

# THE GUIDE

2018/2019



University  
of Glasgow



# WELCOME



Hi! My name is Lauren McDougall and I am the President of Glasgow University Students' Representative Council - aka the SRC - and I'm delighted to welcome you to The Guide. This is your handbook to help you prepare for living and learning in Glasgow and contains pretty much everything you need to know about being a student in this fantastic city.

This book is commissioned by 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 to give you all at once and may 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 the University, with the intention of making your first year that little bit easier. If it's not useful, you won't find it in The Guide.

You'll see the SRC mentioned quite a lot in what you are about to read - not because we

commissioned this book, but because the SRC is an integral part of the student experience at the University of Glasgow. Our work includes running a free confidential advice centre, a second-hand bookshop, a volunteering service, a jobshop, a postgraduate social club, and of course, providing representation for all 28,000 students at the University on campus, local, national and international levels.

The four sections in this book: *Your Campus, Your Studies, Your City and Your Life*, cover different aspects of what it means to be a student at the UofG - you will see these in the contents page.

If you're super-keen, feel free to power through the 140+ pages ahead in your first few weeks; there are 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 throughout your time at Glasgow, 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.

Enjoy reading and enjoy your first year as a part of #TeamUofG.



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# YOUR CAMPUS

This short chapter should give you an introduction to the organisations & spaces that make up the University of Glasgow, including: how they operate, what makes each of them unique, what services they provide, and how you can help to run some of them.

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# STUDENT BODIES

*The University of Glasgow is totally unique in having not just one association caring for the needs of the students, but rather having four distinct student-led bodies who share this responsibility. Sounds strange? It is, but there's method in the madness.*

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, QMU, GUSA. While most universities will have one, all encompassing student union, association or "guild" (be glad you didn'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 darker 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 while GUSA does sport.

Furthermore, each body has its own elected student governance board, so while universities with a student association usually end up with their bars, shops and club-nights 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 to explain the difference between them all.





# STUDENT BODIES THE SRC

*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 pies. And the best news is that almost all of it is free (photocopying from 4 p/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 the 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 welfare and advice services to help students in need. *Volunteering and 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 elections (for all students) 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 of their services. 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: [glasgowstudent.net](http://glasgowstudent.net)

The final thing to keep an eye out for are campaign events, spread throughout the year. They tend to all have a 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 years 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 £1 billion investment in the Western Infirmary site.



### What should you look out 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.

The SRC also run five student networks to help specific groups of students meet each other, meet their student representatives and find support. These are: the Home Students' Network, the Disabled Students' Network, the Student Carers' Network, the Student Parents' Network

and the Postgraduate Network. Every network has a Facebook Group that you can join to meet and chat to other students, as well as to find out more information about support and how to get involved. Each network also hosts social events throughout the year so make sure you check them out by looking on the SRC website or social media platforms.

### Where can I learn more?

You'll likely get a handful of emails from the SRC in first term 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.



# STUDENT BODIES THE UNIONS

*In addition to a representative body and a sports association, Glasgow has two separate student unions with buildings at opposing ends 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 time and cash on campus.*

*Whether you end up spending your days in the 1930s opulence of the GUU at the bottom of Gilmorehill or the 1960s brutalist masterpiece of the QMU 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 QMU 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 club-nights. Additionally, both the QMU 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 QMU 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 purpose-built 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 club-nights 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, then read on.

## 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 (you can sign up for both).

Both the QMU 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 QMU 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 to the right.

If you're really into the unions, both of them have elections twice a year for positions on their Boards of Management - the 20ish-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.



Cameron Brisbane Photography ©

### QMU 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 QMU's two venues, Qudos and Jim's Bar, including club-nights, gigs and more.

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

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

**Tech Team (by application):** responsible for helping set up the sound and lighting for all events in the union.

### GUU COMMITTEES:

**Debates:** a committee charged with 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.



STUDENT BODIES

# THE UNIONS



## 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 QMU'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 some 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 (although you can join both).

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

Not only do the QMU 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.



Clark James Digital ©

### 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 building with activities, entertainments, big name bands and DJs. Held on the final Friday before the end of the 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 life-size 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 QMU's website and Facebook as their proud history of live music is very much alive and well today, with not only

self-promoted QMU Live gigs throughout each term, but touring bands taking over Qudos very regularly. There are already seventeen gigs confirmed for first term including Tom Walker, IDLES and METRIC - for a full-list look on their website: [qmunion.org.uk/listings](http://qmunion.org.uk/listings)

### Who can I go to for more information?

If you've read this, 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.



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

### What is GUSA?

GUSA is one of the four student bodies at Glasgow University. Their primary concern is to push the message that sport really is for everyone. Anyone from a complete beginner to an elite athlete will find their home within at least one aspect of what they offer. GUSA push physical activity on campus and promote methods to increase student wellbeing.

### How will you interact with GUSA?

You'll have likely run into the gold-shirted GUSA helpers in Freshers' Week who will have told you all about how to sign up for a Glasgow Sport membership and all its various benefits.

GUSA help all sport club committees to make each of the 53 sports clubs as welcoming as possible. They also put on various events throughout the year such as a Halloween 5km fun run

(Monster Dash!) to give as many opportunities for you to meet like-minded people through sport.

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

### What is the structure of GUSA?

Like the other student organisations, GUSA is run by a team of volunteers that make up the GUSA council. The GUSA president is a sabbatical position, with an office just opposite the Stevenson building, commonly known as The Stevie. Their council is made up of 12 elected students, each tasked with representing students on different aspects of University sports - welfare, travel, finance, events and lots more. These positions change round every year during the March election period.



<https://www.gla.ac.uk/myglasgow/sport/gusa/>

### 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 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 your membership is free. You just need to go to The Stevie to activate it. If you're not in halls, student membership is £125 for the full year.

Your membership gives you full access to facilities and the full range of classes. Clubs have a small membership fee which covers everything from travel to competition entry and keeps the club running. For any more info on anything GUSA, just get in touch with Paddy, the GUSA president at:

[gusa-president@gla.ac.uk](mailto:gusa-president@gla.ac.uk)

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 2019. Stay up to date by following them on social media.

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 ninth consecutive year, after a narrow win in March 2018. The cup is a cracking event for both competitors and spectators - the after-party is not to be missed.

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.



**STUDENT BODIES**

# THE GILCHRIST POSTGRAD CLUB

*Unions not your scene? Library too busy or difficult to work in? Well, if you're a postgraduate student, the SRC has 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 (the folk that run UofG Food) and the SRC, aimed at offering a social, study and events space for the University's burgeoning postgraduate community.

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 drinks or those who just 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. They've recently had a refurb to make their bar area even better so make sure you check it out. For more information about the space, how it's run, room bookings, comments, suggestions and enquiries contact the SRC directly via their web site ([glasgowstudent.net](http://glasgowstudent.net)) or pop in to speak to them at the Welcome Point.

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.



<https://www.gilchristpgclub.org/>

## MATURE STUDENTS' ASSOCIATION

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 with other students with a bit more life experience than your traditional undergraduate.



# STUDENT SPACES THE LIBRARY

*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.*

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 07:15-02:00, 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 7 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 uncommon during peak operating hours.

The busiest times in the library are usually from 09:00-19:00 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 is 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 stuff. Make the most of it while you have free, unrestricted access: you might miss it post-graduation.

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 level 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 cafe (open 10am - 8pm) and social area is the best shout.



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**DESK HOGGING**

Don't do it. 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 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 Calvin Harris x Dua Lipa summer banger but that doesn't mean your friendly library neighbours are. Use your headphones, and use them at a reasonable volume.



# STUDENT SPACES 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 included in the price of rent. 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 or stay active in your first year.*

## Joining

As mentioned above, if you're in University halls, you get your first year's gym membership 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. Safe to say, it's pretty kitted out. In addition to the Stevie there's the Garscube where you'll find all pitches, astroturfs, another sports hall and another smaller gym.

## Classes

Exercise classes are free to attend, but popular classes often get busy and will require tickets for entry which can be booked online (one per person). Classes on offer include Circuit Express, Kettlebells, Meta-Box and the terrifyingly tough Super Circuits. Garscube also have daily classes that you can get involved with. There's some-

thing for everyone spread across the seven-day schedule, the latest version of which can be checked out online.

