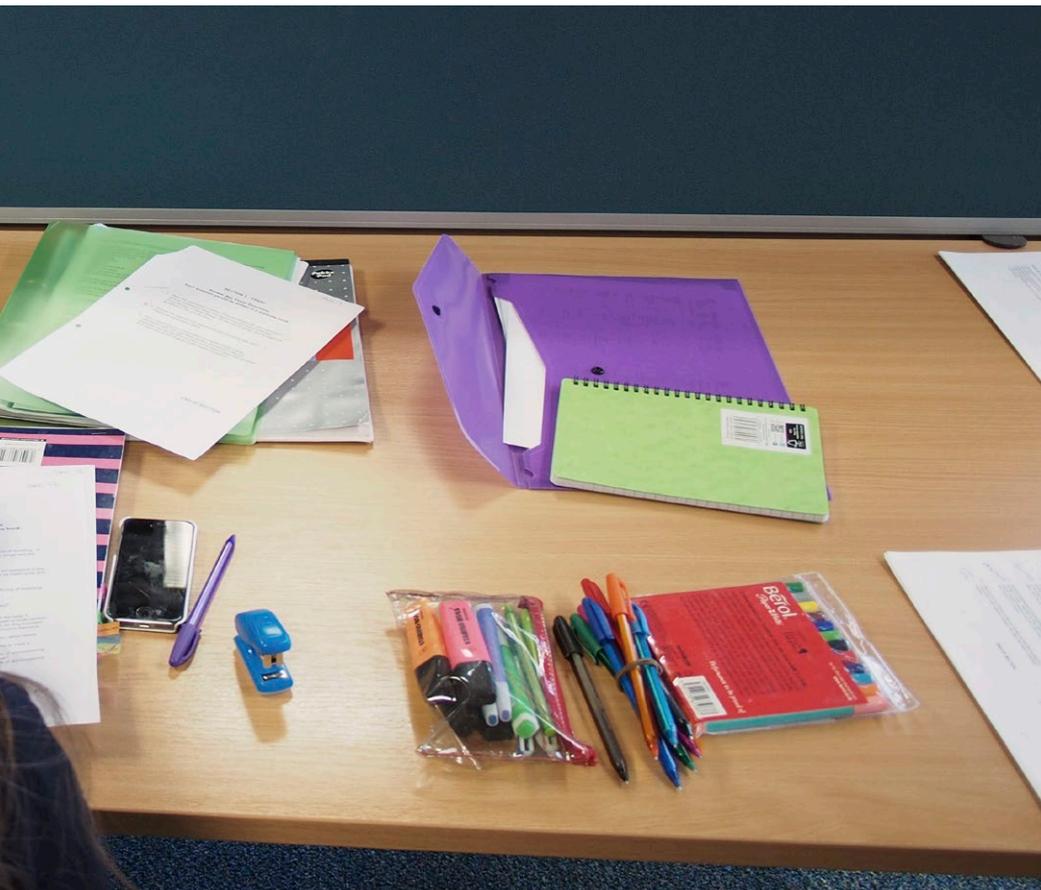
Desk Hogging: Including leaving your laptop on with a 'gone to lunch' sign; putting your coat on the chair next to you to 'save it for a mate'; placing a few random books on the next table to give yourself more space; all bad form.

Odorous Lunches: Only permitted in green zones, food in the library can be contentious, especially if it those on the other side of the floor can smell it. Be considerate.

Loud Noises: Most people work best in a quiet, relaxed environment so try and keep the peace by avoiding crunching, sniffing, blaring music 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 2017 summer banger from DJ Khaled but that doesn't mean your friendly library neighbours are. Use your headphones, and use them at a reasonable volume.



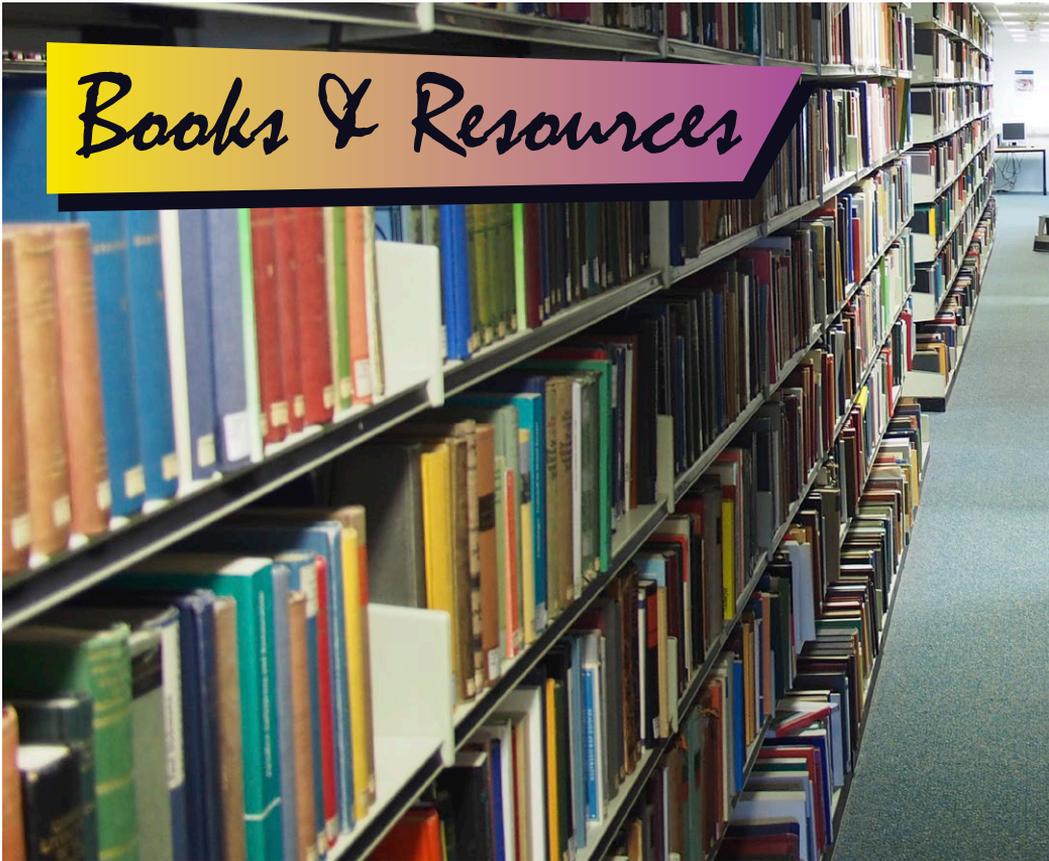
Alternative Spaces

If you've slept through your alarm and can't face the struggle for a space in the library, or want a change of scenery every now and then, there are plenty of other spaces to use for quiet study or group work.

Most University schools also have designated study spaces or offices within their buildings for use by students of the school. These will usually include printing facilities and they're generally conveniently close to essay drop-off points for that last minute hand-in rush. There's also libraries, common rooms and committee rooms in the student unions which can be booked out and used for group work or individual study during

busy periods. These smaller spaces are often forgotten in favour of the main study areas and can therefore be significantly quieter, with a much better chance of getting a PC.

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



Books & Resources

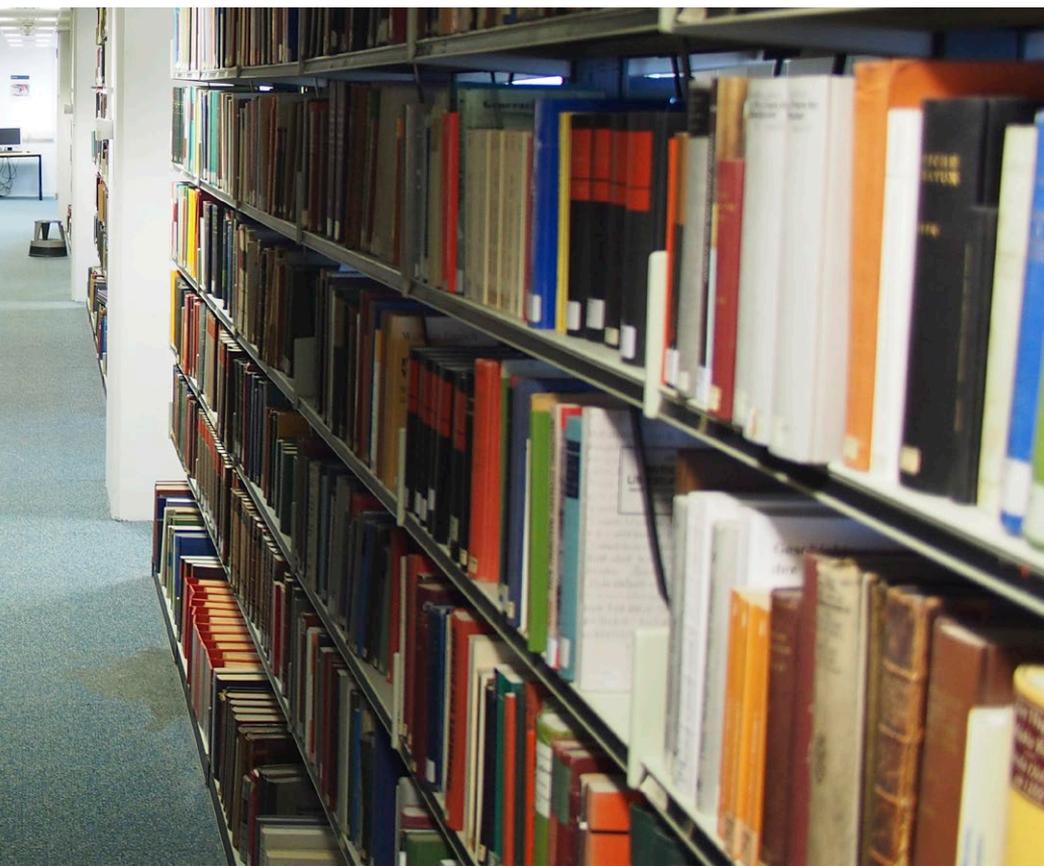
Books, glorious books. Despite the massive advances in academic resources on the internet in the past ten years, you're going to spend a lot of time with your face buried in paper-based learning tools. Okay, they're a bit less convenient (just wait until you have to carry six or seven up the Library hill), but there is so much information to be gained from doing the reading.

Library Loans

Unsurprisingly, in addition to a plethora of desks, power sockets and PCs, the library has quite a few books. The floors are separated into related subjects and books can be found and reserved using the online quick search; handy for

making sure what you need is going to be there for you when you trek up the hill in the rain.

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



Borrowing books is really quite simple: go to the self-service machines on level 3, scan your GUID card then scan the barcode on the book. It's pretty much the same as any other library in the UK, or the self-service checkouts in any supermarket you've ever been to.

Although late returns fees generally aren't too expensive on a book-by-book basis, if you've got a stack of them that are overdue, you can expect the fines to increase rapidly; it's usually a good idea to make sure you return well within the loan period. If you lose a library book you will be charged to replace it, so even if your coursemate's begging to take it off you to add a quick quote before they hand in their essay, make sure you trust them before agreeing.

With standard (non-High Demand) items, you can use them in the building without checking them out. This is good and bad - convenient if the book you want is on the shelf, but if you can't find the book you need (even after checking it is in stock on the online search) it's likely with someone else within the building. Around exam/essay time it's a good idea to reserve books to make sure that you don't end up having a frustrating afternoon wandering the floors, looking over people's shoulders to see if they're using the book you want.

There are seven other specialist libraries where you can find subject-specific books. Your tutors or school website will point you in the right direction if there's a relevant one for your course.



Buying Books

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

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

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

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

Don't be afraid to split the cost with coursemates where possible, especially if you share a flat with them. Just make sure come essay time you get equal time with the books you all need.



Online Resources

On behalf of students, the University subscribes to all the major online journal databases, giving you free access to a ridiculous number of incredibly useful academic papers from across the world, plus some really useless ones if you find yourself bored in the library. These databases can be accessed anywhere on campus via the University network or by using a VPN [page 46], so it's worth getting familiar with them; they will likely be invaluable to your studies in the next four years.

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

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

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

Wi-Fi & Technology

With Wi-Fi now considered more essential to human survival than food or water, you're probably going to want to know how to get online on your laptop on campus as soon as possible. Getting on the University Wi-Fi is a bit more complicated than your local Wetherspoons, but it has the advantages of being secure, giving you access to more academic journals than you can ever feasibly read, and discounts on the Apple for Education website.

Eduroam

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

Other Networks

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

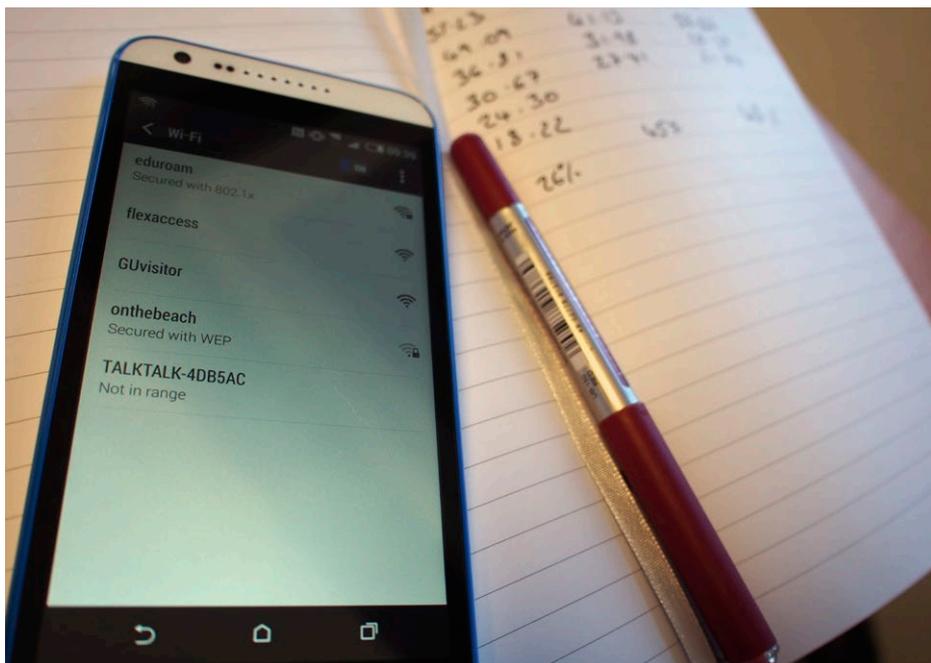
Both student unions have half-decent Wi-Fi networks that should do you well enough to check Buzzfeed or Reddit between sentences in your essay, while local coffee shops such as Starbucks/Pret (Byres Road), Offshore (Gibson Street) and S'Mug (Great George Street) offer stable Wi-Fi, coffee and a different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

University Email

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

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

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



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

Printing

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

Mono printing in the library is 5p for single sided or 7p for double (colour is a little more), so save money and the environment try and print double-sided wherever possible. You can load

credit onto your GUID at the machines on level 3 of the library or online via MyPrinting (link via MyGlasgow Students).

In the McIntyre Building, the SRC has printing from 5p per sheet when topping up £10 or more and their machines are slightly less manic around deadline time. The SRC and unions also offer binding for a couple of quid, and for a truly retro experience, you can also ask them to send a fax on your behalf for a small fee.

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 around it. You can either use their handy self-service online portal to create and track a request, or go see them in person. Based in the level 4 library annex, 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, they are there to help.

Courses & MyCampus

Starting your course can sometimes be confusing; between online enrolment, finding your timetable, which electives to take, how to get exam results etc it can be a bit of a maze. The University has helpfully consolidated pretty much all the useful student services, including the ones for course selection and updates, into one online portal - MyGlasgow Student, the academic record and enrolment section of which is MyCampus. It's all pretty simple once you've visited a couple of times and will quickly seem like second nature, as long as you don't forget your password.

MyCampus

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

First and foremost, you'll use MyCampus to enrol onto classes and courses each year and check your timetable. If you do want to make any changes to your course choices, you can do so online via MyCampus within the timeframe mentioned below. Your timetable is automatically created depending on which courses you have chosen, it will be viewable in MyCampus and if you notice any clashes then you can pick an alternative time for that course within the portal.

Courses

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

To help with confusion the University does allow changing courses during the Add/Drop period in the first few weeks of term. You can do this through MyCampus - providing there are still places available in the alternative course or class.



If you want to change course after the Add/Drop period, you will need to speak to your Adviser of Studies [page 52] who should be able to make the change for you (if it is available). This level of 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 in order to take them on to honours (the last two years of your degree, and the subject that appears on your parchment at graduation). For example, English Literature requires one year of English Language and vice-versa. It's usually a good idea to let your Advisor know your plans for honours as early as possible to make sure you're not missing out on a subject you'll later need.

Academic Representation

If you read the SRC section earlier in the book, you'll know that the organisation is about much more than just support services and printing. The University's official representative body has a key role in representing students' academic affairs to help pressure the University to make improvements on the standards of learning and teaching. Basically, the SRC listens to the student body, and takes what they say to the University to help steer them in the right direction, and they're pretty good at it too.

Class Representatives

The frontline of academic representation are class representatives. They exist as a bridge between students and the SRC, and students and the University.

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

If you are thinking that this sounds like something you'd be good at, you can run for election and, after emerging victorious from a quick, painless vote amongst your classmates, you'll be offered full training by the SRC, enabling you to fully understand the system you're part of and fulfil the role to the best of your ability.

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

SRC Council

The SRC Council are elected representatives who act as a student voice within the University Senate, University Court and various committees to ensure your voice is heard within University management. Once an issue has been brought to the attention of the SRC Council it will be discussed and, where relevant, progressed through the various circle of University hierarchy until action is taken. It's not unheard of for students to bring an issue to the SRC, and for that issue to end up debated at the highest level of University management and policy written around it. The University really listens to the SRC.

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

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



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

Rector

Every three years, Glasgow students are given the opportunity to nominate and vote for a University Rector, who is the chair of University Court. This long-held right for students to choose one of the most important positions in the University dates back centuries.

Unfortunately, you will have to wait until 2020 to choose the next Rector; in April 2017 human rights lawyer, Aamer Anwar, was elected. Rectors can come from all kinds of backgrounds; past rectors have included Winnie Mandela, Edward Snowden, Charles Kennedy and Ross Kemp (briefly).

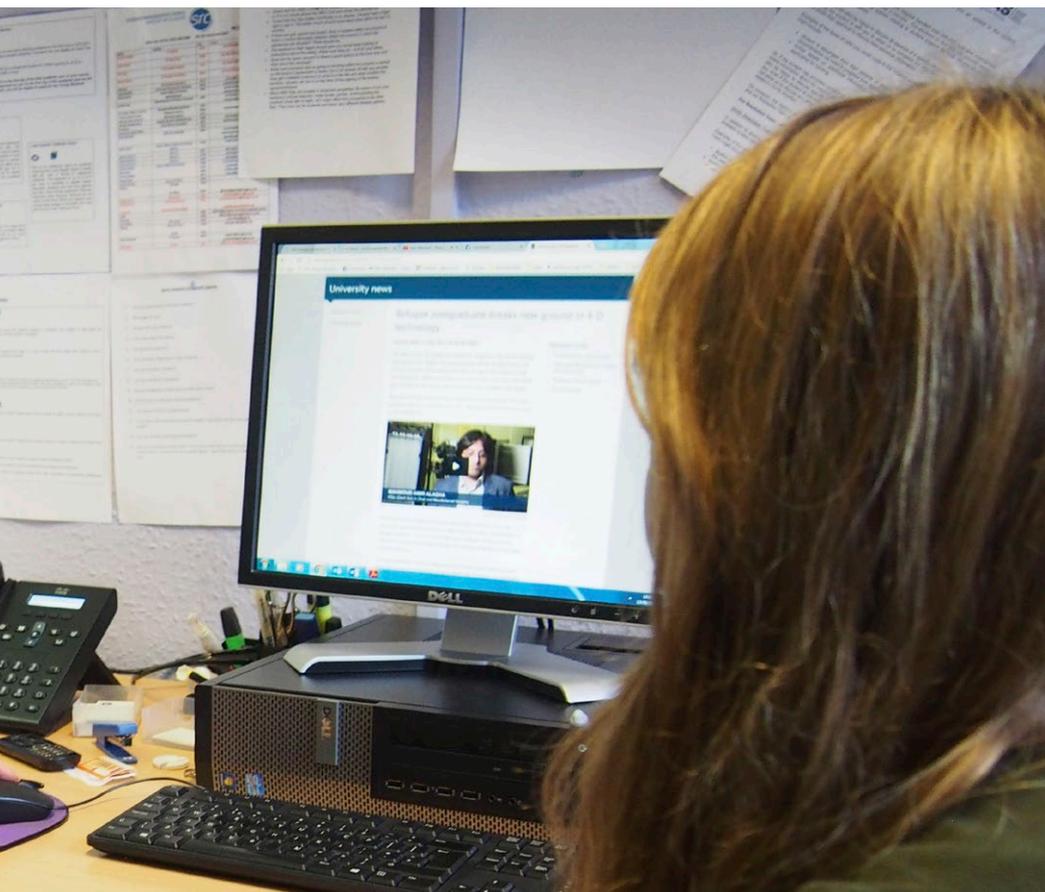
Academic Support



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

Adviser of Studies

One of the first people you will meet when you start your degree is your University-appointed Adviser of Studies. You will get an email from the University telling you who your Adviser is, and giving you a time and date for your introductory meeting with them. All advisors are trained on academic support before being assigned students and for most students, they will offer academic guidance and support throughout your University years. It's a good idea to build a strong relationship with this person as they will likely be the first person you contact with any problems or when you're in need of advice; you can arrange meetings with them directly at any time in the year.



LEADS

If you are needing additional assistance with your studies or learning then you should check out the Learning Enhancement & Academic Development Service, based in the Round Reading Room. They organise workshops and events to help with essay writing skills, exam and revision strategy, time management, note-taking and can also probably tell you if they came up with the name or the acronym it spells first. If you need to brush up on your maths skills you can head to their weekly drop-in session, details of which can be found online. They also offer one-to-one appointments for more specialist help which can be organised online via their website: <http://www.gla.ac.uk/myglasgow/leads/students/>.

Where To Go For Academic Support

- Struggling to keep up with my work → *Advisor of Studies/ Advising Team*
- Can't find my exam schedule → *Student Services Enquiry Team*
- My essay was graded incorrectly → *SRC Advice Centre*
- Falling behind my class. → *LEADS*
- Disrupt to work due to living situation → *SRC Advice Centre*

Academic Support...

Staff Support

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

Some students go through the whole of their University career without having a single one-on-one with any of their tutors and end up regretting it. Most staff love being asked challenging or awkward questions, engaging in debates, and getting involved in conversations with their students, so don't be afraid of speaking up and questioning them. You can speak to them directly after classes or just drop them an email.

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

Student Services Enquiry Team

Located on level 2 of the Fraser Building, this is where you will go when you inevitably lose your GUID, need a transcript printing, to sort out council tax exemption, and (hopefully) organise

your graduation. Their desk gets extremely busy at certain times of year, usually around the beginning and end of each semester, so be prepared for a little bit of a wait around these times.

Disability Service

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

The Advice Centre

The SRC Advice Centre offers confidential, impartial and independent advice on all areas of your University journey, including all areas of academic support and advice.

Based on the ground floor of the McIntyre Building, they can be contacted between 1130-1600, Monday-Friday. Not limited to academic support, their team are trained to support students in a huge range of areas including accommodation, money, employment, and health. The staff here are an incredibly experienced and knowledgeable about all things student; they will have no doubt seen every kind of issue before, so will know the best course of action. All information shared with them is kept completely confidential.

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Glasgow Life

Alright, we can get to the fun stuff now. This section of the book is all about how to get the most out of living in one of the UK's most vibrant cities. Though it might not have a castle, it has pretty much everything else you could want from a major city, so use the following pages to find out the best spots to eat, drink, dance and generally enjoy your time in Glasgow.

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If you've not already been told that 'Glasgow' originates the Gaelic word for 'dear green place', this seems like an appropriate place to share this fact. The city's name continues to be relevant as Glasgow boasts the highest green space per capita in Europe. If you are lucky enough to experience a window of nice weather, walk ten minutes in any direction and you'll find a park or green space to relax, think, read, or get that perfect Instagram photo.

West End

On campus you can find Lilybank Gardens, between Ashton Lane and the QM. 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 watching or dog petting will be in their element. If you want a flat patch on a nice day, get down early and expect to see a fair few errant footballs, frisbees and children.

Down past Partick is Victoria Park; it's a pretty chill, smallish green space with a pond and kids park.

Across The City

Glasgow's biggest and best known park is Glasgow Green, an enormous, flat, history-rich expanse of grass which connects the City Centre to the East End. The People's Palace and Winter Gardens are situated on the green, boasting tropical glasshouses alongside a great little museum on the area; 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 an incredibly fancy cemetery on a hill 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 the city. Both Glasgow Green and the Necropolis are in close proximity to decent pubs, which is a bonus: if you get caught, head to WEST and Drygate respectively to take shelter when the inevitable downpour begins.

South of the river is Pollok Country Park which most people would agree is 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 in public areas. This extends to outdoor areas at student accommodation, so be careful when having a BBQ on the lawn outside your flat. When the sun comes out, you will see local police patrolling around parks, handing out £60 (minimum) fines to anyone with an open container, meaning if you want to risk it, screw-top bottles are better than cans. 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 gambolling children, dogs and frisbee games.

Beyond Glasgow



Glasgow is geographically positioned to offer an escape from the city to some of the most beautiful parts of the country, and Paisley. The city's excellent local transport all pretty much feed into the three big transport hubs in the city centre [page 116], making an escape from the city boundaries super-easy if you're looking for a break.

Accommodation

Before jumping on a train or bus out of the city, it's usually a good idea to figure out where you're going to stay if you're planning something more significant than a day trip. Rural Scotland is brimming with cheap B&Bs while the cities will have a range of hotel and Airbnb options - summer will be busier/more expensive, so plan in advance.

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

North

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

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

South

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



and slightly less youths. Get the train to Largs and jump on the ferry over to Cumbrae where you can hire bikes and do a scenic lap of the island in a couple of hours. You can even stop in at the original Nardinis for ice cream as a reward on the way back. Keep going South and you'll find England; alight at Oxenholme for the Lake District and great pubs, walks, watersports and greenery. Just remember your passport.

East

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

If you're in Scotland for the summer and fancy a day of culture at the international festival, it's absolutely worthwhile, even if you just do the free shows. The Fringe is basically a giant Freshers' Week, so be prepared to be bombarded with

flyers, and for every street, pub and bus/train/tram to be busier than during an Old Firm game in Glasgow.

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 Brodrick within a couple of hours. The joint rail and sail ticket is around £10 each way and if you fancy making a weekend of it there are dozens of cheap B&Bs and camping pods available on the island. Also out West, up the road from Galloway Coast and Stranraer is the Cairnryan Ferry Port, from here you can get to Belfast on the ferry in a couple of hours.