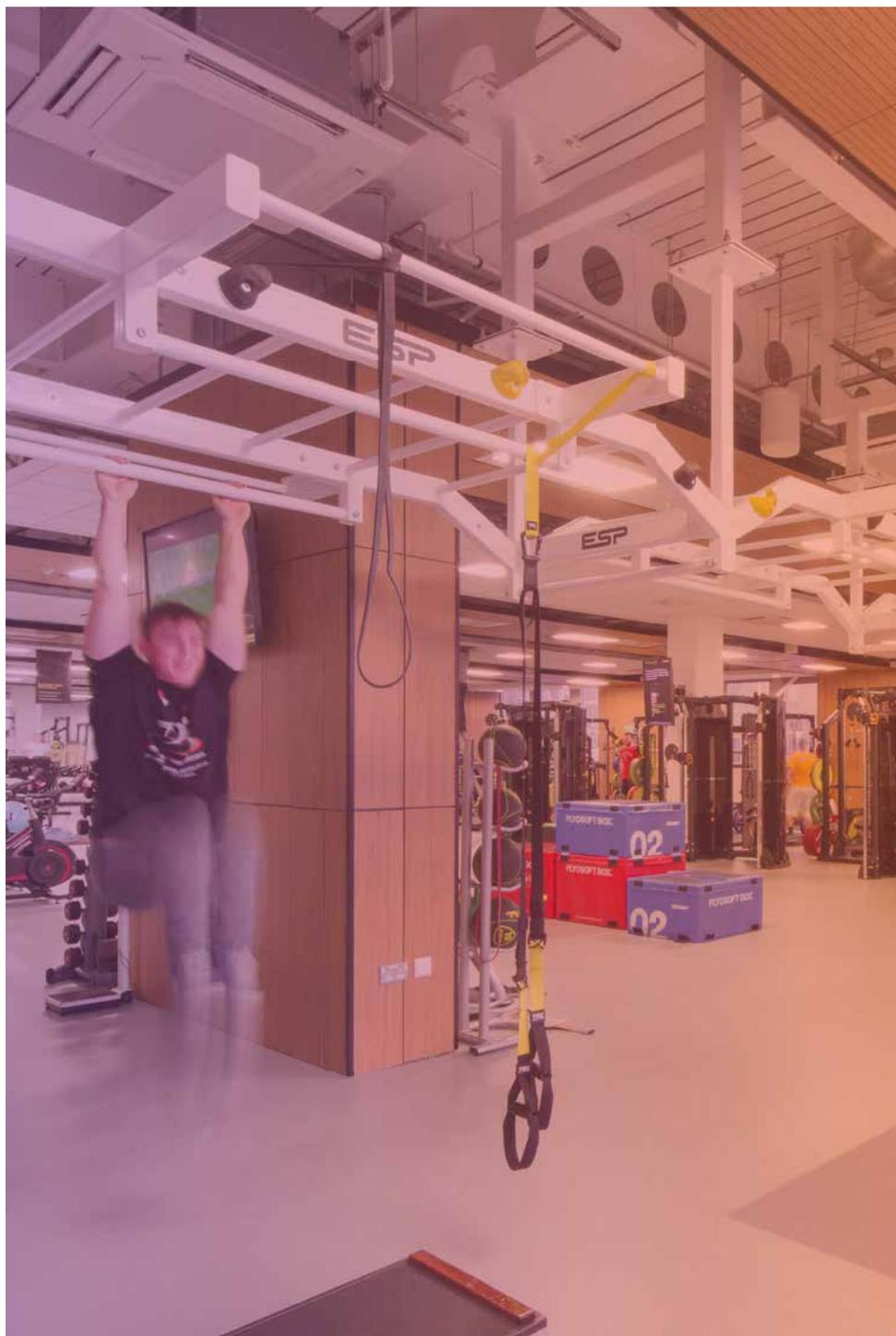
## Add-Ons & Extras

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 several personal trainers, who are available to all members, their details and how to book them can be found on the UofG Sport website. In addition, each member is entitled to a free gym induction. Just ask at The Stevie reception for more details.

## Opening Hours

Opening times for The Stevie are 06:30 – 22:30 Monday to Thursday, 06:30 – 21:20 on Friday and 09:00 – 17:50 Saturday and Sunday. Garscube's hours are 10:00 – 22:20 Monday to Thursday, 10:00 – 20:20 on Friday, 09:00 – 17:50 Saturday and 10:00 – 17:50 on Sunday. Check online for any updates.





STUDENT SPACES

# ALTERNATIVES



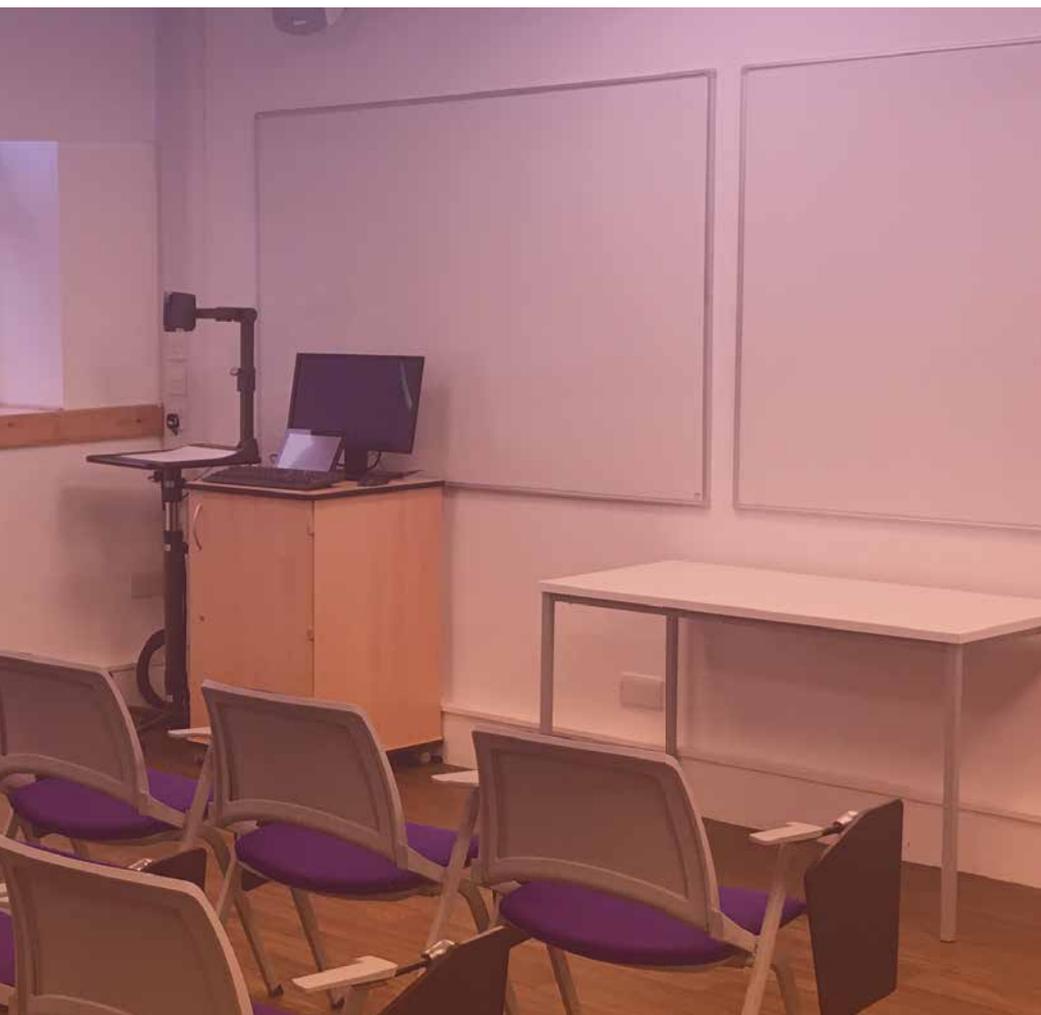
*If you've slept through your alarm and can't face the struggle for a space in the library, or want a change of scenery every now and then, there are plenty of other spaces to use for quiet study or group work.*

Most University schools also have designated study spaces or offices within their buildings for use by students of the school, or those with the pluck to blag their way in.

The Hetherington Building (Modern Languages), The Adam Smith Business School, and the Rankine Building (Engineering) all have excel-

lent facilities for those intrepid enough to go looking. 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 are 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.



Though not as quiet and lacking facilities such as printers, many of the catering outlets on campus also make good study spots - especially when it comes to group projects. Despite often being busy the Fraser Building food hall can be a good spot to get those finishing touches done on an essay, as can the canteens in each of the Unions.

If you don't want to travel in to 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 and Maryhill

Library is only a 20 minute walk from Murano Street if you are out that way. 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 which is also a great resource for Museums & Galleries in the city (see more on these in the *Your City* section): <https://www.glasgowlife.org.uk/>

# 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 Kirsty (Glasgow University's Female Engineers - FemEng), Loa (Glasgow Refugee and Asylum Seeker Support - GRASS), Elisabetta (UofG Financial Technology Society) and Meg (Glasgow University Boob Team - CoppaFeel) for their take on the clubs and socs scene in Glasgow.*

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

**Loa - GRASS:**

I had heard about GRASS through a friend and showed up to their first meeting. Within a few minutes I felt like I had found a community of people with similar interests and views as me so I stayed on as a regular member. Now, a year later, I'm running the society with good friends of mine.

**Elisabetta - FinTech:**

I got involved in the UoG FinTech Society at the very beginning of my first year, after hearing about their exciting ideas and plans at the ASBS Meet 'n Greet Fair. I liked the fact that, even if they had just been founded in the summer, they already had a clear and organised plan of workshops in which all members could actively take part.

The fact that I knew nothing about FinTech did not matter and I felt immediately welcomed in a group of people who were all trying to learn something new.

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

**Meg - CoppaFeel:**

Absolutely! It's possibly one of the best decisions I've made at university. I've met so many people from different courses, yet it's so lovely we are all so passionate about the same cause.

**Kirsty - FemEng:**

Getting involved in a club/society significantly enhances your university experience. It's been useful to have older students within the society mentor me and give me advice. Additionally, I've benefitted from making friends from different courses I would not have necessarily met if it wasn't for FemEng. I have also developed skills such as presentation, organisation and leadership through the society.

**Loa - GRASS:**

I think that being involved in a society is the best way to settle into your first year at Uni. I'm definitely not the first person to say this but it genuinely is a good way to get to know other people and make friends.



<https://www.facebook.com/GUGRASS/>

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

**Meg - CoppaFeel:**

Societies in general are a good way to socialise with people outside of your course and to make friends with like-minded people. What's also so nice about charity societies is they are fun, whilst also doing good! Plus, being on a committee of some kind shows transferable skills for the CV!

**Loa - GRASS:**

Meeting up with a group of people once a week to discuss issues you really care about and to find creative ways of sharing these views (fundraising, hosting events etc.) is a really special aspect of being a part of a society. It's empowering to feel like you have the ability to inspire others and genuinely make a difference.

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

**Kirsty - FemEng:**

I have just returned from the FemEng in Rwanda 2018 project involving 7 other female engineering students from UofG. We collaborated with students from University of Rwanda to deliver workshops promoting STEM subjects to schoolchildren in Rwanda for 4 weeks. I also had the honour of attending the Diversity Society of the Year awards earlier this year at Bloomberg HQ in London.

We received guidance and mentoring from Bloomberg on how to run our societies and build our personal CVs. As part of FemEng, I have also helped organise

# CLUBS & SOCIETIES

outreach events in the local community to encourage school pupils to pursue careers in STEM.

## **Loa - GRASS:**

As part of GRASS, we've not only hosted different speakers at the Uni but we've also fundraised for various organisations and solidarity groups by hosting music events in town. It's been an exciting process of trying out different things to engage Glasgow's youth in immigration/refugee issues.

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

### **Elisabetta - FinTech:**

I would definitely recommend getting involved in any club or society that sounds interesting to you in any way, even if it feels scary. I became a part of the FinTech Society without even knowing what FinTech was, and a year later I was elected society's Vice President. It has been an awesome experience and I would say to new students to try and step out of their comfort zone, because it will definitely be rewarding in the end!

### **Meg - CoppaFeel:**

Definitely! Societies will make your time at university so much more rewarding, sociable, entertaining and fun. It's a way to learn new skills, meet new people, make amazing friendships and get involved in causes that you're passionate about!

### **Kirsty - FemEng:**

Signing up for the FemEng society has improved my university experience in many ways. I've benefitted personally from an increase in confidence and presentation as well as building valuable relationships with other students, staff and professionals. It's a fantastic opportunity to apply your knowledge and skills to the real world.

### **Loa - GRASS:**

100%. I had signed up to quite a few different societies at the beginning of the year and attended a lot of introductory meetings to see which ones would suit me. I would definitely recommend doing the same!