Further afield

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

Museums & Galleries



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

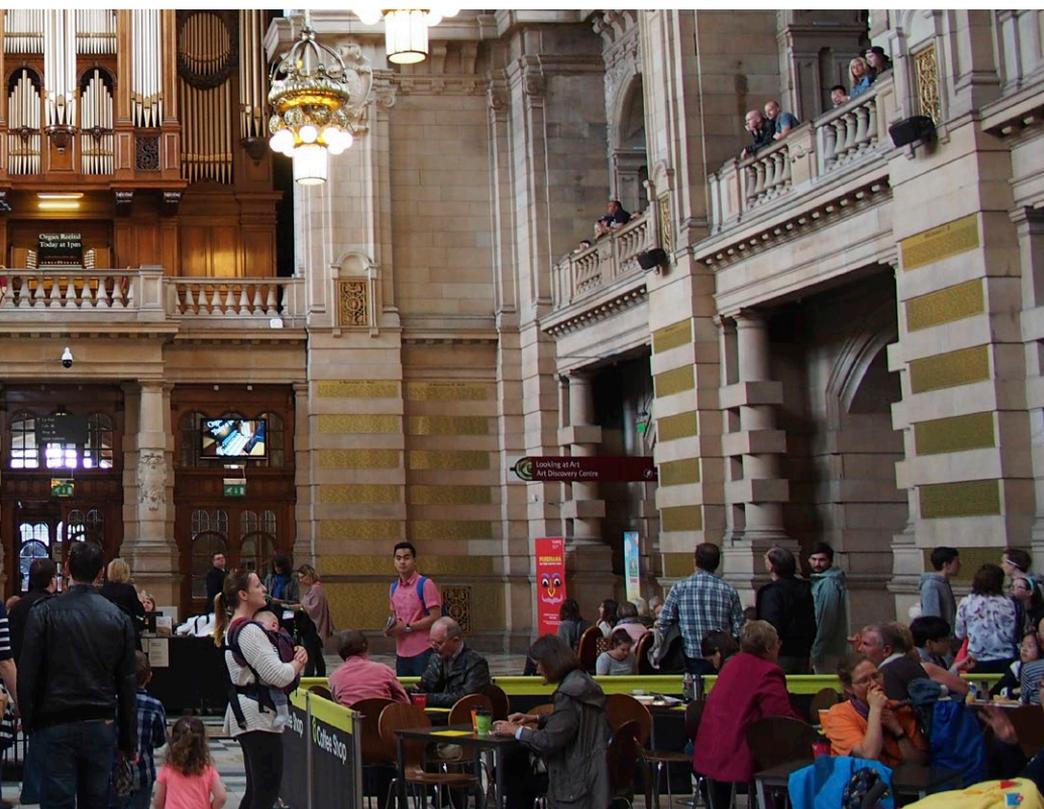
Museums

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

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

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

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



the Cross within seconds of each other. The red-stone building is impossible to miss and a great view of it can be found at the University flagpole (top tip for graduation photos in a few year's time). Reopened earlier this year, Kelvin Hall on Dumbarton Road houses 1.5 million pieces from Glasgow's civic collection and Glasgow University's Hunterian Museum, alongside the National Library of Scotland's Moving Image Archive as well as offering tours of the historic building. Go, it's cool, and it's like right there.

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

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

Other, small museums are dotted about the city; The National Piping Centre has a mini-museum on bagpipe history. The People's Palace on Glasgow Green has a wonderful collection of anthropological artefacts and the Scotland Street School Museum is an amazing tribute to the history of education. To experience how theme parks were back when technology was basic and people were poor, visit M&D's in Strathclyde Park.

Museums & Galleries...

Galleries

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

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

Glasgow's Gallery of Modern Art (GOMA) is just off Buchanan Street in the centre of the fairy light canopy of Royal Exchange Square. After your obligatory photo with the statue of Wellington wearing a traffic cone, venture inside to view a constantly-changing, thoughtful showcase of local and international talent.

Each spring Glasgow School of Art hosts its degree shows, with work from students showcased at its City Centre campus and venues around the city. It's an incredible showcase of young talent, so worth seeking out.

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

On the South Side, you can visit House For An Art Lover, a tribute to Charles Rennie Mackintosh which hosts much of the artist's work as well as a quaint café and gallery gardens.

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



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

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.

There's art all over the city, from the building-spanning murals in tribute to Glasgow itself or its icons (the new Billy Connolly paintings are wonderful) to the rotating exhibitions in the East End's Drygate brewery and the basement of the Good Spirits Co booze shop in the City Centre. Keep your eyes peeled and your mind open and you could stumble upon some beautiful art anywhere in Glasgow.

Theatre & Comedy

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

Big Theatres

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

The sister theatre to the Royal, the King's Theatre, is a city-standard throwback to the music-hall era, hosting everything from stand up comedy, through the biggest touring productions, to local musical theatre groups. Inside is a beautifully-finished auditorium which holds 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 *Sleeping Beauty*.

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 the more interesting parts of the city, and tackles local issues head-on and with gusto. It's the favoured theatre of both city veterans and idealistic students, staging all kinds of works with a distinctly Glaswegian flavour. It's well worth snagging concessions tickets and checking out a couple of pieces.

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

It's not strictly a theatre, but sitting neatly at the top end of Byres Road is Òran Mór, the towering former church building with an illuminated hoop that's hard to miss. It has spent the last



decade building its reputation for entertainment excellence and is used for comedy, live music, ceilidhs and private events. Its crowning glory is the A Play, A Pie and A Pint programme that showcases local and original talent and scripts, for cheap, and with, eh, a pie. And a pint.

A recent addition to the scene is the Websters Theatre on Great Western Road, hosting an eclectic mix of community theatre, music and contemporary productions. The converted church went through a major renovation and has come across a few structural issues in the Summer months with the hope to re-opening in Autumn 2017.

The Pavillion Theatre in the City Centre claims to be Glasgow's 'Family Theatre', which is a bit questionable, at the very least. Recently, its stage has hosted productions including *The Real Glesga Dance Mums* and *Gok Wan: Naked & Bearing All*. Culture.

Comedy

While the big names you see on Live at the Apollo will likely grace one of the aforementioned theatres or one of the city's arenas for the bargain price of £40+ per ticket, The Stand is really the centre of Glasgow's comedy scene. In the middle of the West End, this Glasgow institution is still brave enough to offer stand-up entertainment seven nights a week. You can find everything from seasoned veterans trying out new material to new blood tanking in front of a typically unforgiving Glasgow audience. It can be a bit pricey on the weekend as the West End's parents get babysitters for a novelty date night, so stick to Tuesday's Red Raw - excellent entertainment value at £3, but get down early as it gets rammed.

Elsewhere, the City Centre's YesBar hosts live comedy every Friday and Saturday in the basement and The State Bar off Sauchiehall Street, in addition to being a Glasgow cask beer institution, has comedy nights once or twice a month.

Film

Glasgow has a rich history of cinema with one of the highest screen-per-person counts of anywhere in the UK and though the number of facilities has dwindled, it still maintains a repertoire of venues showing the latest blockbusters and critically-acclaimed arthouse pictures to excited cinemagoers. Netflix hasn't killed the industry quite yet.

Big Cinemas

As far as City Centre cinemas go, you'll struggle to miss Cineworld Renfrew Street, partly because it's the tallest cinema in the world, and partly because it's incredibly conveniently located. With an impressive 18 screens including Super Screen and 4DX facilities and newly refurbished bar and café area, it shows all the mainstream releases, but it's worth keeping an eye on the website for re-releases, special screenings, live broadcasts and mystery films. Giving them some competition at the other end of Buchanan Street, Vue will open a nine-screen facility in the St Enoch Centre in 2019 so watch this space.

Other big cinemas around and just outside the city include Odeon cinemas at both Springfield Quay and Braehead, plus another Cineworld down at Silverburn shopping centre. If you want to go big, head down to Glasgow Science Centre where Cineworld have an IMAX screen set up.

Independent Cinema

If you're a fan of something a bit different and challenging, or at the very least would like people to think that you are, Glasgow has plenty of provision for that.

The two-screen Glasgow Film Theatre (GFT) has a heritage dating back to 1939 and a track record of culturally engaging the community with locally produced work, alternative documentary and world cinema that really can't be overstated. It's absolutely worth a visit, even if only to get a look at the art deco cinema building and retro-classic interior.

Just off Byres Road on the ever popular Ashton Lane is the Grosvenor, a tiny two-screen cinema with comfortable real leather armchairs and sofas. It has a licenced bar, allowing you to have a booze while watching the latest blockbuster. Just be cautious if the cinema is running any two-



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

tickets-and-a-bottle-of-wine promo deals on a screening - the clientele these attract have been rumoured to get a bit rowdy.

Pop-Up Cinema

There's film screenings everywhere in the city, from drive-in screenings organised by itison to pop-up cinema happening right on campus. Keep an eye on the CCA whose venue regularly hosts screenings and also on the unions who sometimes set up a projector.

Glasgow Film Festival

Glasgow Film Festival (GFF) is great. Taking place in February each year to capitalise on the post-Oscar-season boom, the festival largely

focuses on arthouse film screenings, using the GFT as a hub. Tickets range from free up to around £20, with special rates available for those booking tickets for multiple films. GFF doesn't just feature screenings, but aims to engage the viewer with the work with Q&As and special events; David Tennant attended the screening of his latest film in 2017 and previous guests have included Alan Rickman and Richard Gere.

Next year's festival takes places between 21 February - 4 March - keep an eye out for the programme announcements early in 2018 and keep an open mind about what's on offer - it can be super satisfying to see something surprising and great.



The last few years has seen Glasgow quietly and confidently growing in 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. This section will introduce some of the cities best independent and maybe lesser-known eateries.

Find A Deal

Making your own food and taking it with you is always going to be cheaper than eating out, but if you are committed to a proper dining experience and price is a factor, the best advice to remember is to find a deal.

As a student, many restaurants will offer exclusive discounts to get your loan money in their tills and many of the ones that don't will probably have some kind of deal available if you're organised and looking to dine at the right time.

The first thing to look out for is pre-theatre deals. Mostly designed to fill up the restaurants during quiet early-evening times, if your lectures finish early enough you'll be in prime position to take advantage of a 'two courses for X' deal before 7pm.

It's also worth acquainting yourself with itison, 5pm and Living Social; browsing between the three when planning ahead and looking for a bargain almost always guarantees a cheap meal somewhere in the city. Use TripAdvisor for (fairly) honest reviews and if you're using a voucher site, be sure to keep an eye on expiry dates.



Day-to-day Eating

Glasgow has a thriving food scene for breakfast, brunch and lunch as much as it does for dinner. Though you'll soon find your favourites, those below are probably good to get you started with for when you can't be bothered to make a lunch.

On Campus: Both unions offer cheap eats; the GUU has a Subway and G12 café, and the QM's Food Factory are solid choices. The QM also offers a bistro, Scran, for something a bit more substantial. The University's catering (Fraser Building/One A The Square) can be a bit pricey and busy. The best bargain on campus can be found at The Crypt under the Wellington Church - cracking, cheap and filling food served by church volunteers.

West End: Close to campus, Bank Street Bar and Kitchen is a solid option and continuing in

that direction, Il Cappuccino is an acclaimed student favourite. There's plenty of good food on Byres Road - highlights include in Taco Mazama, Nick's Deli and Bar Soba. For something much, much better than Greggs check out My Home Bakery in Partick, or head to Café Monza on Dumbarton Road for a killer panini. Tenents Bar offers classic pub grub for a few quid and a few minutes further South will get you to Dumpling Monkey on Dumbarton Road, a Chinese dumpling shop of peerless quality.

City Centre: If you find yourself hungry in the City Centre during the day, you can do far worse than Where The Monkey Sleeps - stunning sandwiches and bagels. Also consider Social Bite, for something tasty and soul-nourishing and if you're looking for quality fast food Bread Meats Bread emerged victorious from the great Glasgow burger war 2014-2016.



Pub Grub

If you're looking for a casual evening meal with a beer, Glasgow excels in pubs with good food, quiet corners and a chilled vibe.

Inn Deep: Nestled under the Great Western Bridge, Inn Deep is a beer bar with a solid food offering and plenty of indoor and outdoor seating. It's not super-cheap, but it's above decent on both food and drink.

WEST: Sitting prettily on the corner of Glasgow Green is the WEST brewery, bar and restaurant established by a German UofG graduate unimpressed with the city's beer offering. Solid German beer and fayre.

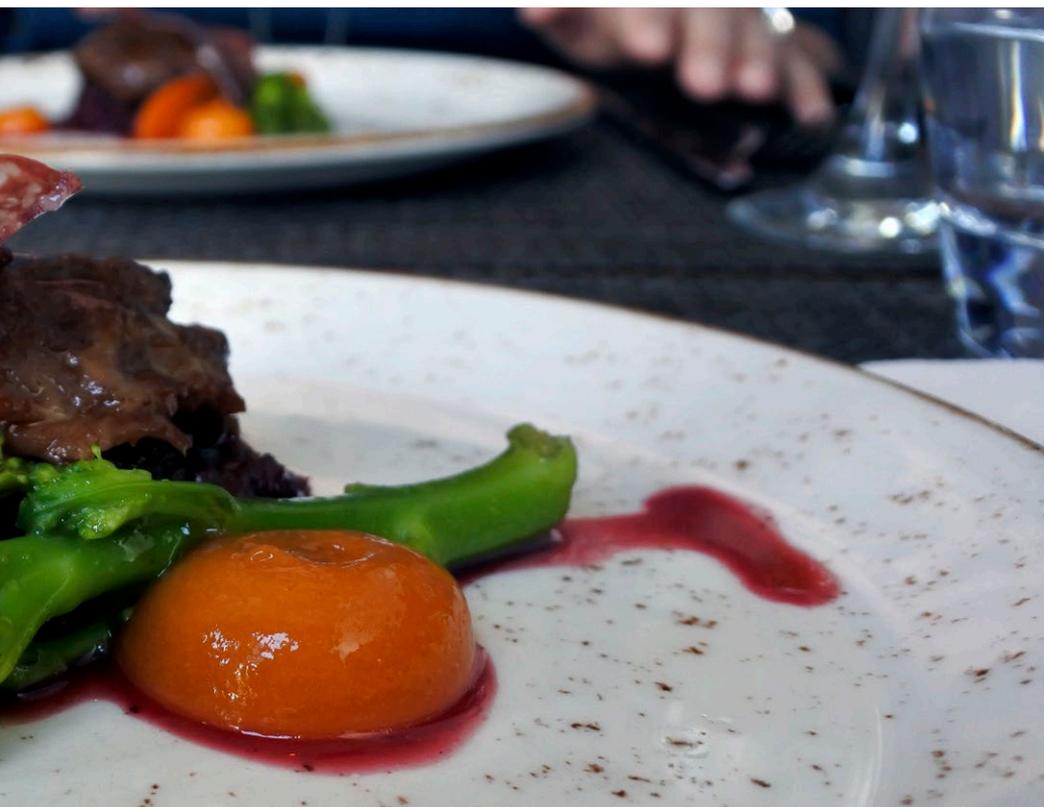
Curlers Rest: Conveniently located on Byres Road, Curlers Rest is a classic gastro-pub. It's

not cheap, but its offerings are good-to-great depending on what you've ordered. Recommend the roasts.

The Raven: City Centre bar The Raven has a decent menu of American BBQ-style food including brisket, chicken and ribs. They also have a good selection of beers and cocktails. Tends to get busy after 1700 with post-work crowd.

The Crafty Pig: Another BBQ spot, Crafty Pig's USP is combining good beer, good food and the chance to watch all kinds of sport, making it a bit of a unicorn in the West End.

Lansdowne Bar & Kitchen: Just off Great Western Road, The Lansdowne is a crowd-pleaser - easy going, solid menu and plenty of room. No frills, no fuss, just solid offerings.



Splash Out

If you're hosting friends or family and want to show off how cultured and sophisticated Glasgow is, there's plenty of upscale dinner spots to show off just how good we do food in this city.

Ox & Finch: Ox & Finch pioneered the quality-small-plates style of dining in Glasgow. Their seasonal menus are ambitious and delicious, it is worth saving up for. Be sure to book in advance.

Stravaigin: Scottish food, made posh and pricey. Stravaigin is an old favourite on the Glasgow foody scene, but it's earned its reputation by maintaining a quality and diverse menu.

Number 16: Blink and you might miss it, this tiny eatery is tucked away at the bottom of Byres Road. The menu changes every week accord-

ing to what ingredients they have available, but whatever's being served will undoubtedly be outstanding quality. This is on the must-visit list for anyone new to the city.

Six by Nico/111 by Nico: A tiny bistro café, 111 by Nico is situated in residential Kelvindale between a Spar and a dry cleaners. Though it's location isn't glamorous, the food definitely is and the tasting menu is excellent. Their sister restaurant Six by Nico is down on Dumbarton road and has a rotation of themed menus filled with creativity for a proper culinary experience.

Tiffany's Steakhouse: For the affluent carnivore, Tiffany's is probably the best option in the city. Their super-tasty meats come with super-hefty price tags, but you can't go wrong with steak for impressing relatives and loved ones.

Eating Out...

Best of Glasgow

If you're looking for a quick guide to finding your favourite meal in the city, here's a rundown of where to go for the best. You should really seek out all these places at some point in the next year.

Pizza: Paesano (Great Western Rd/Miller St)

Curry: Mother India's Café (Argyle St)

Seafood: Crabshakk (Argyle St)

Tapas: La Boca (Hope St)

Thai: Thai Lemongrass (Renfrew St)

Korean: Kimchi Cult (Chancellor St)

Chinese: Lychee Oriental (Mitchell St)

Mexican: Topolabamba (St Vincent St)

Burger: El Perro Negro (Pop-Up)

Japanese: Nippon Kitchen (West George Street)

Fish & Chips: Old Salty's (Byres Rd)

Late Night Munchies

Let's be honest, when you're walking home from the library or the pub late at night, you're not going to be that fussy about what you end up eating. You'll inevitably end up in Koh-I-Noor (Gibson Street) and 727 (top of Byres Road) at some point this year, but for a slightly better quality takeaway, check out Morello's in Woodlands and Pomme Frites on Sauchiehall Street if you're in the area(s).

Cafés

Technically, coffee isn't food, but as you'll find within a couple of weeks of early morning lectures, it's just as crucial to your survival as a student.

Artisan Roast: Current Glasgow coffee champion, despite the fact that the beans are roasted in Edinburgh. Their coffee is available in a few shops around the city, but their own café is on Gibson Street. Genuinely great.

Gordon Street Coffee: Best bet for City Centre cravings, Gordon Street is inside Central Station roasting their own delicious beans.

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

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

Riverhill: Former City Centre pack-leader using Glasgow-roasted Dear Green coffee. Just around the corner from Central Station.



Glasgow has a million restaurants servicing a billion dishes. Choose wisely, eat well.

Veggie & Vegan Eating

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

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

Arguably the best shout for vegan food in Glasgow right now is The Hug & Pint on Great Western Road. Their Asian-inspired street food has won acclaim from vegans and meat-eaters alike for its outstanding quality, so definitely worth checking out.

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



Glasgow's reputation as a city that likes a bit of a drink isn't unfounded. You're rarely more than two minutes' walk from a pub of some description. Student money is good almost anywhere that serves beer - here's some places to get you started.

Etiquette

Based on its colourful history, Glasgow has a bit of a reputation outside of Scotland for being a bit of a scary city to go out drinking in. Fortunately, this reputation isn't a reflection of the modern city Glasgow has become and while you might hear stories about incidents on old firm derby days or during times of political unrest, it's highly unlikely you'll ever be exposed to any danger firsthand.

Embrace the city and its people, you'll meet some amazing locals in pubs with great stories to tell - just remember to be nice, and avoid football colours and don't be an idiot and you'll be perfectly fine in any pub you're likely to want to go to.

West End

The West End is, by most people's standards, one of the best places to go drinking in the city. It has its fair share of modern bars as well as loads of traditional pubs.

Ashton Lane is the centre of the West End's bar scene, and though on weekends it might seem like the entirety of the city heads there to drink and eat, there's some cracking bars either side of the cobbled street. Top pick is Brel, which does great food, has a great beer selection and an amazing beer garden which will undoubtedly be rammed any time the sun appears.

On Byres Road itself you'll find Tennents, a traditional pub with cheap beer and food; Curlers Rest, with an upstairs restaurant and decent selection of drinks; and Òran Mór, an impressive old church building tempting visitors with a nice outdoor area but pricey drinks.

Walk a bit further to get to Cottiers (Hyndland), Bag O' Nails (Partick) and Inn Deep (Great



Western Road), all of which are bars with a casual-night-out-vibe for those who find that the club isn't the best place to find a lover. 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.

City Centre

Sauchiehall Street is the drinking epicentre of the town; try Firewater for cocktail pitchers and Nice N Sleazy for the cheap white russians. If you're looking for something casual on the budget end of the pricing spectrum and don't fancy Wetherspoons, get to the Flying Duck for cheap cans, Bier Halle for beer and pizza, or 'The Howlin' Wolf for a killer Bloody Mary.

Merchant City, on the East side of the City Centre, is often filled with office workers from 1700 on weekdays, or 'trendy professionals' at the weekends. There are a few diamonds to be found East of the City Centre, with Blackfriars, Bar91 and Mono topping the list.

Hidden Gems

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

Less obvious/accessible areas for drinking include Shawlands, the most up-and-coming area South of the river with big players including Rum Shack, Glad Café and Allison Arms. Dennistoun, slightly east of the City Centre, also has some great bars including the Drygate brewery which is worth checking out.

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



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

Cocktail Bars

If you're after a fancy night on the cocktails then there are plenty of places to try out. Most of the major hotels in the City Centre have specialist cocktail bars serving complex mixed drinks. Particular highlights in the middle of town include Anchor Line just off George Square or Blue Dog, which also has live Jazz on certain nights throughout the week.

In the West End, you can grab a bottle of the infamous Kamikaze with some friends at Vodka Wodka or a cheap cocktail at The Lane at their movie-based weekly pub quiz. For something a bit more sophisticated, Kelvingrove Café in Finnieston has a significant menu of classic-style cocktails with a modern twist.

Sports Bars

Lots of bars in Glasgow have screens, but not all are great for watching sport, so heed these recommendations.

In the West End, the best option is The Crafty Pig, offering the best combination of food, beer and screens. If you're just after a pint and a view of the match, try Coopers (Great Western Road), The Old Schoolhouse (Gibson Street), Tennents (Byres Road) or The Rock (Highburgh Road).

In town, Walkabout has the screens and floor-space to cater to almost every sports fan in the city, something they capitalise on by showing big events like boxing, the Superbowl and Wrestlemania.



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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 or if you can't quite face the Glasgow winter weather, staying home for a few social drinks might be a better option. Here's a couple of pointers on where to go to make sure you don't get ripped off buying booze, or where to find something more interesting than a four-pack of Tennent's.

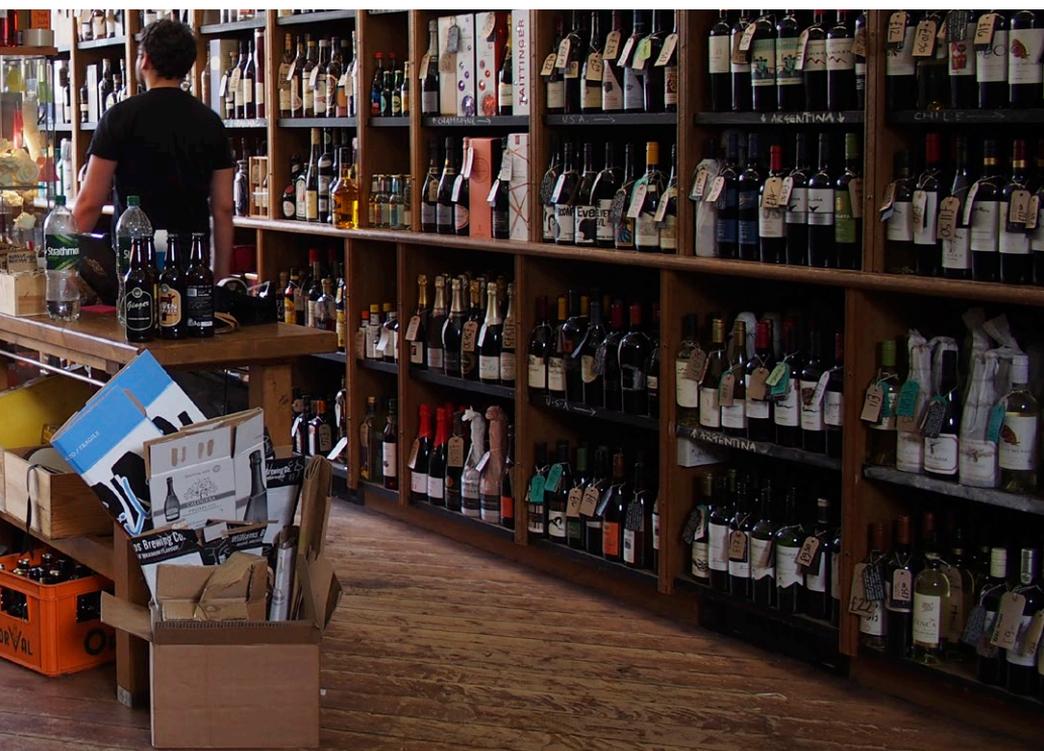
There's a few key, potentially annoying things to remember when heading to the shops to pick up off sales in Glasgow:

1. Don't drink it in public.
2. You won't get served after 2200.
3. No multibuy deals (three bottles of wine for £10, two cases of lager for £15 etc).

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 floor to ceiling full of beer, wine and spirits (some absolutely lethal-looking), that the proprietor will pass you through a little window like a more exciting version of a post office.

While these establishments might not be able to compete with the supermarkets in some respects, they beat them in convenience; most corner shops are also offies, perfect for dashes to resupply the fridge at house party that's beginning to dry up just before the cutoff; 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 mates' flat. Although convenient, it is always better to prepare and head to the better value places to get your regular beverages in.



Supermarkets

The bittersweet truth is that off-sales have been taken over, in the main part, by supermarkets who can do it cheaper, easier and with more range. There's always one nearby, either fullsize or local/express. For those living in Murano or Queen Margaret residences, the 24-hour Tesco in Maryhill has an exhaustive selection of spirits, beers, wines and mixers. Closer to campus are Tesco Express and Sainsbury's Local on Byres Road which have everything from cheap wine and Tennent's to champagne and expensive whisky. Don't underestimate the budget supermarkets (Lidl/Aldi) who usually have a premium-own-brand option that's likely cheaper and better than the Smirnoffs/Gordon's/Captain Morgan's-level boozes.