Alice Hadden Photography ©

## CLUBS & SOCIETIES AWARD-WINNERS 2018

### **New Club or Society Award:**

GU Positive Minds

### **Outstanding Contribution to a Club or Society:**

Jocelyn Gilmour (Glasgow University Charity Fashion Show)

### **Fundraising Award:**

Glasgow University Mexican Society

### **Club or Society of the Year:**

Glasgow Marrow

### **Best Media Activity of the Year:**

Georgina Hayes and Laurie Clarke – Glasgow Guardian

### **Student Media Contributor of the Year:**

Kati Brunk – GUM

### **Outstanding Contribution to Volunteering:**

Aine McDonnell – GUSH

### **World Changer Community Award:**

STAR (Student Action for Refugees)

# 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. Recently, 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](http://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.

Ex-Doctor Who show-runner 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](http://subcity.org), the station prides itself on its inclusivity, with contributors welcomed not only from Glasgow's student populace, but from the wider community.**

Subcity has been a forward-thinking organisation since its inception, embracing the eclectic and allowing DJs free reign over music selection since day one. This theme has continued through to today, with a hugely diverse range of shows centred on musical genres, subjects and themes that might not otherwise be given a platform. Basically, if you tune in at 2am on a Wednesday, you might hear something out of this world.

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. DJ Hudson Mohawke is an alumnus of the station, and many like him have gone on to international

acclaim after learning the ropes there. Additionally, the station has developed a stellar reputation for running events across Glasgow, putting on club-nights, 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.

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.

[manager@subcity.org](mailto:manager@subcity.org)

# STUDENT MEDIA



## 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.glasgow-guardian.co.uk](http://www.glasgow-guardian.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.



Owain Campton (G-YOU) - <https://gyoumagazine.wordpress.com/>

## **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 normally published three times per year, with additional content and how to get involved at:

[www.glasgowuniversitymagazine.co.uk](http://www.glasgowuniversitymagazine.co.uk)

## **qmunicate & G-You**

Each of the two student unions publish their own student-run magazine, organised through their committee systems - Publications at the QMU 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 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 Report (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](http://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.

## *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.

# 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 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, vitally, 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.

Every year the SRC Advice Centre sees students who have been found to have notes or a phone in their exam, or who have failed to reference their work properly. The University deals very strictly with such cases.

For some students, the penalties mean they cannot get their degree. Don't believe anyone who says you can cheat and get away with it - it's just not worth the risk.

**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 are allowed into exams.**

**Check the rules on plagiarism and exam conduct, and if you are unsure, get advice at an early stage from the academic staff.**

**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.

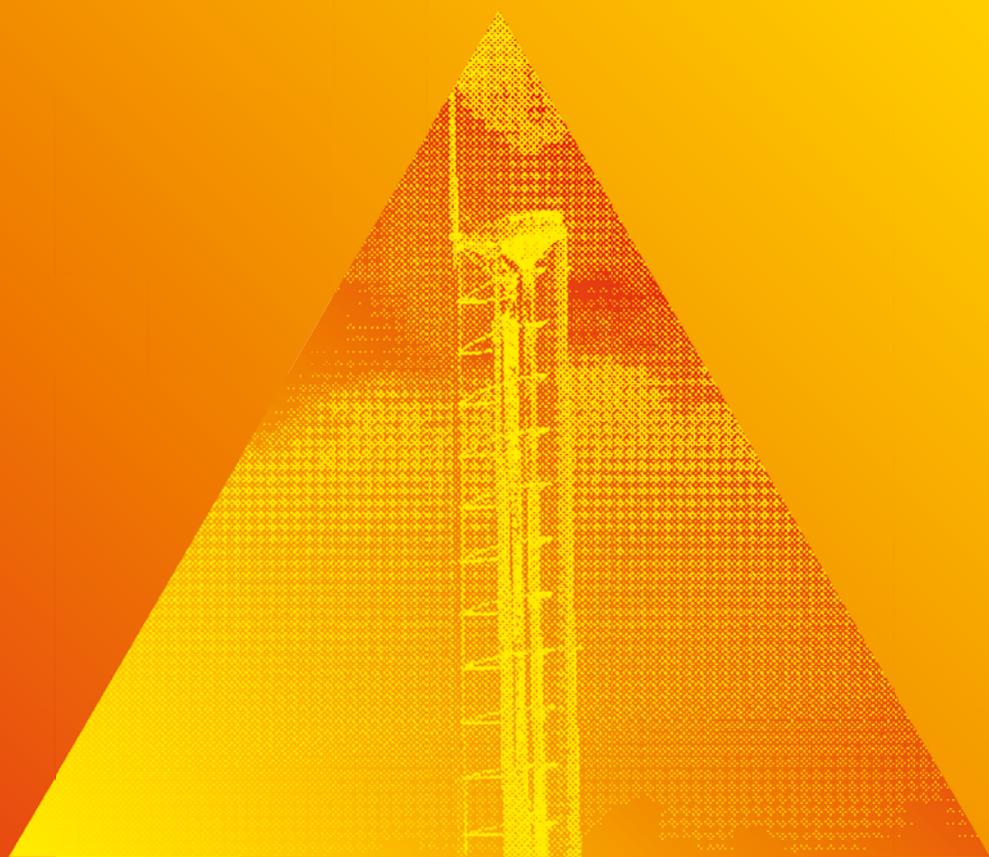


# SECOND HAND BOOKSHOP

Buy courses texts from other students at significantly reduced prices.



1ST FLOOR, MCINTYRE BUILDING, UNIVERSITY AVENUE  
[GLASGOWSTUDENT.NET/SERVICES/BOOKSHOP](http://GLASGOWSTUDENT.NET/SERVICES/BOOKSHOP)



1980s, the industry has been largely unresponsive to the environmental concerns of the public. The industry has been slow to adopt new technologies and has been reluctant to invest in research and development. This has led to a decline in the industry's reputation and a loss of public trust. The industry has also been slow to address the environmental impacts of its operations, such as air pollution and water contamination. This has led to a number of lawsuits and regulatory actions against the industry. The industry has been slow to address the environmental impacts of its operations, such as air pollution and water contamination. This has led to a number of lawsuits and regulatory actions against the industry.

# YOUR STUDIES

You came to the University of Glasgow to take part in 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 studying; the next section of this 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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THE ART OF STUDYING

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UNI WI-FI & TECHNOLOGY

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ACADEMIC SUPPORT



# GETTING STARTED

## THE ART OF 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 person 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 citing Wikipedia in your academic work, 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. If you are struggling with how to reference, or any aspect of academic work, talk to the Learning Enhancement & Academic Development Service (LEADS) - details on p50.

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 or you could end up having penalties imposed that reduce your marks and badly affect your course grades.

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.

### Balancing

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 24].



# GETTING CONNECTED

## UNI 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 McDonalds, 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 are 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 WiFi, 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](mailto:mail.student.gla.ac.uk). Using the University's email system is a good way of keeping your personal and academic life separate and making 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 pixi94x-oxo@ 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](http://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 15p/27p), 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 4p per sheet when you top 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.



# GETTING ENROLLED

## COURSES & MYCAMPUS

*Starting your course can sometimes be confusing; between online enrolment, finding your timetable, which electives to take, how to find 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.*

### My Campus

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](mailto:mycampushelp@glasgow.ac.uk).

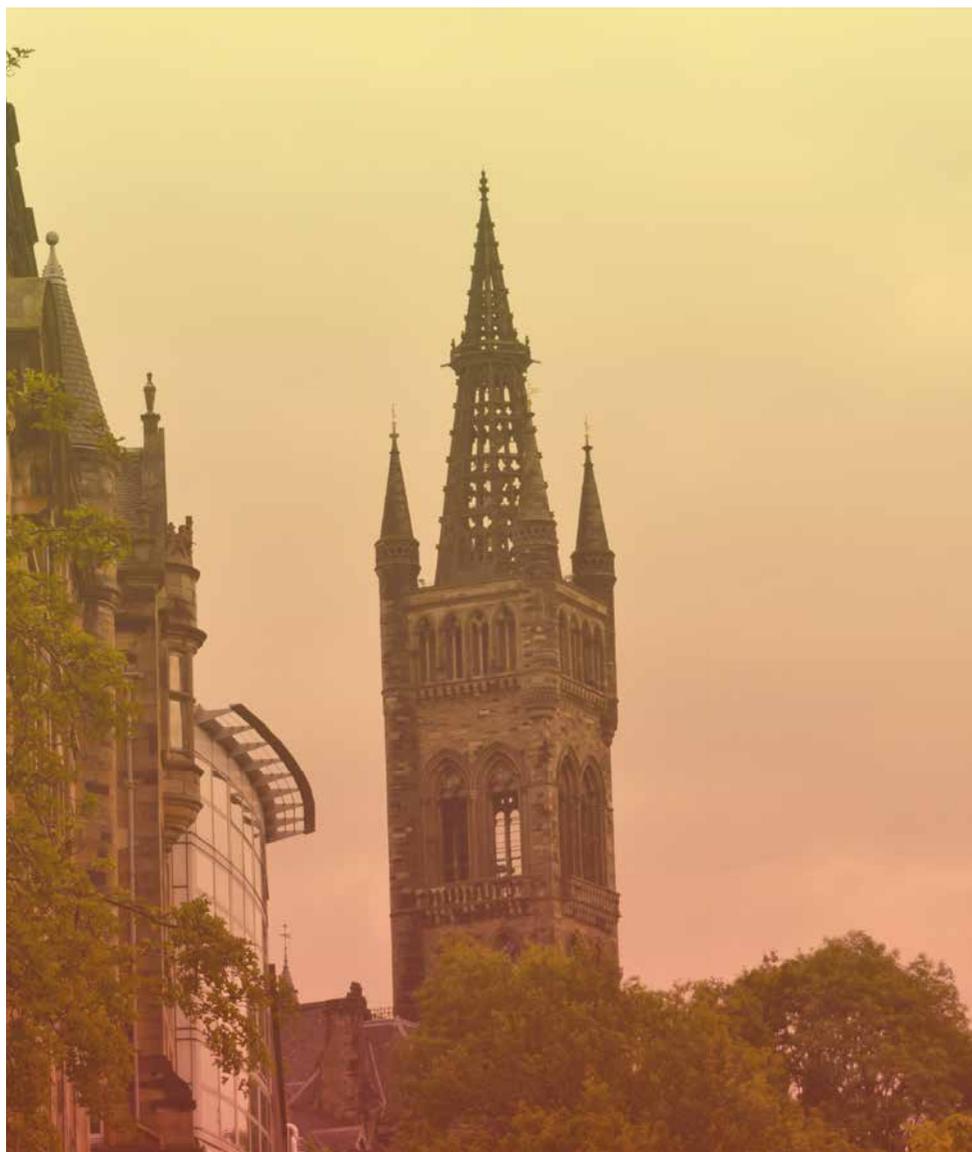
First and foremost, you'll use MyCampus to enrol onto classes and courses each year and check your timetable. If you do want to make any changes to your course choices, you can do so online via MyCampus within the timeframe mentioned below. Your timetable is automatically created depending on which courses 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 places available in the alternative course/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 will look into making the change (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.