Supermarkets will also tempt you with own-brand versions of spirits which, while cheaper and good enough to throw in a punch bowl,

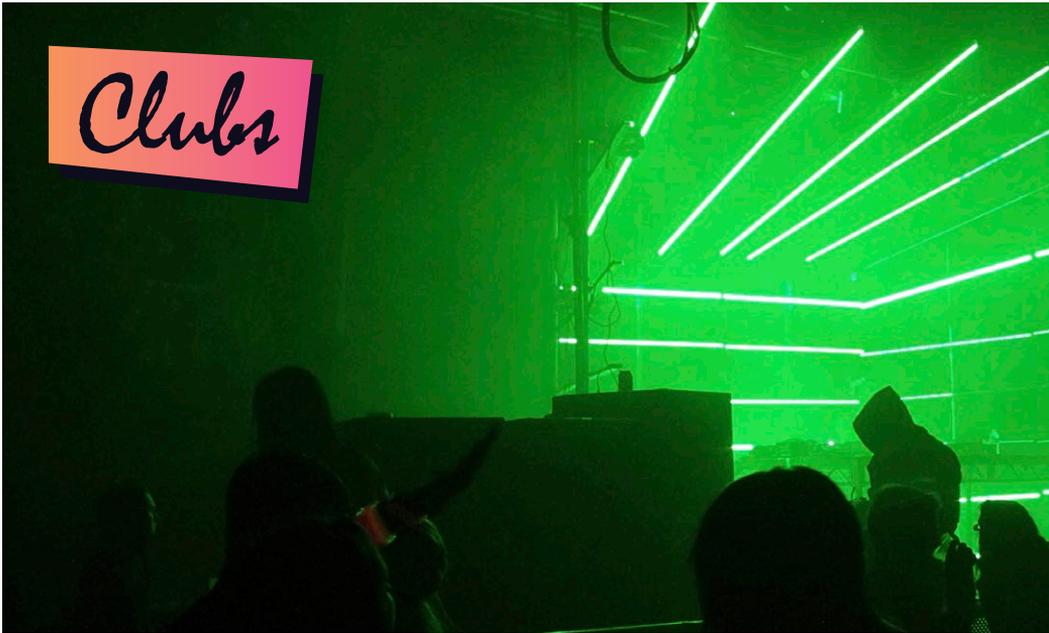
probably aren't the best if you're actually looking to enjoy the taste of whatever mixed drink you're making.

Specialist

Every few months another specialist booze shop opens, stocking high-quality imports and tasty local delights. The West End is particularly good for these, with a new Good Spirits Co. in Hyndland, Valhalla's Goat near Kelvinbridge Subway, The Cave on Great Western Road, and Grunting Growler at the Yorkhill end of Finnieston.

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

Clubs



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

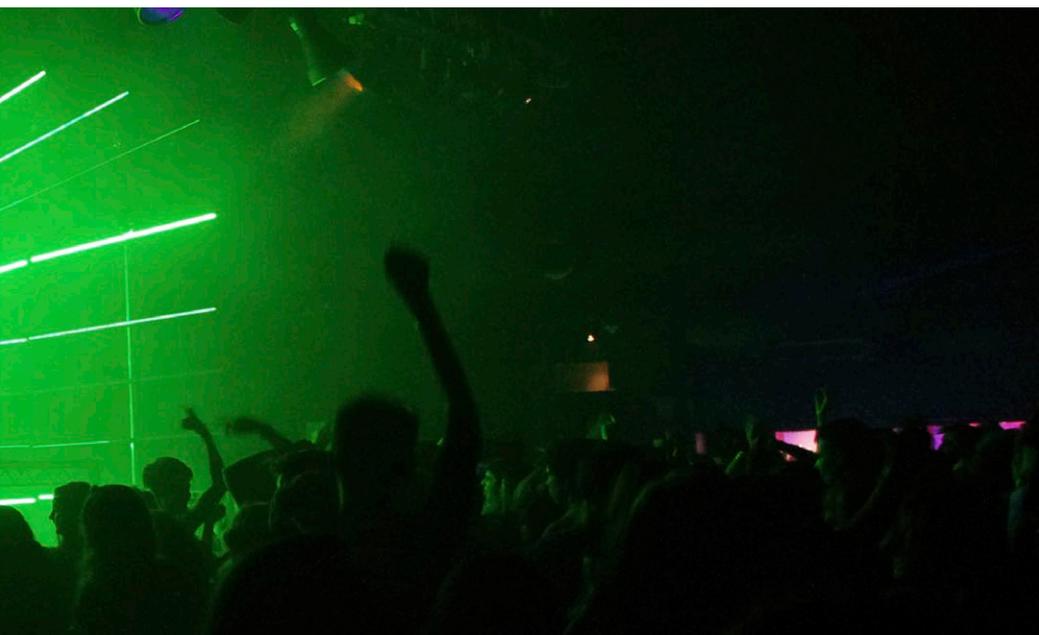
As a rule of thumb Glasgow's clubs open after 2200, get busy around 0030, and shut no later than 0300. It's very important to note that you can't get in after 0100 under any circumstances (door staff often use this to turn away drunk folk who've nipped out for a smoke as well). You'll often find clubs offer student discounts, so bring your GUID card when heading out, just don't lose it or you'll not be able to get into the library for that 0600 study session. Discounts, or indeed free entry, can be found on Facebook pages, Twitter hashtags, mailing lists or friendly PR staff prowling the streets around the club. 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 clubnights; these are generally considered safe student spaces, are the best value, and are good and busy at the start of the academic year.

Going out in the West End has traditionally involved 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. It is an institution, loved by many a Glasgow Uni student and will always hold a special place in the hearts of those who have braved its sticky floors.

Along Byres Road are the Òran Mór and The Record Factory, two late-night locations that couldn't be more different if they tried. The Record Factory offers cheap drinks, is open til 0200 seven nights a week and serves some pretty decent burgers. The Òran Mór is the gothic church building on the corner of Great Western Road



where you'll often find cast members of River City drinking on the weekends. Drinks are more expensive here, but if you're after a nice place for a celebration, hosting friends from out of town, or want to keep the party going after hours, it's a really good night.

Slightly further afield but still within the boundaries of the West End is SWG3. Tucked away down near the river in Partick this event space-art gallery has a wonderful programme of club nights, gigs, DJs, and launch nights. Check out their website for the latest schedule.

If you're desperate, The Sanctuary exists.

City Centre

In town (group taxis are cheap), you'll most often find yourself on Sauchiehall Street in first year, seemingly along with the entire population of Glasgow's youth and students. The big attractions here are The Garage and the O2 ABC, both of which are major, multi-room venues that generally play mainstream music, provide cheap drinks and discounted/guestlist entry.

If you're looking for something a bit cooler, check out Sub Club and Nice N Sleazy: they pioneered the 'basement club' genre in Glasgow, and have established reputations for good music, drinks and atmosphere. Sitting alongside these would likely be Buff Club, though it's not in a basement so it throws the narrative off a bit.

The streets adjacent to Sauchiehall include Kushion on Bath Street, and Bamboo on West Regent; probably best described as bars with dancefloors; they offer table service, comfy yet sticky seats, and a range of club nights. Hummingbird has 4 floors from a basement flat to karaoke pods for something a little different. Glasgow's 'bar with a backroom' category is thriving well, with decent bars like the Flying Duck and Stereo offering good-quality music nights.

LGBT+

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

Live Music



Live music is in Glasgow's blood. It's one of the city's defining features, which is why it was the first city in the UK to be recognised as a UNESCO City of Music.

Glasgow's venues range from the super-intimate to the super-massive; lovers of international arena-pop will be as happy as hipsters looking to discover the next big thing so they can tell people in the future that they saw them in the front room of someone's tenement.

*You can keep track of gigs in Glasgow through podcasts and online magazines and *The Skinny* and *The List* magazines make a fair go of comprehensive listings and decent reviews for everything in Scotland. *Songkick* is also a pretty good index nationally.*

Big Venues

Outside of stadiums and festivals, the SSE Hydro dominates the big venue market in Glasgow now; boasting Adele, Muse and more in the last few years. It sits to the side of the SEC complex, an entertainment and conference venue that previously held the city's largest events before the building of the Hydro as a dedicated live music and entertainment arena. Musical acts soon to be gracing the stage of the Hydro include Nick Cave, Metallica, Blondie and The Killers.

When it comes to arena gigs, Hamden Park and Bellahouston Park are the venues of choice for the elite class of musical performer, hosting acts like Bruce Springsteen, Eminem, and Ed Sheeran to crowds of 40,000 plus during the Summer months when there's a chance it won't rain.



You should get to a gig in the Barrowlands Ballroom at some point in your time at University; the iconic venue has hosted hundreds of acts since its opening in 1985 including Oasis, The Libertines and Muse. From the iconic light sign to the sprung ballroom dancing floor, the venue oozes charisma and the sound quality is solid too.

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 excited fangirl camped out for a glimpse of some boyband or other. Just south of the river you'll find the O2 Academy, slightly larger than the ABC and further afield but still only a short walk from Bridge Street subway. Both venues are busy throughout the year.

Local & Intimate 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 quiet pint). Most often for small gigs and pub singers there's free entry, particularly in the case of open mic nights, and even though it's generally background music, it's sometimes nice to catch something chilled.

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

Live Music...

Somewhere In Between

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

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

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

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

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

Something Different

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

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



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

Live Sport

Glasgow has a rich and diverse sports scene, perfect for those who like to work up a sweat, or those who like to watch others do so. From the national stadium, Hampden, to the unlikeliest of small venues (pro wrestling in a nightclub), you'll find spectator sports all over Glasgow, so get out and support your local team.

Football

If you came to Glasgow not knowing about its tumultuous footballing history, it won't take you long to notice it's a pretty divisive subject around these parts.

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

With two high-level teams in the Scottish Premier League (SPL) in Glasgow, you might see some more police on the streets on the match days when they play each other, and pubs everywhere are likely to be busy, but follow the advice above and maybe avoid the Subway pre and post-match due to traffic and you'll be fine.

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. Honestly, they're the best option if you're looking for quality football, having won the league with a thirty point margin last season. They play in the city's Celtic Park in the East End.

Rangers FC: Rangers have worked their way back up the ranks to the SPL while retaining a loyal fanbase making their way through the lower leagues. 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 cheapish tickets, good Bovril and pies, and literally the best mascot in football history. Keep an eye out for their incredible team mascot, Kingsley.

Ice Hockey

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



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

Rugby

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

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

Other Sports

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

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



Yet to achieve Edinburgh's levels of mad, rabid summer festivaling, Glasgow has chosen to more modestly spread its festivals throughout the year. Glasgow's festivals tend to happen all across the city, in a multitude of venues with a multitude of audiences and are as varied in nature as they are in geography.

Music

The respected Celtic Connections festival comes in January bringing music from across the world to the city. Don't be put off when you see the line-up and don't recognise half the artists, it's arguably the biggest collection of musical talent in Scotland at any time of the year and brings in fans of Trad music from across the globe.

It'll be hard to miss TRNSMT in the Summer. The T in The Park replacement attracted over a hundred-thousand people in July 2017 and has already announced it'll be back 6-8 July 2018. You should probably either get a ticket and head to Glasgow Green or avoid the City Centre altogether that weekend.

Small music festivals abound in Glasgow; keep an eye out for Stag & Dagger in May as a particular highlight; people travel from across the UK to see this showcase of local talent in various venues.

Expect to hear bagpipes in August, as the World Pipe Band Championships take place on Glasgow Green, along with the Piping Live! Festival which attracts bagpipe enthusiasts from around the world. Kelvingrove Park is a practice space for the pipers, so some of you will get a much more traditional music soundtrack for your walk to and from campus for a couple of weeks.

Arts

In February, the Glasgow Film Festival showcases independent, international, documentary and blockbuster cinema for a local audience. See page 68 for more.

In March comes the International Comedy Festival. It's a comedy festival. It's international. It has a very literal title. Sure, it's a bit more commercial than the Fringe, but there's still a decently varied line-up of comics and unless you're



desperate to see the likes of Michael McIntyre playing to audiences of thousands, it's pretty affordable too.

Aye Write!, a festival celebrating fiction, poetry, and literary culture takes place in February. For those who fancy themselves a bit of a thespian, or just want to experience culture in a cool setting, Bard in the Botanics happens in early July, taking three or four of Shakespeare's works and adding a bit of Glasgow charm to them. 2018 also sees the Glasgow International arts festival return after a year off.

Autumn includes Paisley's Spree Festival, which has both comedy and music leanings. Don't be put off by what you've heard about Paisley, it has a unique charm and during the Spree, plenty of cracking gigs only a short train ride away.

Food & Drink

Food and drink festivals take place throughout the year, celebrating everything from the humble cheese toasty to the finest of Glasgow's restaurants. For example, November this year will feature the city's first Prosecco and Pizza festival.

Because there are so many festivals, here's a list for you to google: The Scottish Coffee Festival, Beer Makes Glasgow, Scottish Street Food Festival, Big Feed, Glasgow Coffee Festival, StrEAT, Pastaval, Glasgow's Whisky Festival, Scottish Gin Fest, Let's Eat, Glasgow Vegan Festival.

Cultural

5 November - sleepless nights for animals, but banging night out for humans. Head to Glasgow Green to 'ooh' and 'aah' at the sky, just be prepared for crowds.

Christmas takes over in December, expect gimmicky markets and lots of lighting, and for something a bit less predictable, keep an eye out for Glasgow Mela, Scotland's biggest free multicultural festival, which happens in Kelvingrove Park in July each year.

Community

Summer sees a load of local community festivals take place; the Southside Fringe (May); Merchant City Festival (August) and the West End Festival (June) are worth looking out for with a wide variety of events included.

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 any argument you attempt to make in resounding fashion. Glaswegians are passionate, relentless debaters, and are generally well-informed to boot; just look at the public outcry over the removal of the traffic cone from the Wellington statue. You wouldn't get that in Edinburgh.

Glasgow City Council

Glasgow was, for a long time, considered a Labour stronghold at city council level, with the party holding a majority for 37 years, until this earlier this year. The council comprises of 85 seats, 39 of which are now held by the SNP as of May 2017, with Labour second with 31, the Conservatives holding eight and the Green Party having seven seats. The University is in the Hillhead ward, which has three councillors - one Green, one SNP and one Labour.