# GETTING INFORMATION

## 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.*

### Borrowing Books

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 (4 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 one 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 check-outs in any supermarket you've ever been to.

Although the standard 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 course-mate'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, they have an online store, 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 online database for current stock and contact them on [bookshop@src.gla.ac.uk](mailto: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 consider making the most of during your time as a student. Don't be afraid to split the cost with course-mates 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.



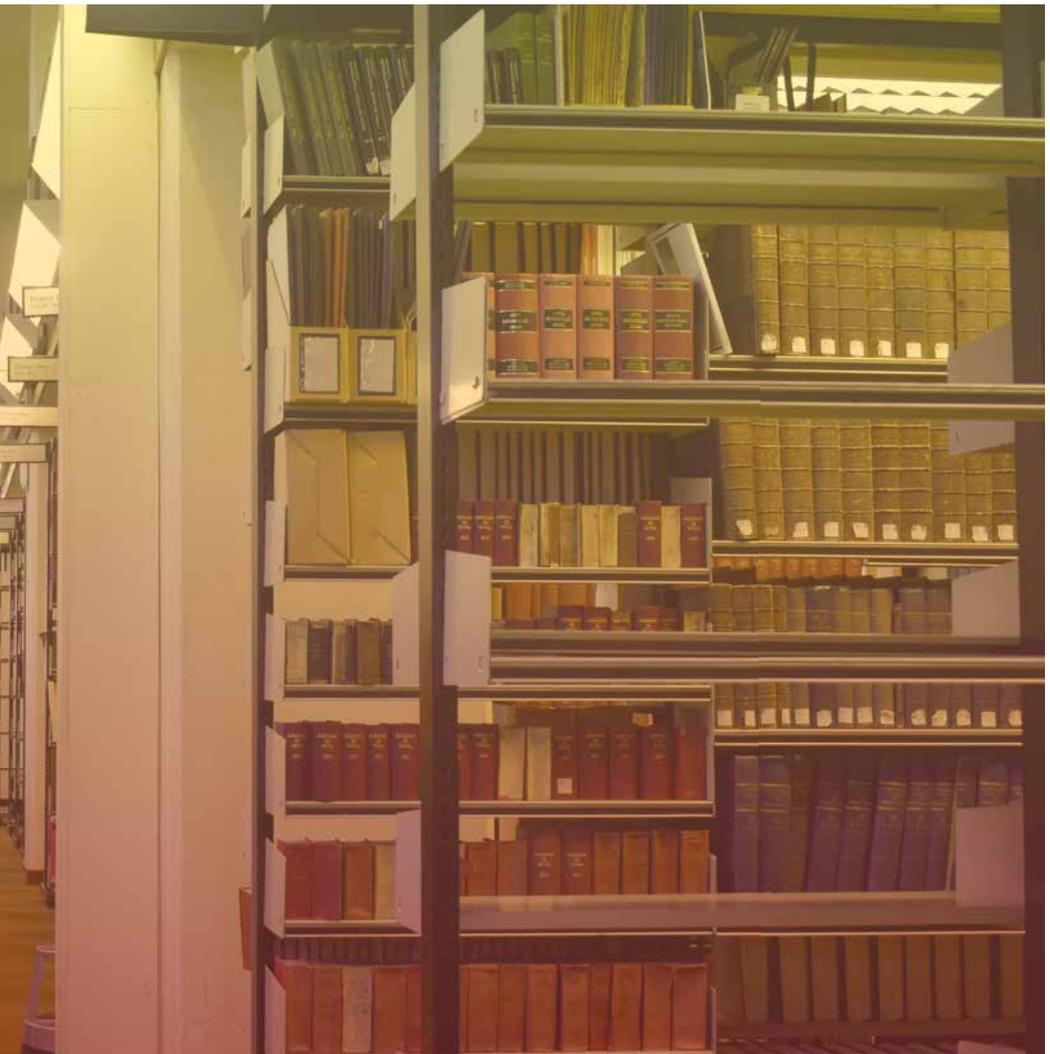
## Online Resources

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 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 by subject matter, by 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.



# GETTING HEARD

## 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 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

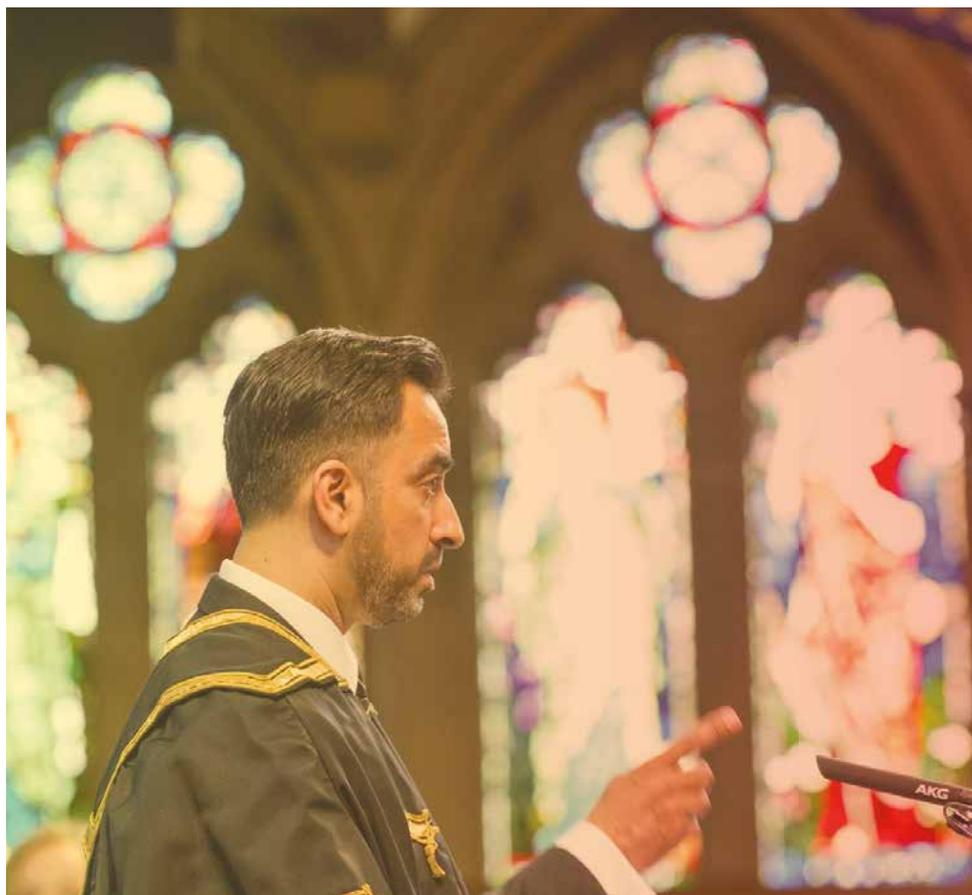
offered full training by the SRC, enabling you to fully understand the system you're part of and fulfil the role to the best of your ability.

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 levels 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 Research 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.

### Rector

Every three years, Glasgow students are given the opportunity to nominate and vote for a University Rector whose job it is to take the concerns of the students to the University Court.

The right for students to vote for the position of the Rector dates back centuries. 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).



# GETTING HELP

## 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 in 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/>

### 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 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, near 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 some academic support and advice.

Eased on the ground floor of the McIntyre Building, they can be contacted between 1130- 1600, from Monday-Friday. Not limited to just 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 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.

## TOP TIPS 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**

*Unsure about referencing or other study skills*

**LEADS**

*Disruption to work due to living situation*

**SRC Advice Centre**

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# YOUR CITY

Your time at UofG won't all be spent on campus or nose-deep in books. As Scotland's largest city and one of the UK's most vibrant cultural centres, Glasgow has so much to offer outside of your academic pursuits. The following pages should serve as a good introduction to the many ways in which you can best enjoy this city; your city.

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# PARKS

*Should you ever wish to get away from the hustle and bustle of city life then living in Glasgow you're almost spoilt for choice; affectionately referred to as the "Dear Green Place", Glasgow contains over 90 public parks and boasts the highest green space per capita of any European city. Here are a few of our favourite green spaces for relaxing, exploring or getting that perfect Instagram pic - as well as a few Top-Tips for living your best park-life.*

Starting off in the West End we have the Botanic Gardens and Kelvingrove Park, both of which are practically on campus. The Botanic Gardens lie at the north end of Byres Road heading out towards Murano Street and Queen Margaret Halls for anyone living at these halls of residence. Here you'll find plenty of grassy space for enjoying the 2 - 3 weeks of sunshine we get here in Glasgow as well as two Victorian glass-houses with tropical climates - well-worth visiting when it's freezing outside the rest of the year.

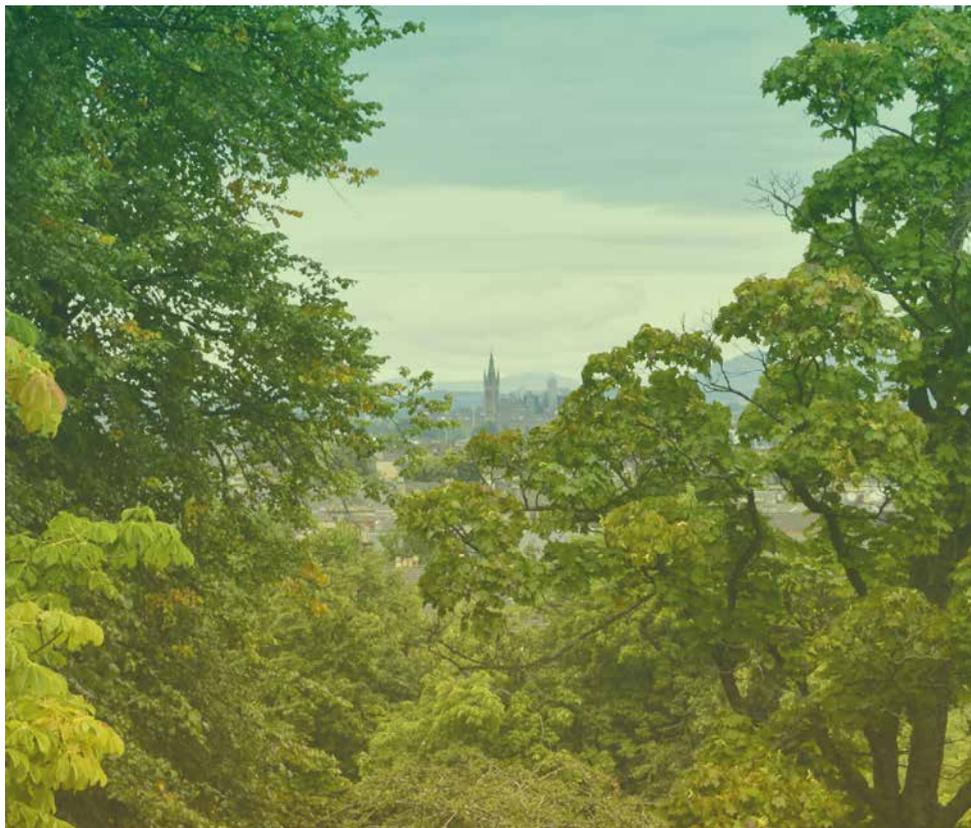
Kelvingrove Park (or 'KG' as we have heard the cool-kids calling it) starts at the bottom of University Avenue, next to the GUU and has a wee bit of everything, including: grassy hills, a skate/BMX park, riverside walks and more dogs and dog-walkers than you can shake a stick at.

Whether nature's your thing or not there's really no better place to go in the West End; year-round it's a perfect spot for clearing your head between lectures, chilling with friends or just taking five minutes out of our day to appreciate your surroundings. However, do be aware that in the height of Summer the Park can get a little crowded and although it is open to the public at night, unlike the Botanic Gardens, it's not fully illuminated so it's best advised not to go there after dark.

Moving toward the East End we've got Glasgow Green and the Necropolis. The latter of these is a Victorian graveyard situated behind the Glasgow Cathedral. You may be thinking, "a graveyard?", and though it may sound a bit spooky, it's really lovely and has a great vista over the City Centre.

Not far from The Necropolis, on the northern bank of the Clyde, is the famous Glasgow Green which is aptly-named; essentially it's a massive expanse of grassy fields divided by old trees & wide foot-paths. Notable attractions include: The People's Palace (see Culture: Museums pg. 58), the Winter Gardens (another Victorian glass-house) and several statues and monuments; including: the Nelson Monument and McLennan Arch - Glasgow's answer to the Arc de Triomphe. The Green is also home to TRNSMT festival in July (see page 84).

Over on the South Side of the river there's Queen's Park and Pollok Country Park. Should you be reading this after a few weeks of getting used to the West End bubble then the South Side might seem like ages away. However, if you're an adventurous soul, and don't mind taking a twenty-minute bus or train journey southward, then you'll be justly rewarded with two of the city's largest and more scenic escapes. Keep an eye out for the Highland Cows in Pollok Park!



## OUTDOOR DRINKING

Basically, don't drink in parks. It is against the law in Glasgow to drink from (or even have in your possession) an open alcohol container in any public place. This means you cannot drink alcohol anywhere other than private property: so parks, the street and even outside of your halls are totally off-limits. It may seem strict or bizarre if you aren't used to it, but the police take it very seriously and you will be fined £60 on the spot if you're found to be in violation.

## BARBECUES

Though not illegal, BBQs are against the rules in most parks and are generally frowned upon by the police, the council and local residents. Some parks have designated BBQ areas which are fine to use (Kelvingrove being one) but as a general rule try to avoid having disposable BBQs or outdoor fires in grassy areas as it leaves a black burn mark which spoils the experience for other park-goers.

## SAFETY

As mentioned above, it's generally not a good idea to enter any of Glasgow's parks after dark as sadly most of them are very poorly illuminated and therefore unfortunately can be unsafe as they attract unsavoury characters. Should you have to go into a park at night for whatever reason then make sure to bring a friend with you, have your phone on and ensure that it's charged.



# CULTURE

*The great outdoors not your thing? Or just sick of the horizontal rain? Well luckily Glasgow has plenty of indoor retreats for all you culture vultures, including: world-class \*free\* museums, art galleries both classical & contemporary, and some of the best theatres & concert halls in the country. Here's a wee introduction to a few of our favourite spots to visit on rainy days.*

## Museums

**Many of the objects, works and buildings which make up Glasgow's museums & galleries were gifted to the city by a few exceedingly wealthy benefactors - how nice of them eh? As a result, to this day most museums & galleries may be entered free of charge - often only asking for small donations.**

Right here on campus we have The Hunterian: a collection of artworks, historical artefacts and scientific relics housed across 5 buildings at the University which together make up the oldest museum in Scotland. Handily all within walking distance of one another, the museum is made up of the Hunterian Gallery & Mackintosh's House, found adjacent to the University Library; the Hunterian Museum, accessible via the Main Building; as well as the Zoology and Anatomy Museums, found down the lane towards the Kelvin Building (home to pickled stuff in jars).

Perhaps the most impressive building in Glasgow's cultural roster is the Kelvingrove Art Gallery and Museum. Found at the bottom of

Kelvin Way, it's only a stone's throw from campus and is a great place to take your parents/relatives so they can see how cultured you've become since starting University.

Free to enter and full of surprises, Kelvingrove has almost too many features to list. Notable best bits include: a full-size WW2 Spitfire suspended 20 feet in the air, an original Salvador Dali in an ominous dark room (Christ of St. John of the Cross), and a monumental church-organ, over 100 years old, which is skilfully played at recitals that take place Monday - Saturday, at 1PM.

If social history is more your thing then check out The People's Palace on Glasgow Green, or Scotland Street Museum near Shields Road Subway station. Both are beautiful buildings in their own right, the latter was a primary school designed by Rennie Mackintosh. They also contain excellent exhibits on what life was once like for the people of Glasgow.

On the north bank of the Clyde between Partick and Yorkhill, the architecturally stunning



Riverside Museum boasts an exhaustive, if slightly interestingly-presented, visual history of the city's transport, a three masted baroque tall ship, along with Glasgow's sporting and industrial exports across the world. Worth visiting to see the funky old Subway Train.

Across the Clyde from the Riverside is the Glasgow Science Museum, or Science Centre. The museum hosts hundreds of exhibits and interac-

tive learning toolshat simply, yet un-patronisingly, explain a full spectrum of scientific concepts and fundamentals. It may seem 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. However, students do get a discounted entry for £13 which also gains you access to the Glasgow Science Tower.



## Art & 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.

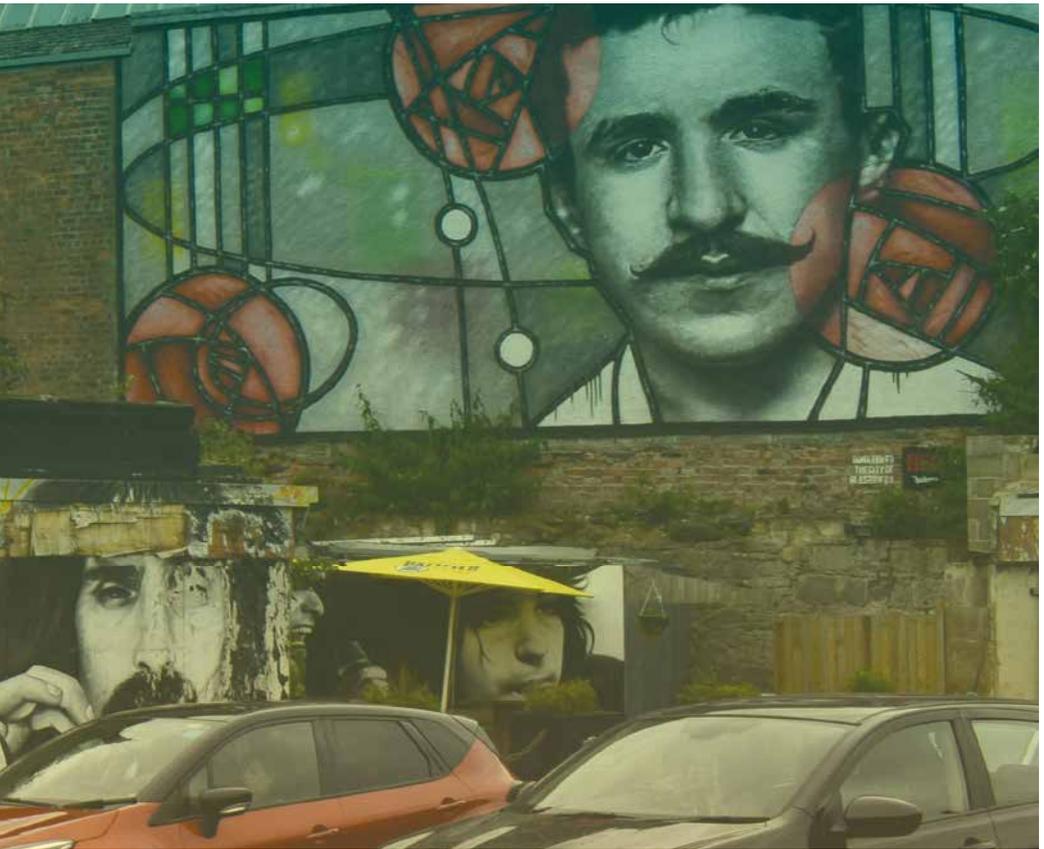
Each spring Glasgow School of Art hosts its degree shows, with work from students showcased at its City Centre campus and venues around the city. It's an incredible showcase of young talent, so worth seeking out.

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.

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.

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. 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 and the building's original mortuary sinks (it also houses some of the city's biggest and best gigs, clubnights and DJs.

Glasgow is also 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. It is easily accessible by train.

There's art all over the city really; if you're out and about exploring then keep your eyes peeled and your mind open and you could stumble upon some beautiful art anywhere in Glasgow.

Especially look out for the variety of building-spanning murals in tribute to Glasgow itself (the tribute to St. Mungo in the Merchant City) or its icons (the Billy Connolly murals are wonderful and well-worth seeing in person in the Kelvin-grove Art Gallery).



## Theatres

Theatre in Glasgow can be found in nearly every format and venue imaginable. From classic Shakespeare in velvet-adorned auditoriums, to drama students performing in the middle of the street.

### *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 Cinderella. The theatre building itself recently underwent a multimillion-pound rebuild, and it's

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 with a capacity of just under 1,800, meaning tickets aren't too difficult to come by. They host one of the best annual pantos available in Glasgow; this year it's Aladdin.