Holyrood

Holyrood hosts the Scottish Parliament, the devolved government in charge of Scottish laws including education, health, agriculture and justice. Scottish Parliament is currently governed by the SNP after the 2016 election saw the party win 63 of the 129 available seats. The second largest party is the Conservatives, with Labour taking third. The major issue for the Holyrood government at the moment is the post-Brexit fallout for Scotland; who knows where that's going [Editor's note - we wrote that sentence in Summer 2016 and didn't have to edit it for this edition of The Guide, that's depressing]. The current MSP for Glasgow Kelvin, Glasgow University's constituency, is the SNP's Sandra White.

Westminster

As part of politics-fest 2017, Theresa May decided that she was wrong the seventeen times she said there wouldn't be an election until 2020 and scored a bit of an own goal in losing the Tory majority in Westminster.

The June 2017 election also saw the SNP's seats in the capital reduced drastically, as people protested the idea of a second independence referendum by voting for literally anyone else. They still have the most MPs in Scotland, but it was a bit of a blow for Sturgeon's brigade. The MP for the University constituency is the SNP's Patrick Grady.

Media

The nation isn't exactly short in news outlets to keep you abreast of what's going on. The main players are the license-fee funded, public broadcasting body, the BBC, with their Scottish headquarters on the Clyde and the Scottish brand of the Channel 3 Network, STV (which is next door to it).

Glasgow's rich tradition of quality print journalism survives in the Evening Times, a local, and The Herald, a broadsheet.



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

Grooming & Style



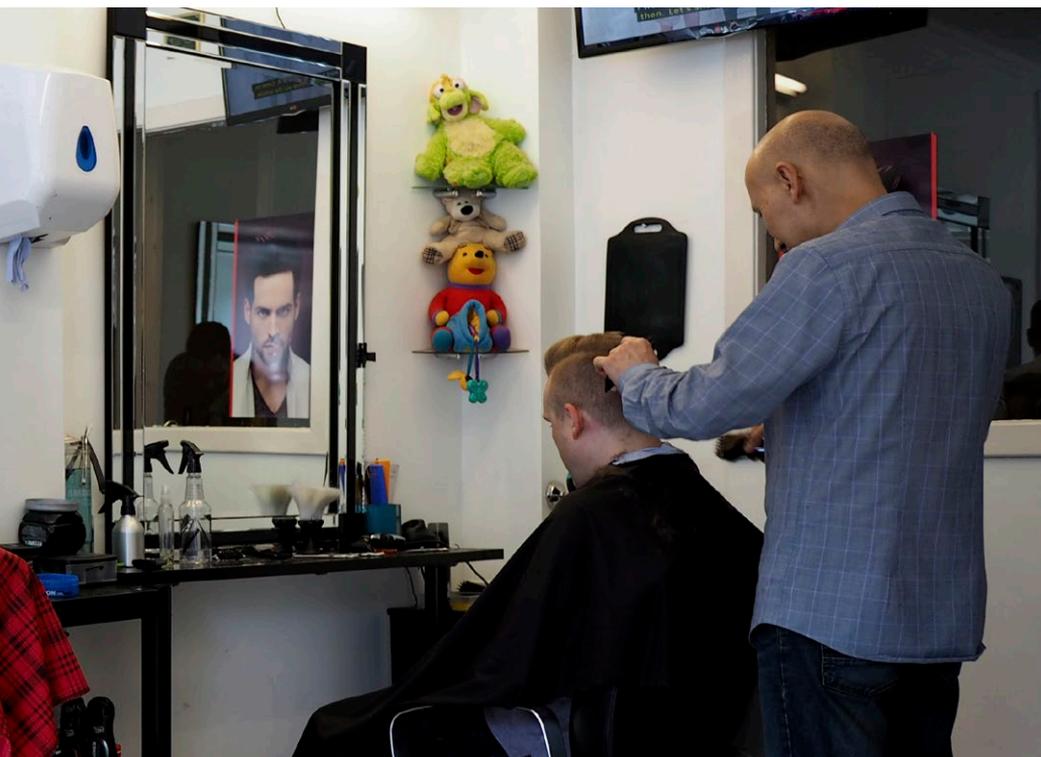
For some, appearances won't be high on the priorities compared to the important job of studying, but for most you will need a haircut at some point this year. If you're new to the city and worried about finding a hairdresser that won't give you a mullet and charge you £70, here's some tips on finding reliable, affordable and friendly local businesses that will keep you looking sharp or get you ready for a special occasion.

Hair

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

For guys, Kelvin Hair is on Queen Margaret Drive is reasonably priced with friendly staff and Jordanhill Barbers a bit further out is cheap and excellent quality. Cheap and nearer campus is University Barbers on Argyle Street, which is solid enough. If you're more particular and don't mind spending a bit more, consider Soul Barber Room on Argyle Street or Mo Hair in town near Trongate just off Argyle Street which has a handy app for booking, but is definitely not for the budget-conscious.

Ladies should check out Sculptur, which is down in Woodlands; they're quick, good quality and offer a student discount card. Kennedy & Co. on Dumbarton Road is a nice mid-range hairdresser who offer all of the usual treatments and PoMo on Chancellor Street is another diamond local business with great staff and student friendly prices. 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 figure out a budget, find somewhere that fits and give somewhere a try.

Salons

The same rule of thumb goes for salons, spas and nail bars, with the city centre full of places to get any form of waxing, plucking, colouring or scrubbing you could want. If you're looking for a special treat then the spa at Blythswood Square is regarded as the best in the city. They offer top notch massages, facials, wraps and treatments, for pretty hefty price tag, so one to keep in mind for special occasions or presents from parents. For a more affordable treat, look on deal websites and student offers pages, or head over to The Savoy Centre for a super speedy mani-pedi for a few quid.

Tips

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

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

Note: tipping a barber is common in Glasgow.

Shopping

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

City

Though often described as 'the Golden Z' or 'the Style Mile' by councillors, city planners and tabloids, you'll come to know the key shopping areas of the city centre as Buchanan Street, Sauchiehall Street and Argyle Street. Buchanan Street is the meat in the consumerism sandwich, situated between two of the city's biggest shopping centres - Buchanan Galleries and St Enoch Centre. You can probably get most of what you need in one of these two complexes, but other key destinations are the Primarks on either Sauchiehall or Argyle Streets and the Savoy Centre, which has to be experienced at some point in your first year in Glasgow.

West End

In comparison to the major retailers of the City Centre, the West End is littered with a range of excellent independent shops. Just off Byres Road on Dowanside Lane (opposite Hillhead subway) is Starry, Starry Night, a vintage-shoppers dream and don't be afraid to support the multitude of charity shops around the area - most of their stock has come from former students so there's often some really good stuff on offer.

For more traditional shopping in the West End, head along to Partick and you'll come across West End Retail Park, which in addition to a large Sainsbury's and Marks and Spencers for

food, also boasts a Boots, an Argos and a Home Bargains for picking up useful things. Weirdly, you'll also find two different outdoors shops (citizens of Partick bloody love camping apparently), a coffee shop and a 24-hour McDonalds.

On the second and fourth Saturday of each month Partick Farmers' Market takes over Mansfield Park, that wee bit of green just off Dumbarton Road opposite the Tesco.

Further Afield

Jump on the 77 bus from the West End and you'll be able to get to Braehead, probably the most complete retail location in the wider city area. As well as a massive shopping centre with all the shops you'd expect, the complex also features the UK's longest indoor ski slope, a laser quest arena, cinema, bowling alley, restaurants and, most crucially, an IKEA just across the road. You will go to this IKEA, you will buy too much stuff (most of which is the same as your flatmates). You will love and hate it. It's inevitable.

Other just-out-of-town shopping centres with every shop and chain restaurant you could possibly need are Silverburn out to the South, as well as Glasgow Fort and Glasgow Forge in the East. Make friends with people who have cars and you can visit roughly the same shops all around the Greater Glasgow area.



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

Online Shopping

You already know about Amazon. It's the best. Now you're officially enrolled, you can get six months of free Amazon Student, which is basically the same as Amazon Prime but cheaper. Even when the payment kicks in, the £39/year it'll set you back will more than pay for itself between the one-day delivery, on-demand TV (including all of Parks & Rec) and music streaming it includes.

If you do venture outwith Amazon, make sure when shopping online you are buying from a trusted source; the best way to check this is to make sure you're buying from a <https://> address and if PayPal is available as a payment option, try to use it as much as possible.

Finally, always be sure to double check if there's student discount online - it's available on more websites than you might expect!



Life Support

Getting through four (or more) years of study to get your degree isn't going to be easy, there are going to be times when you're lost, stressed, frustrated and sometimes, a combination of all three. The information in the pages ahead has been combined to give you a hand in figuring out some of the basics of travelling around, living with new people and most importantly, taking care of yourself.

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Accommodation: Moving In

When coming to the University of Glasgow there are three main choices for where you can live - at home, in halls or in privately rented accommodation. There are pros and cons for whatever accommodation you choose - hopefully this section will give you an idea of what to expect any of these options, as there's plenty to be excited about.

Moving Out

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

Of course, you may be bundled in with new flatmates who made the leap into the great independence unknown before getting to university;

you'll find out pretty quickly as they're sure to mention how enlightening and rewarding their gap year was pretty soon after telling you their name. Everyone is likely to be coming from different backgrounds but the joy of student living is that everyone is now in exactly the same position, which is one of the things that makes moving into shared accommodation, if you choose it, so exciting.

Living At Home

If you've got relatives or friends in close proximity to the University, living with them for your first year can make a lot of sense, especially in a financial context. Compared to those in halls or private accommodation, you're likely to have lower rent and bills and not have to shell out for household gear to kit out the new place. You might have a little bit of travel cost to get to and from campus, but you're still likely to be better off than those in halls or flats. The downside of staying at home can often be a feeling of isolation or FOMO, but you can still take advantage of the



range of social activities, clubs and societies the West End and University offer and utilise mates' couches or floors if getting home late is tricky.

3rd Party Student Halls

The West End is packed with private student accommodation. Third party halls are more commercial and luxurious than University halls, with high quality fixtures and fittings, high speed wifi, en-suite rooms, but they do come with higher prices, and unlike the University-run halls, there's no guarantee you'll be with people from similar backgrounds, studying similar courses, or even attending the same university.

Private Accommodation

Unfortunately, the University's official halls of residence are oversubscribed every year, meaning that some students will be in private accommodation. Fortunately, not being packed into the freshers-farms of halls can be a blessing in disguise. Private accommodation can often be cheaper, better located, more peaceful and gen-

erally a bit nicer than some of the official halls. With most students heading into private accommodation in their second year, those who get in early have a head start on independent living.

Living In Halls

The majority of new students opt to live in University-operated halls of residence, a weird and wonderful place where complete strangers are thrust together and have no choice but to get along.

The University will do their best to profile incoming students, often grouping those on similar courses or from similar backgrounds together to encourage friendships, but when it comes down to it, it's a free-for-all and your flatmates could be anyone. Luckily, everyone in your flat will have at least one thing in common: you're all now living the same place. And if you're unlucky enough to be in a flat with people you don't quite see eye-to-eye with, there are hundreds of other students living within metres of your front door.



In addition to having a ready-made community, further upsides about the University-run halls include Wi-Fi, security staff, social areas and not having to worry about the hassle and drama of splitting bills at the end of every month. You also have the added bonus of having people to walk with or share a taxi with when getting to or from the University when it's pissing rain.

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

There are seven official halls of residences spread across the city and based around the main campuses. The majority of students will be placed near their main course location, and by near we mean a 10-40minute walk.

Here's a quick run-down of the University halls you may find yourself either living in or visiting friends:

Halls

Murano Street is the largest of the student residences with over 1100 rooms. Known for its thriving social atmosphere, about 25 minutes walk from the main University building. **Cairncross** is the closest to campus but the smallest halls with around two hundred rooms.

Kelvinhaugh Street has 347 bedrooms; a lot of 2nd, 3rd of 4th year students choose to live here.

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. It is around a forty minute walk to Gilmorehill, mainly occupied by those studying locally.

Firhill Court is part-privately owned but still managed by the University. It has four hundred rooms and is close to Murano.



Flatmates

The wonderful thing about shared accommodation is the variety of people that you will 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).

This is probably going to be the only time of your life that you won't get to choose who you live with, so embrace all of the weird and wonderful quirks of your new cohabitators. Learn things from them and learn new things about yourself with them. You'll be enriched by the end. Promise.

It is a good idea to try and get to know your flatmates when you first move in. Whether this is through a formal flat get-together or a spontaneous night out at one of the Unions there are plenty of ways to bond with your new co-habitants. Hosting a movie night, or a watching a regular TV show together is a nice way to bond without

having to go through any painful small-talk or chit chat. Having a meal together, either at your flat or out at one of the many affordable eateries in the city [page 70] can also be an informal way of getting to know each other.

You'll soon fall into a nice routine, with everyone playing their part in keeping your new home clean, providing tasty meals, doing the driving, or simply bringing the banter.

Inevitably you and your flatmates will make friends outside of the four walls you now call home, but it is always a good idea to try and keep the peace in the flat, even if you're spending more time outside than in.

There are no set rules or guidelines for getting on with flatmates, and you may find that someone doesn't see eye-to-eye with you. That is fine. It is okay not to get on with flatmates, after all you have been thrown together by a secretary with a list and far too much power over your life.

To try and keep the peace, on the next page we've put a few top tips on how to get along with your new flatmates.

Top five tips for getting on with new flatmates:

Respect. You don't have to agree on everything but showing respect to one another's belongings and feelings is a good way of keeping things civil.

Check-In. Tell flatmates when you have guests. You don't need to get permission but no one wants to crawl out of their room after a heavy night at one of the unions, head into the kitchen for a mug of beans and be greeted by a room full of strangers.