### *Independent Theatres*

The Ciitizens Theatre, pictured above, is as its name would suggest a theatre for the people. It's a proper Glasgow insitituion and is the favoured theatre of both city veterans and idealistic students, staging all kinds of works with a distinctly Glaswegian flavour. It's closed right now for much needed refurbishment and will re-open in Autumn 2020, and in the mean-time most of their shows are moving to the Tramway near Pollokshields (p.61) you can find more info on their site: [wearecitizens.citz.co.uk/we-are-moving](http://wearecitizens.citz.co.uk/we-are-moving)

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 edge, 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 Oran Mor, 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 cheaply, and with, eh, a pie and a pint.



# ENTERTAINMENT

*If culture isn't your thing, or perhaps you just want a break from the high-brow, then Glasgow has a plethora of options for entertainment of a lighter kind. If there's one thing that can be said of Glaswegians it's that they love having a laugh: the city is bustling with comedy clubs, cinemas, drag nights, quizzes and more. Here's a quick taste of what's on offer.*

## Cinemas

Glasgow has had a love affair with the silver screen for the best part of a century; in the 1930s the 'Cinema City' was said to have had more film screens per person than anywhere else in the UK.

Although the rise of streaming services and pirate movies may be closing down picture houses all around the world, for any of you who still savour the experience of a trip to the cinema then Glasgow is the place to be.

First off we'll cover a few of the more commercial cinemas which mostly show the latest block-busters, but occasionally also have special screenings of classic films. Nearest to campus, and in fact practically on it, there is The

Grosvenor on Ashton Lane: a lovely little cinema with 2 screens, plush leather seats and a licence to serve alcohol. This a great spot for catching a flick after lectures but be warned: it has limited seats meaning you may need to book in advance.

For something a bit bigger take a 5 minute Subway ride to Buchanan St. via Hillhead and you'll be within walking distance of Cineworld Renfrew Street. As in most of the corporate cinemas, tickets and confectionery there aren't exactly cheap (£6.50 - £8.50 for a student ticket), however if you're a real movie buff and think you'll be there often it's well-worth investing in an Unlimited Card. At the time of writing these cost £17.90 per month which may sound pricey, but if you see a film or two every other week then it's pretty decent value (other places



offer similar deals so shop around if you can).

Elsewhere in the city we have an IMAX Theatre, with a massive screen, located near to the Glasgow Science Centre; an ODEON Luxe, with amazing recliner chairs, found at the Springfield Quay across the Clyde from the City Centre; and another ODEON out at Braehead. The latter of these is located in a shopping centre accessible via a 20 minute bus from Partick Station.

For the connoisseurs among you, Glasgow has some excellent smaller picture-houses that show the latest in international, arthouse and critically-acclaimed cinema. The most notable of these is the Glasgow Film Theatre or GFT. This beautiful cinema is unique within the city, and perhaps the country, in that it is one of the only

purpose-built arthouse cinemas of its kind and was in fact the second ever to be constructed in the UK. The GFT also differs from most cinemas in that it continues to function as an independent charity, rather than being part of a corporate chain.

This means that their staff and volunteers get full say on what films they show, and allows them to maintain traditional cinema practices such as showing film on reels and hiring trained projectionists. Their independence is also good news for you as it means they can do great deals like their 15 - 25 Card, which gets you tickets for only £5.50 should you be under 25. For more on getting the best of Glasgow's Cinemas check out our segment on the Glasgow Film Festival on page 84.



## Comedy

All things considered, Glasgow has a pretty strong track record when it comes to comedy. The likes of Billy Connolly, Frankie Boyle, Kevin Bridges, Karen Dunbar and Susan Calman all first cut their teeth in Glasgow's pubs and comedy clubs. The comedy scene in the city is still strong today, if you know where to look.

The Stand is really the centre of Glasgow's comedy scene for most of the year. Located near to Gibson Street, this Glasgow institution is brave enough to offer stand-up entertainment seven nights a week the whole year round. You can find everything there from seasoned veterans trying out their material to new blood choking in front of a typically unforgiving Glasgow audience.

Their best value night, at only £3 entry, is a Tuesday but also look out for the odd times when some of the bigger comics come back to their home turf to brush up on their Glesga patter - it's not often you get to see Frankie Boyle for around a tenner.

Elsewhere, the City Centre's YesBar hosts live comedy every Friday and Saturday in the basement and The State Bar off Sauchiehall Street has comedy nights once or twice a month. If big name comics are more your thing then you're best looking to the city's large venues such as the SECC, or O2 Academy. If you're a big comedy fan make sure you're free in the month of March as this is when the International Comedy Festival takes over many of the city's venues (see pg. 84).



## Drag

Glasgow, like most large UK cities, has always had a drag scene but for a long time it was more underground. These days, thanks in-part to the explosive popularity of RuPaul's Drag Race, drag has become more mainstream and many bars and clubs host their own drag shows or drag bingo nights as part of their weekly line-ups. Here's the tea on just a couple of the Glesga Drag shows.

### Drag 101

Run by Dharma Geddon and Alana Duvey, Glasgow's drag queen power couple, Drag 101 takes place once a month right here on campus in the Gilchrist Postgrad Club. Expect to be *#shook* by Dharma's insane looks which in the past have included: Mr. Freeze (complete with

dry ice) and once we saw her wear what can only be described as a giant robot claw-machine; it really had to be seen to be believed.

### Mothertucker

Accurately billing themselves as 'Glasgow's most WACKY, BIZARRE and FABULOUS drag show', Mothertucker takes place every other week in the city's premiere LGBTQ+ Club, The Polo Lounge. It is perhaps one of the city's best nights right now - especially for variety as they constantly have new themes. Recently their five queens (RuJazzle, October Fist, CJ Banks, Lawrence Chaney and Axel Aurora) have covered: 'Pixar', 'The UK' (Maggie Thatcher featured) and Memes. RuJazzle also runs Lady Balls Bingo at the Hillhead Bookclub not far from campus.



# DINING

*The last few years have 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 cooking - and the kind of sticky street/pub/fast food that you lust for after-hours. This section will introduce some of the city's 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 these three sites 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

*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 for when you can't be bothered to make a lunch.*

### On Campus

Both unions offer cheap eats; the GUU has a Subway, the Union Kitchen and G12 cafe, and the QMU's Food Factory are solid choices. The QMU also offers a bistro, Scran, for something more substantial and upmarket without breaking the bank. 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 - crackling, cheap and filling food served by 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 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 Cafe Monza on Dumbarton Road for a killer panini. Tennents 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, or Bread Meats Bread for excellent burgers and poutine to-die-for. The Ark near Strathclyde has decent Mac & Cheese.

## 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.

**Curlers Rest:** Conveniently located on Byres Road, Curlers Rest is a classic gastro-pub. It's not cheap, but it's offerings are good-to-great depending on what you've ordered.

**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.

**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.

## Late Night and Takeaway

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 if you have a more discerning taste in chips check out Morello's in Woodlands or Bon Appetit in Finnieston.

# DINING



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 make sure that not every one is deep-fried.

Managing to find healthy-ish options for fast/convenient food is easier now than ever with on-line 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.

## Date Night

If you're hosting friends or family and want to show off how cultured and sophisticated Glasgow is, there are plenty of upscale dinner spots to show off just how good we do food in this city. Be warned however, eating as well as this doesn't come cheap.

## *Ox & Finch*

They 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'll miss it, this tiny eatery is tucked away at the bottom of Byres Road. The menu changes every week according to what ingredients they have available, but whatever's being served will undoubtedly be outstanding quality.

### *Six by Nico/ 111 by Nico*

A tiny bistro cafe, 111 by Nico is situated in residential Kelvindale between a Spar and a dry cleaners. Though its 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. Recent themes have included Willy Wonka, the 1970s, and Vietnamese Street-Food.

## BEST OF GLASGOW

**Pizza:** Baffo (Argyle St.)

**Curry:** Mother India's Cafe (Argyle St.)

**Seafood:** Crabshakk (Argyle St.)

**Tapas:** Elena's (Old Dumbarton Road)

**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 St.)

**Fish & Chips:** Merchant Chippie (High St.)

# DINING

## 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 cafe is on Gibson Street.

**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.

**Offshore** Favourite of students. A great space to meet friends, work on projects and, of course, drink some cracking coffee. Sublime cheese toasties.

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

## Veggie and Vegan

Whether you're a dyed in the wool vegan, a part-time pescetarian or just a curious foodie: Glasgow has an excellent reputation when it comes to veggie and vegan eating.

Down in Finnieston is The 78, a great vegan eatery with a decent menu and drinks selection, then just off Gibson Street is Tchai Ovna, a tea house with a fascinating range of brews and a menu of freshly-prepared vegan snacks. Excellent live music, quirky seating arrangements & shisha pipes on request...

In town are Mono, Stereo and the 13th Note which, as well as being great little healthy eateries, are all excellent live music venues and bars (Mono is also a record shop). Be sure to check out the creative suggestions you'll find on their specials boards.

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.





# DRINKING

*Based on its colourful history, Glasgow has a bit of a reputation outside of Scotland for being 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, avoid football colours and, most importantly, don't be silly 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 are 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 Oran Mor, an impressive old church building tempting visitors with a nice outdoor area but pricey drinks.

Walk a bit further to get to Cottiers (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 their 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 17:00 on weekdays, or 'trendy professionals' at the weekends. There are a few diamonds to be found East of the City Centre, with Blackfriars, Bar 91 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 be silly 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 Cafe 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.

## Off-Licences

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

- You won't get served before 10:00 or after 22:00.
- No multibuy deals (2 cases of beer for £15 etc).
- Don't drink any of it in public.

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 a 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.

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.

# GOING OUT CLUBS



*Glasgow may be better known for its live music scene, but it has also boasted a thriving club landscape since the late eighties. Whether you're just into chart music and a cheeky vodka coke, or if you want to find something more niche; Glasgow has a wealth of options for late-night revelry ranging from the mainstream to the underground, and cheap to pricey.*

As a rule of thumb Glasgow's clubs open after 22:00, get busy around 00:00, and shut no later than 03:00 (although at time of writing 04:00 licences are being discussed). It's very important to note that you can't get in after 01:00 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 early study session. Discounts, or indeed free entry, can be found on Facebook pages, Twitter hashtags, mailing lists or friendly PR staff hanging around 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. The Facebook Local app is also useful.