Stay hygienic. Wash yourself and wash your stuff; leaving a sink full of dishes every night just isn't cool and doesn't allow others to use the space. Keeping the place clean will also be something you're incredibly thankful for once inspections roll around.

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 that conversation and don't steal their food (especially not cheese).

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 and you don't want to be left having to wear that #muggy t-shirt you bought ironically to your sociology lecture. 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. Public launderettes are also an option if you find yourself stuck, some even offer a service wash if you're feeling flush.

One top tip is to bulk buy your laundry powder or tablets, either to use throughout the year or to share with flatmates. It is a lot more economical and keep an eye out for special offers in the big supermarkets.

Fire Alarms

Trudging out of your flat at 3am with a siren wailing nearby is pretty much a rite of passage for those living in halls. Sure, it's a little annoying seeing your pals in the PJs, half asleep and hanging around a carpark in the middle of the night, but the novelty soon wears off, especially if you have early morning classes. Don't be the flat that

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

Security

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

Another common reason for halls of residences being the victim of crime is students being too trusting and letting strangers enter their block, not realising that the other flats may not have taken the above advice and left everything wide open. Never let a stranger into your building.



Don't do this. You will set off the smoke alarm and everyone will hate you.

If they live there they will have their keys; if they don't then either they're an idiot and can phone one of their flatmates or they're up to no good.

Having said this, University halls are on the whole a very safe place to live with incidents being very few. Should the worst happen and you or your flatmates end up as the victim of a robbery, there are a few immediate steps you should follow.

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

Insurance

If you're actually reading this section and didn't skip it because insurance is one of the most boring things in the world, well done, you're the best +10 points to whichever house the sorting hat put you in. No matter how careful you think you are, it's something to consider; some students bring a plethora of valuable possessions to

university including technology, transportation, designer gear and personal items. Insurance is probably something you should look into if you don't want to be totally screwed when the camera or Macbook your mum and dad bought you as a leaving present gets lifted.

A lot of students are covered by their parents' home contents insurance so check their policy; there are also a number of insurance providers who specialise in student halls of residence insurance.

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

Accommodation: Moving On



There will come a time for many of you (probably around May 2018), when it's time to leave your first-year accommodation and venture out to find shelter in the wider world (which probably means somewhere else in West End of Glasgow).

It might seem a little scary thinking about it now, but come next Spring, you'll likely be glad to put halls behind you to find somewhere with a bit more freedom, a few less rules and the opportunity for you to make it feel like your own (within reason). Of course, not everyone will be looking for somewhere new to live for the start of the next academic year; those who lived at home or rented privately from day one can skip this section, or give it a scan for when you're ready to move on. Here's some tips for those looking for somewhere to live.

Who?

Figuring out who to live with can be tricky, and is worth thinking about fairly early on. Most flatshares come about naturally through friendship groups or classmates, but you need to think about how many people you'd be comfortable sharing with. If you like the idea of sharing with a big group, you'll need to move fast, as multi-bedroom flats can be hard to come by in premium areas. Don't be afraid to turn down a flat-share offer if you're not 100% convinced it's right for you - you will have to live with your decision for a year.

Where?

The majority of accommodation within Glasgow is in the form of flats or apartments, usually within the traditional sandstone tenement blocks. Tenement flats traditionally have a shared 'close' or 'hallway', a communal outdoor space with waste disposal area, and are three or

0141 270 7878

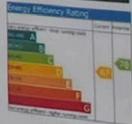
www.cairnstateagency.com

0141 270 7878

www.cairnstateagency.com

cairn
MAKING PROPERTY WORK

Gibson Street, Hillhead, Glasgow, G12
Price per calendar month £1,200



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

Council Tax Band: E
Landlord Registration 9997/280/07271

cairn
MAKING PROPERTY WORK

West Princes St, Glasgow, G4
Per Calendar Month £1,100



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

Council Tax Band: D
Landlord Registration: 372883/260/15331



four floors. Tenement flats can be beautiful, spacious and full of original features but often have higher energy costs and are on busier streets, making parking tricky. There are a number of new builds popping up around the city, with a more modern flat comes lower heating bills, but they are often further out of town in more residential locations.

The city of Glasgow 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 scenes and great transport links. Hillhead, Hyndland and Woodlands are the most expensive areas as they are popular with both students and affluent families.

A little further out, but still within walking distance to campus are Partick, Kelvindale, An-

niesland, Charing Cross and Maryhill. Here you should find that rent is lower but you still have fairly decent access to the amenities of the West End and the city centre for weekend outings or to access the main transport hubs of Glasgow.

If you don't mind travelling a little way to get to campus, there are other districts which offer much the same for a fraction of the price. Dennistoun towards the east of the city is an up-and-coming community with lots of new restaurants and bars popping up.

On the Southside, Shawlands and Pollokshields are emerging as cultural hotspots and are popular with families and young professionals.

Less popular locations for students (generally for good reasons) include Castlemilk, Easterhouse, Drumchapel, Dalrnarnock, 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 and is used as security against any damage you may cause or bills left unpaid. Deposits are generally one or two months' rent and it is now a legal requirement that landlords register this deposit with a government-approved scheme within thirty working days of your tenancy starting. This third-party is responsible for overseeing any disputes which may arise over the amount of deposit returned at the end of tenancy.

The second largest expense is, of course, rent. This is usually paid monthly, but 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, phone, TV license and internet, as well as any other services you choose.

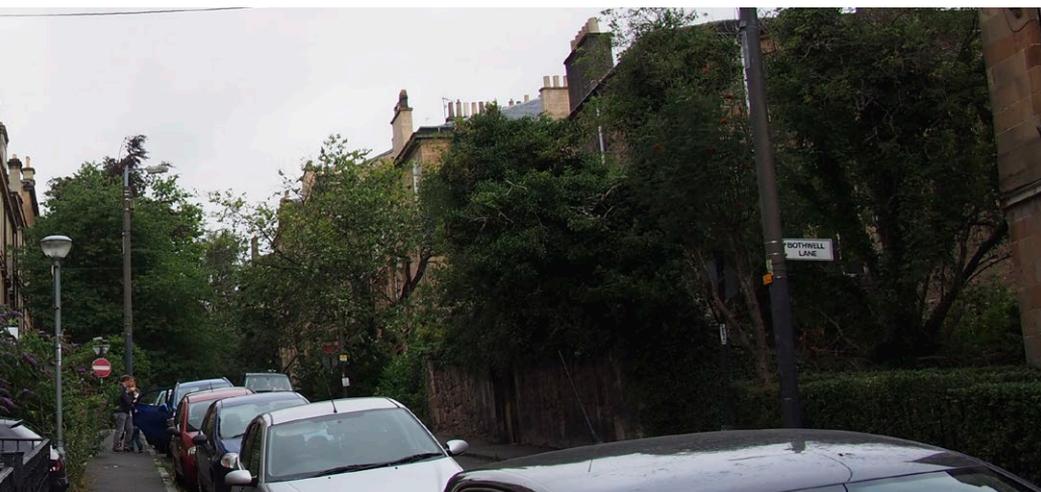
Another, sometimes overlooked, cost in moving into a new flat is furnishings and equipment.

Most University accommodation comes furnished with the necessary equipment such as kettles, vacuum cleaners, ironing boards and so on. However, you may need to purchase additional items to make it feel more like home. September sees shops like Argos, B&M, The Range, and IKEA filled to the brim with students purchasing cheap, low cost/quality goods for their new flats and you will likely be one of them. Don't go out and buy a £50 set of plates from John Lewis for your first flat, they will break and you will just end up replacing them with £1 IKEA ones anyway.

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 48]. If you're living with anyone other than a full time student you are still eligible for a discount on your Council Tax. Full details of exact rules can be found on the City Council website.

Remember, your exemption only lasts until the official end date of your studies, not until your graduation. It may seem a long way off now but



remember to get this sorted early to avoid Glasgow Council's rather zealous pursuit of your unpaid council tax. It escalates quickly.

How to find a flat

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

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

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

Other websites such as Rightmove, S1 Rental or Gumtree can also be helpful for finding accommodation but should always be used with caution. Make sure to do your research before signing up to a privately let flat by checking that the landlord is registered with Glasgow City Council.

Landlords and unofficial letting agencies are notorious for ripping off naive students who are inexperienced in finding accommodation. If you're unsure about a landlord or letting agent then you shouldn't go through with a tenancy.

Things to avoid when looking for a flat:

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

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

Transport: Getting Around



Glasgow may be the biggest city in Scotland in terms of population but it is relatively small and easy to navigate using any mode of transport in comparison to other major cities across the rest of the UK and Europe. A mixture of having a small city centre, a pretty great public transport system and inexpensive taxis means that getting around is straightforward once you've figured out where you're going. Unlike other major cities you won't need to be on the underground for ninety minutes to get from one side to the other and trams aren't extortionate (because they don't exist). It's a good idea to get to know the quickest and cheapest ways of getting around to save yourself missing the last subway or train home and having to fork out £20 for a taxi.

Walking

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

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 hustle.

Subway

The Glasgow Subway system is a brilliant way to get from the West End into the city centre, as



well as covering a bit of the Southside. The second oldest underground rail in Europe and possibly the simplest in the world, its circular line has 15 stops and two tracks, one going clockwise (outer circle) and the other going anti-clockwise (inner circle). The ticketing system has both single/return/day tickets and a smartcard system, (like Oyster). If you are going to be using the subway a lot you can load a seven or 28 day pass onto the card which is much better value.

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

Buses

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

The buses that stop at Gilmorehill campus are Firstbus numbers 4/4A, 8, 15, and 90. You can purchase Simplistudent mTickets for local travel from just £14 per week to £330 for the academic year, giving you unlimited journeys within the city network.

Getting Around...

Cycling

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

Cycling in city centre traffic can seem daunting at first, especially for those used to rural cycling. Always wear some kind of high visibility clothing and make sure your lights are working. Remember it is illegal to cycle at night without a front light and rear reflector or light, and night comes at around 1500 during winter in Glasgow, so be prepared. If you're looking to get a bike then check out the Bike Station in Finnieston. They offer full cycling proficiency courses and bike maintenance lessons for people new to cycling.

You will likely see the pink People Make Glasgow hire-bikes (run by Nextbike) dotted around the city, there are nearly five hundred of them. You have to register on the Nextbike website to use them, but once you have, you're entitled to thirty minutes free for each rental, which is cool, and super-useful even if you're not a keen cyclist.

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, in the city it's Central and Queen Street which are around a three minute walk from each other in the city centre.

There are a few useful overground stations you should know about: Exhibition Centre is next to the SEC and Hydro, and a short walk from Glasgow Science Centre. To the East lies Bridgeton for WEST Brewery, Glasgow Green and Celtic Park. Pollokshaws West gets you to Pollok Park. For Hampden Park you should use Mount Florida station. There is nothing of note near Anderston station, you will never get off there.

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, particularly if you're heading up to the more remote parts of the highlands. Glasgow's one-way systems take a while to get your head around but you'll soon get well acquainted. The M8 is the backbone of road travel in Glasgow but gets extremely busy at rush hour so plan in advance to avoid it at these times.



People Make Glasgow bikes, like Boris Bikes, but without the reminder that British politics is basically a joke.

There are a number of on-street or multi-storey and secure car parks available, with park and ride available at Kelvinbridge, Shields Road and Bridge Street subway stations for just £5.20 per day, or £0.50 for 30mins when paying by smart-card. If you've not got it already, get the Ringo app to making on-street parking super-easy to pay for and to avoid having to keep a pocket full of change.

Taxis

Taxis are great, and Glasgow has a reputation for very reasonably-priced taxis unlike most major cities. Glasgow taxi drivers are a friendly bunch, they probably have the best knowledge of the

city out of anyone you'll meet, so be nice and you might learn something new!

Black cabs can be summoned via the Gett app, flagged on the street (if they've got their light on) or found at one of the many ranks around the city. Private hire cars are cheaper, but can't be flagged or booked to a public place in advance, but many supermarkets have a direct line phone to them which lets you know it will be a trusted driver. Uber is pretty well established in Glasgow but still doesn't have the number of drivers other major cities in the UK see, meaning surge pricing is common, so be sure to check estimated pricing before confirming.

Transport: Getting Away



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

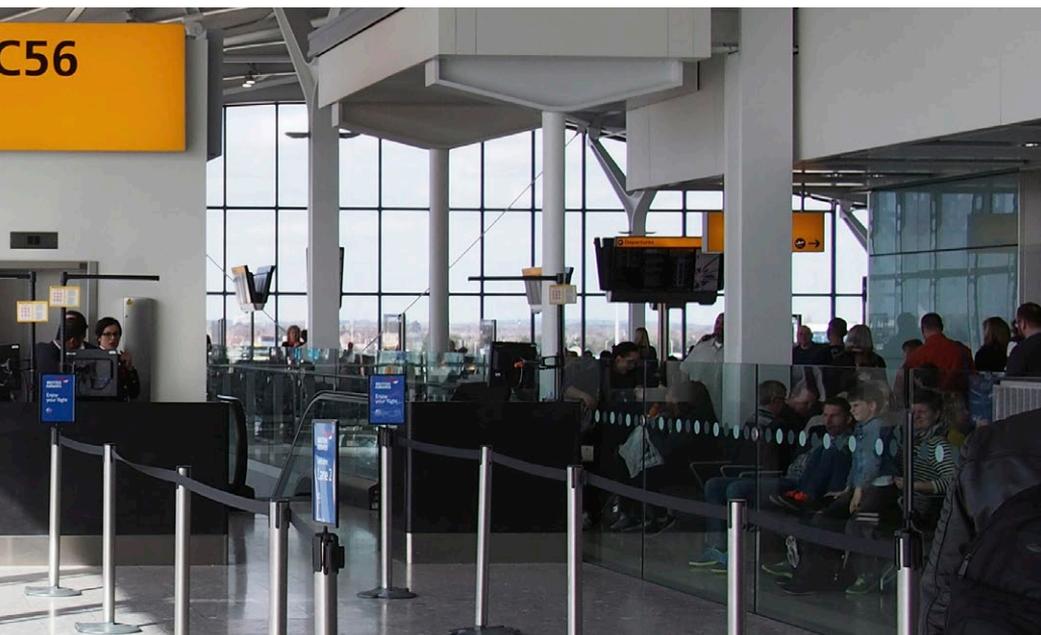
Trains

The Scottish train system is one of the easiest ways of travelling to both the surrounding areas of Glasgow and further around the country. You will quickly become well acquainted with the two main train stations: Queen Street Station and Central Station. A general rule is that Queen Street trains head North and East, while Central Station trains head South, but there are exceptions so it's best to check timetables before you just jump on the first train you see. Scotrail have a great (free) app with live departures and network alerts to keep you up to date on their

services or use the Trainline for other rail services and service updates and notifications.

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

A 16-25 railcard is well worth its £30ish per year if you are travelling regularly, and will quickly pay for itself by giving a third off all fares. If you can, book well in advance, as most companies release their highly discounted 'advance' tickets 12 weeks before departure. If you know you have somewhere to be, or if you're travelling home for Christmas/Easter this can be a super-cheap way of getting home. Travelling at less than preferable times of day will also mean cheaper tickets (the 05:30 London to Glasgow is a weird and



wonderful place to be), and you can always have train naps. Remember you can buy tickets on the train in Scotland, but you won't be able to get any discounts when buying on board.

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 Madrid, Krakow, Kefalonia and more added in the past year.

With the airport actually the other side of Paisley (home of dragons), to get to the airport you have two choices: taxi or bus. Pre-booked taxis are around £15 from the city centre; black cabs around £20. Both sound expensive, but if you're travelling in a group it's cheaper than the bus.

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, as well as picking up at a few places in the city centre, and takes around 25 minutes. It has

free wi-fi and USB chargers in the seats so you can top up before your journey. The 77 comes from the city centre 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 mega-hospital and Paisley's dragons en route.

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

Buses

If neither planes nor trains can get you where you want to go, or if you're a bit strapped for cash, Buchanan Bus Station in the city centre has loads of options for national travel, including the ever-reliable Megabus. If you're brave enough, they'll get you as far as Barcelona cheaper than anyone else. The National Express Coach Service offer a 16-25 coachcard for £10 which gives you a third off fares. They also have a handy app where you can check routes and book tickets.

Health



Physical Health

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

Doctors

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

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

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

Prescriptions

All patients registered with a GP in Scotland are entitled to free prescriptions. The nearest pharmacy to campus is also based in the Fraser Building, but there's a Boots store on Byres Road which will sell you a delightfully mediocre sandwich with your medicine collection. There are heaps of other pharmacies scattered around the West End. Should you find yourself off campus and needing to pick up some pills, there's plenty of options.



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 NHS 24 on 111. They'll put you on to a healthcare professional who will be able to advise the best course of action, which is usually 'go to hospital, we have no idea what's wrong with you because diagnosing people over the phone is basically impossible', though they will sometimes suggest visiting your GP at the next available opportunity. The nearest A&E to campus is in the new Queen Elizabeth University Hospital on Govan Road just the other side of the Clyde Tunnel. It is really cool looking, and is served by a number of bus routes or a quick ten minute taxi ride.

Dentists

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

doctor a bit closer. Plus if you're moving here, annual check-ups are free in Scotland so get ready to gloat to your friends and family back home.

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 has a decent reputation; it's 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, so it's worth getting regular check-ups to make sure it's not detrimentally impacting your eyesight. As with everything else, there's a Specsavers opticians on Byres Road as well as others scattered round the West End.



Mental Health

Student life can be difficult; pressures from both within and outwith your academic pursuits can weigh heavily on you during your time at university. It's worth remembering to take care of your mental health and wellbeing in the same way you would your physical health and be aware of anything that might impact your studies. The same goes for those who come to university with an ongoing mental illness, there is a lot of support out there.

Support

The first thing you should know when considering mental health issues is that you are not alone; there are a number of support systems both within the University and externally which are there to help should you feel the need to talk to

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

Counselling & Psychological Services

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

Campus Initiatives

The SRC runs Nightline, a helpline which is a confidential, non-judgemental information and listening service. If you feel you need to talk,



then you can call them any time between 1900-0700 every day on 0141 334 9516 or visit www.gunightline.org for instant messaging. The SRC will also be able to put you in touch with the University counselling service.

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

GP

Your GP is trained in both physical and mental health concerns and will be able to not only listen to concerns, but in cases where action is warranted, talk you through treatment options. They are trained to listen to your concerns and take relevant action, or refer you to a specialist.

Wellbeing Charities

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

Samaritans

Phone: 116 123 (24/7)

Web: www.samaritans.org

Breathing Space

Phone: 0800 83 85 87

Mon-Thurs: 1800-0200

Fri 1800 - Mon 0600

Web: breathingspace.scot

Health...

Sexual Health

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

STIs & Screenings

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

Some STIs, including chlamydia and genital warts, do not have any noticeable symptoms. It is important to get regular 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 have any symptoms including itching, redness, unusual lumps, pain or discharge then you should get checked out as soon as possible. And, in the case that you do have an STI, it is important to inform all previous sexual partners to 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 need a check-up for any reason, the local West End sexual health clinic is the Sandyford Clinic in Finnieston, check out sandyford.org to find out about the services they can provide.

Contraception

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

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

If you're ever caught out and find yourself needing an emergency contraceptive or 'morning after' pill for any reason, there are two forms available, both of which can be obtained for free



in Scotland. The easiest way is to request it from your local pharmacy, who can provide it over-the-counter, but they can also be obtained via at sexual health clinics or GPs offices. Both pills are more effective the quicker they are taken after having sex. An emergency intrauterine device (IUD) is considered more effective than both, but must be fitted by a trained doctor.

Pregnancy

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

Sexual Assault

Though it's highly unlikely that you will be the victim of sexual assault during your time at University, especially if you follow the safety advice elsewhere in this guide, it's worth noting that crimes of a sexual nature have increased in frequency in the city in the last few years.

For further information, advice and support following any sexual assault incidences, check out Rape Crisis Scotland, who have a centre based in Glasgow and a website full of useful info.

Rape Crisis National Helpline: 08088 01 03 02
1800-0000 / 7 Days



For many, University is a time for trying new things and to be honest, it's likely that at some point in the next four(ish) years, you will be offered access to drugs. These range from legal substances like alcohol to illegal substances including amphetamines and cannabis. If you want to experiment, that's up to you, but it's best to do so safely and responsibly and understand that doing so may be in breach of the University's rules.

Alcohol

Yes, alcohol is a drug. Yes, this sounds a bit like a high school social studies lesson, but it is definitely the most common drug you'll come across as a student. The cliché of students drinking a lot and often is based in truth, and there are certain clubs and societies who will actively encourage drinking through games and challenges. Student life can sometimes feel like it revolves around drinking, going out, meeting in bars or flat parties; that doesn't have to be the case for everyone. There's plenty going on outside of drinking-based social activity and if you're not

into it, no one will judge you. Your coursemates or friends will likely invite you for a drink until you let them know it's not for you, or go along and stick to the soft drinks.

Top four tips for boozing without regret:

Know your limits. Sure you've probably had some practice and have an idea of how much you can handle, but you'll be drinking with new people in new environments, so keep yourself in check and try not to go overboard.

Pace yourself. Booze can take up to twenty minutes to hit you, so try not to go too big too quickly.

Stay hydrated. Alcohol dehydrates you, so try and get in a few pints of water between beers/shots/VKs during the night.

Stay safe. Don't leave your drink unattended and try and plan how you're getting home and who with before you leave - if this changes make sure to tell someone.



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 cannabis and, to a lesser extent, ecstasy.

Although drug use may seem commonplace in certain environments, 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. It is illegal to have in your possession, give away or sell illicit substances and being caught doing so will have serious University and probably legal repercussions.

Of the two most common illegal drugs you'll come across, ecstasy is the more dangerous - if you choose to partake, do some reading about possible side-effects, especially in the context of nightclub environments where the mix of heat, alcohol and lots of other people make it more dangerous. If you take one bit of advice from this, let it be that keeping track of your water consumption is a good thing.

If you're going to do any illegal drug, make sure you've got someone to keep an eye on you and remember that for the most part, the key is moderation. There is a big difference between having a good time and having your semester, year, or life ruined by something out of your control and it affecting both your degree and your personal life.

If you even find yourself questioning whether you're developing a dependency on a substance then get online and visit www.talktofrank.com. It's an excellent where you can find information and help on dealing with potential 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.

UK National Drugs helpline: 0800 77 66 00
24 hours / 7 days



Food & Nutrition

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

Cooking

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



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

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

Food & Nutrition...

Supermarkets

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

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

There are loads of supermarkets in Glasgow with the big four (Tesco, Morrisons, Sainsbury's and Asda) positioned throughout the city so if you have family loyalty to one it won't be hard to carry on that time honoured tradition. The Tesco Extra in Maryhill is one of the most accessible to Murano Street Student Village and sells almost everything. It's open 24 hours every day and has a reduced section roughly the same size as regular supermarkets. Venture in with cau-

tion, 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 discount ginger nuts and an entire ham. Morrisons in Partick is another easily accessible supermarket and is just next door to a subway and train station - handy for getting things home.

If you're confident you can find a time when someone will be in your flat and fancy a logistical challenge, ordering shopping online is an option. Most local supermarkets will deliver to halls, which can save some hassle.

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

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



Tantrum Doughnuts in Yorkhill is the current Glasgow doughnut champion.

Takeaways

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

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

Money

Coming to university, for most, means financial independence for the first time. It may seem like Christmas has come early when you check your bank balance on the first day of term - but be aware that frivolous spending can lead to dinners of only boiled rice as you get close to the end of term. Along with tuition fees, accommodation and daily living there are a whole host of other expenses along the way to getting your degree; it is often a struggle balancing outgoings and income, but there are a few simple things you can do to make that struggle a little easier.

Budgeting

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

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

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

Student Discounts

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

shops including New Look, Paperchase, Dorothy Perkins and more all offer discounts when you show a valid student card. The RSNO, Scottish Opera and Scottish Ballet also offers student discounts, as do a number of arts venues across the city.

Bigger name brands have special student rates, the foremost being Apple's education discount where you can get significantly reduced rates on Macbooks and iMac computers, in addition to free pairs of crappy headphones which are probably best sticking on ebay. Even if you don't know whether or not a place does student discount you should always ask, 20% off here and there might not seem like it will matter but it soon adds up and makes your money go a lot further.

Student Loans

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

What makes a student loan different from a personal loan from a bank is the way it is paid back. You won't pay anything back until your



salary reaches a certain level, this is currently set at £17,775 per annum in Scotland.

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

Financial Difficulties

University can be an expensive time, it will take you a while to find your financially-independent feet. A lot of students will end up in the red and may stay there until a number of months after finishing their studies. 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 overspending. Sometimes with a simple fix and some responsible saving, it's easy to get back on track.

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

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

Jobs

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

Finding A Job

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

Your first stop should be the online SRC Jobshop. A wide variety of employers post new positions regularly.

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

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

Rights & Taxes

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

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

A common mistake students make is thinking they don't need to pay tax or National Insurance - this is not totally true. You must pay Income Tax if you earn over the annual personal allowance of £11,500 for financial year 2017/18. Many



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

students won't reach this threshold as they only work a few hours per week; perhaps on the weekend or evenings. If your monthly or weekly wage equates to the personal allowance or higher your employer will usually deduct Income Tax and National Insurance from your wages through Pay As You Earn (PAYE).

If at the end of the tax year you've paid too much or have stopped working part way through the year (thus not reaching the personal allowance) you may be able to claim a refund, sometimes this comes through automatically.

Wages

The current minimum wages are £5.60 per hour for 18-20 year-olds and £7.05 per hour for 21-24 year olds and £7.50 for those 25+. If you find yourself in a situation whereby you are not being paid minimum wage then you should contact the SRC Advice Centre or a Citizens Advice Bureau immediately who will be able to help raise the issue with your employer. If you want to formally report your employer for failing to pay the minimum wage, contact the ACAS (Advisory, Conciliation and Arbitration Service) on 0300 123 1100.

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. UofG has a large number of faith groups on campus for students to join and get involved with. If you can't see a group which appeals to you, you can always come together and form a new one.

University Chaplaincy

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



Clubs & Societies

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

Wider Community

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

LGBT+

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

Representation

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

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

Off Campus

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

Nightlife

In terms of places to go out in the city, Polo Lounge in the Merchant City is one of the most popular places for a night out for all students as well as being the biggest LGBT+ venue in Glasgow. It runs clubnights throughout the week as well as special events and theme nights. Other clubs include AXM, The Underground and Delmonicas, all of which offer a fully inclusive atmosphere and pretty bangin' night out.



Clubs & Soci

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

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

Glossary

Campus Redevelopment

The University's tearing down loads of buildings and throwing up loads of new ones over the next ten years at the cost of £1bn. Why campus looks like a building site, constantly.

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 22].

GUSA

Glasgow University Sports Association [page 18].

GUU

Glasgow University (student) Union [page 12].

Hunterian

Art gallery and museum situated on campus [page 62].

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.

McIntyre Building

Home of the SRC & associated student media [page 10].

QM/QMU

Queen Margaret (student) Union [page 12].

Quadrangles

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

Qudos

The QM'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 Aamer Anwar (2017-2020).

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 22].

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) / Two Two

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

UofG

'Cool' marketing shorthand for University of Glasgow. Usually preceded by a hashtag.

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