## 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 each have their own clubnights; these are generally



*Cameron Brisbane Photography ©*

considered safe student spaces, are the best value, and are good and busy at the start of the academic year and on seasonal holidays such as Halloween & St. Patrick's Day. GUU's purpose-built nightclub HIVE have their big night every Thursday, while the QMU have a fem-pop night one Friday every month named SNATCH, plus a few karaoke clubs scattered across the 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. At opposite ends

of Byres Rd. you'll find Oran Mor and The Record Factory. The Record Factory offers cheap drinks, is open til 02:00 seven nights a week and serves some pretty decent burgers. The Oran Mor is the gothic church building on the corner of Great Western Road where you'll often find cast members of River City drinking on the weekends. Drinks are more expensive 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-come-art gallery has a wonderful programme of club nights, gigs, DJs, and launch nights.

## City Centre

Eventually after one too many nights at the Unions or Viper you'll fancy venturing into town. If you're heading out from halls with a group it's pretty cheap to get a taxi - although getting one at the end of the night can prove more difficult.

Invariably you'll end up on Glasgow's 'clubbing strip': Sauchiehall Street. Here you'll find a selection of late-night bars, kebab shops, two casinos and a couple of the more mainstream clubs. The largest of the clubs here is The Garage - hard to miss as it has a big yellow truck sticking out of the wall above the entrance. This place is a bit of a Glasgow institution and its sweaty walls could certainly tell some tales. While it is cheap and cheerful, its sticky floors and cheesy tunes may not be to everyone's taste.

Also on the Sauchiehall Strip you'll find Mango: a latin-theme club-come-bar-come-restaurant. Entering can be a bit confusing as it can involve walking through ongoing Salsa classes, but once inside they play some very spicy tracks and the drinks are reasonably well-priced (plenty of Tequila).

Also worth mentioning on this street are Nice N Sleazy, Broadcast and Firewater. You'd probably class these more as late-night bars, however, each of them also have fairly regular club-nights in their basements. It's well worth following their pages on Facebook to see what nights are coming up (our pick for 2018/19 is Broadcast's Steamed Jams - the best techno/house/disco with a Simpsons twist).

For a charty vibe with fairly cheap drinks check out Bamboo and Kokomo which are conveniently right next to one another. Also weirdly close to each other are Kushion and Flat 0/1. These clubs couldn't be more different; Kushion being a rather fancy affair - expect guys in shirts and girls in heels - while Flat 0/1 is far more chilled out, hosts techno/house nights and sells a selection of questionable beverages (Buckfast being one).

If you're serious about your clubbing then Glasgow's underground scene is one of the world's best. 22 Jamaica Street is home to the Sub Club - a renowned basement club which has been



<http://subclub.co.uk/>

running for over 30 years. The Subbie residents Harri & Domenic play there every Saturday, and throughout the year the club plays host to some of the best DJs from around the world. Not far behind Subbie in terms of clubbing-prestige are The Berkeley Suite, La Cheetah and Stereo. Though these more serious clubs can be pretty pricey and the door staff more picky than most, the quality of their soundsystems and the calibre of their bookings are unparalleled.

## LGBTQ+

AXM and The Polo Lounge comprise Glasgow's most popular LGBTQ+ 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. Hot Mess is another popular night, found close to home at SWG3's Poetry Club, and Push It (though not explicitly LGBTQ+) is very welcoming to party people of all kinds.



# GOING OUT 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 intimate to the super-mas-sive; 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, online magazines as well as *The Skinny* and *The List* magazines which 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 Kylie Minogue, David Byrne, and Bring Me the Horizon.

When it comes to arena gigs, Hampden 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.

Just south of the river you'll find the O2 Academy, which is only a short walk from Bridge Street Subway. It's sister venue the O2 ABC burned down in a tragic fire this Summer so a lot of its gigs and clubs have now been moved to the Academy.

## Local & Intimate

Most bars looking to court the student market will have some kind of live music slot in their weekly schedule - it's worth looking around to see what you can get to (or what to avoid, you might not want someone singing in your ear). 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 can be nice to hear something more 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.



Cameron Brisbane Photography ©

## Somewhere In Between

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

The University's own QMU is still used for live music after 50 years in the game, with touring acts visiting the nine hundred capacity venue very 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 small acts in Jim's Bar throughout the term - these nights are great for seeing the latest local talent.

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 see-

ing 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 semiregular 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.



Cameron Brisbane Photography ©

# GOING OUT FESTIVALS



*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

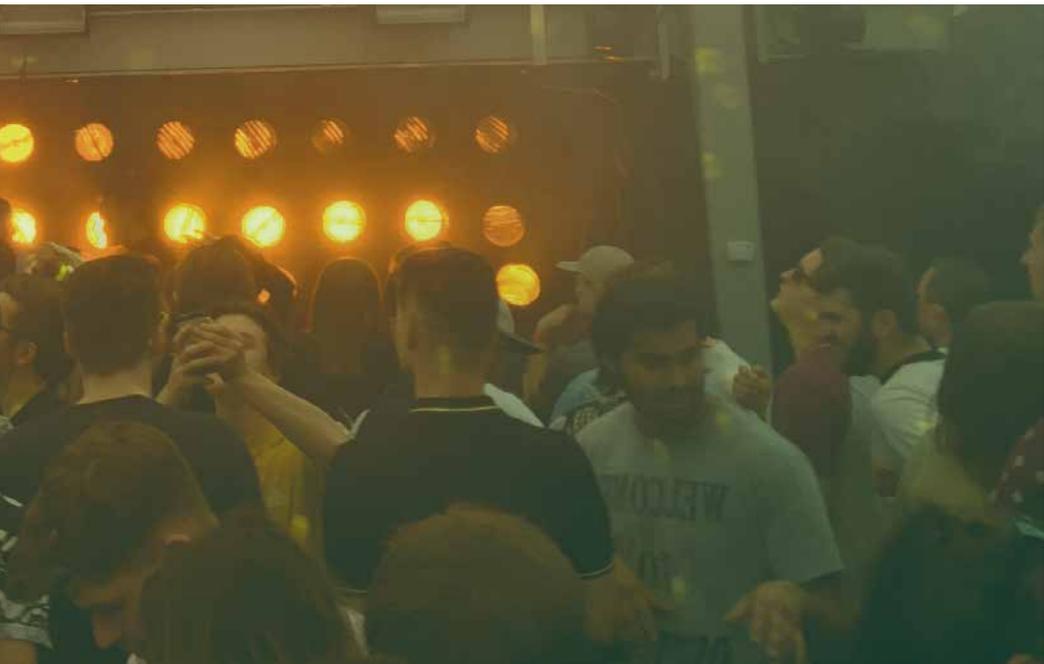
The respected Celtic Connections festival comes in January bringing music from across the world to the city. Don't be put off when you see the line-up and don't recognise half the artists, it's arguably the biggest collection of musical talent in Scotland at any time of the year and brings in fans of 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 2018 and has already announced it'll be back 12-14 July 2019. 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. It's a cracking showcase of cinema in the ever-charming Glasgow Film Theatre and several other venues. 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 Writel, 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. 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 last year saw 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, Platform, StrEAT, Dockyard Social, Glasgow's Whisky Festival, Scottish Gin Fest, Let's Eat, Glasgow Vegan Festival.

## Cultural

5th November - a sleepless night for animals, but a 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. They also provide volunteering positions for those into events.



# SPORT

*Glasgow has a rich and diverse sport 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 night-club), you'll find spectator sports all over Glasgow, so set 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 postmatch 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.

**Partick 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, Kingsley, a bizarre star-shaped creature that looks like child's drawing of a sun.

## 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.



## Rugby

Glasgow's principal 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 sportstaking place all over the city. Well-established sports like cycling have new homes such as the Sir Chris Hoy Velodrome in the East End. 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.



# POLITICS

*Glasgow is a political hotbed and always has been. If you're the kind of person who likes to go into places 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 through in Edinburgh.*

## Local Government

Glasgow was, for a long time, considered a Labour stronghold at city council level, with the party holding a majority for 37 years, until last 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.

## Scottish Government

Holyrood hosts the Scottish Parliament, the devolved government in charge of Scottish laws including education, health, agriculture and justice.

The 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 2017 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.

## UK Government

As part of last year's drama, 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 UK 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 Nicola Sturgeon's brigade. The MP for the University constituency is the SNP's Patrick Grady.

## Media

The nation isn't exactly short of 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.

# STYLE



## Hair & Beauty

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.

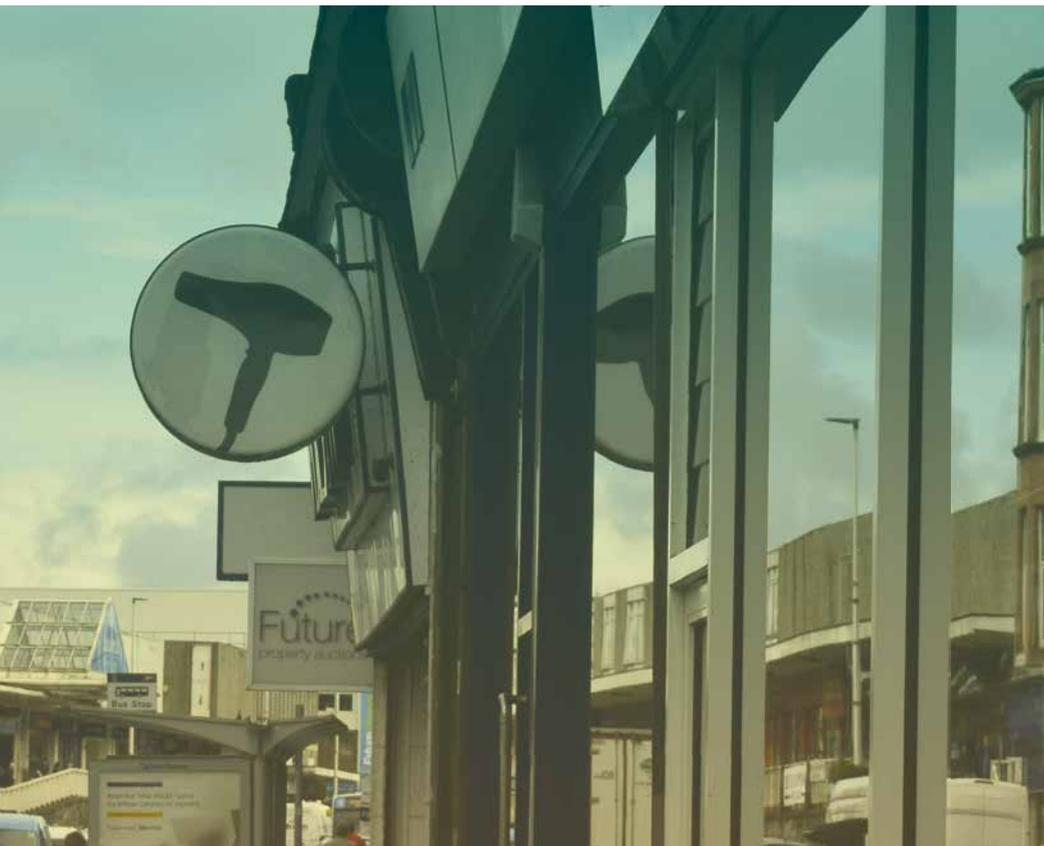
**If you're new to the city and worried about finding the right hairdresser here's some tips on finding reliable, affordable and friendly local businesses that will keep you looking sharp.**

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 lower the price, sometimes quite dramatically.

For guys, Kelvin Hair 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 Tron-gate, just off Argyle Street, which has a handy app for booking, but is definitely not for those on a budget.

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. the best advice we can give is to figure out a budget, find somewhere that fits and give somewhere a try.

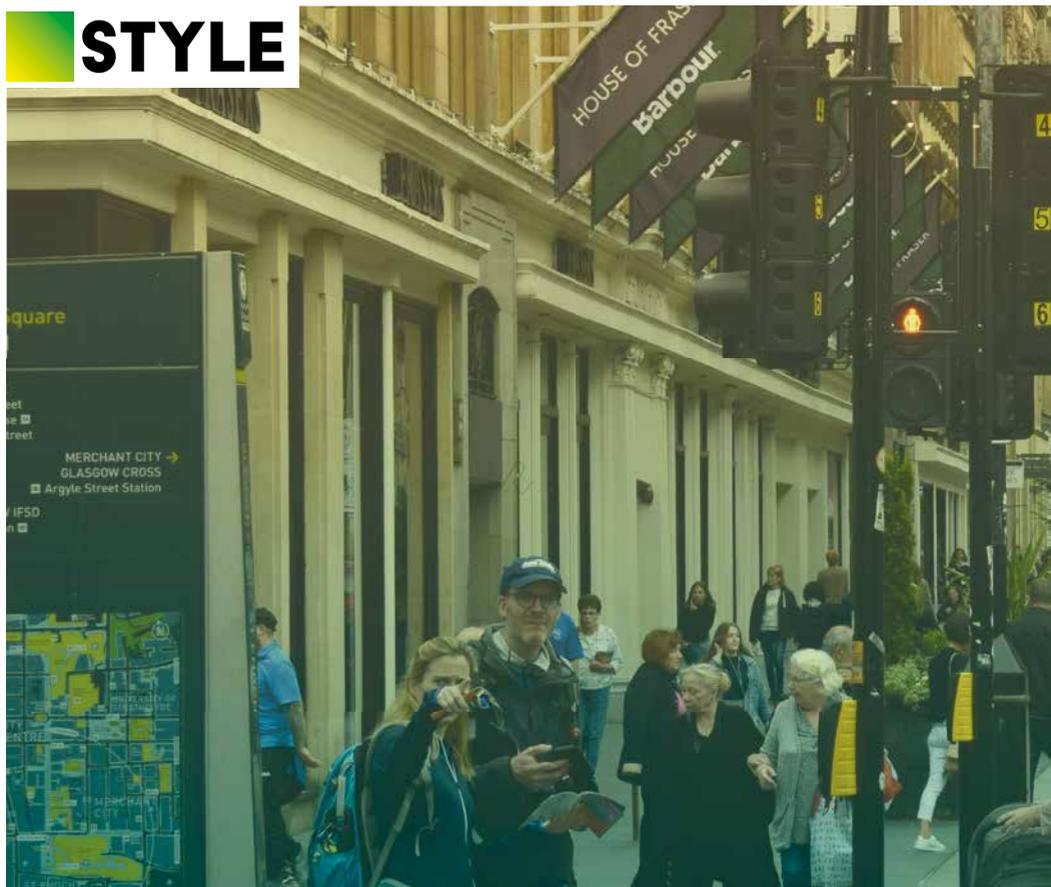
There are literally hundreds of places in the city and outskirts where you could get a decent hair cut so go have a look around your part of the city.

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 a 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.

# STYLE



## Shopping

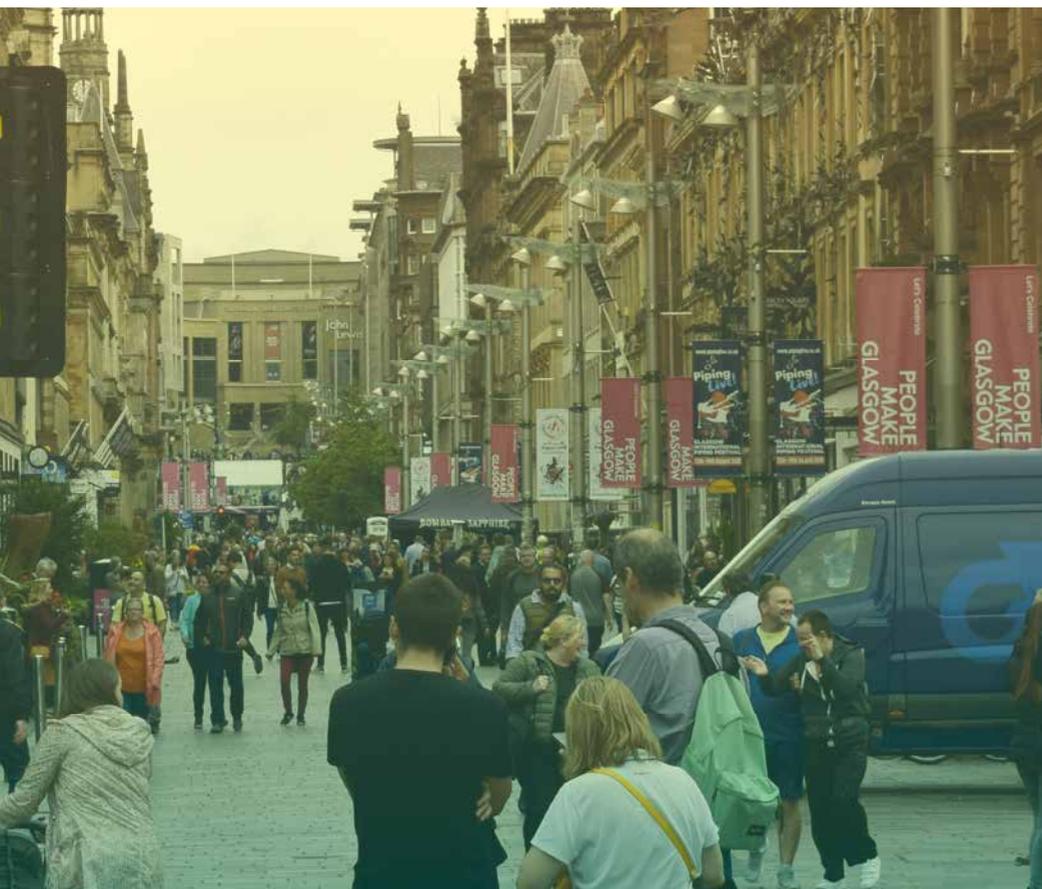
Two fun shopping facts about Glasgow: it is not only the second most popular shopping destination in the UK, it's also the second largest, with only London pipping it as a consumerist haven. You can buy anything in Glasgow; whether you want the latest designer gear or love trawling through racks of vintage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

Though often described as 'the Golden Z' or 'the Style Mile' by councillors and city planners, 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 Street and the Savoy Centre, which has to be experienced at some point in your first year in Glasgow.

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 on Dowanside Lane (opposite Hillhead subway) is Starry, Starry Night, a vintage-shopper's 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.

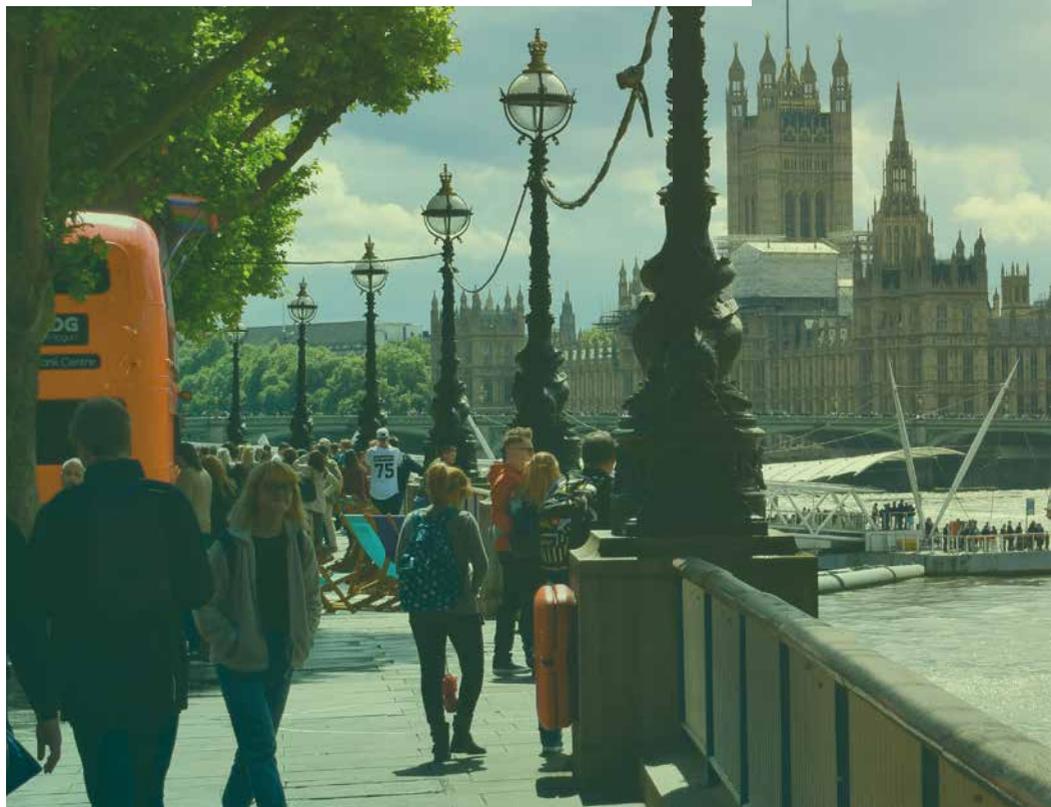
For more traditional shopping in the West End, head along to Partick and you'll come across West End Retail Park, which in addition to a large Sainsbury's and Marks and Spencers for food, also boasts a Boots, an Argos and a Home Bargains for picking up useful things. Weirdly, you'll also find two different outdoors shops (citizens of Partick love camping apparently), a Cafe Nero and a 24Hr McDonalds.

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').

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.

# EXPLORING



*Lovely though the 'Dear Green Place' is, eventually you might fancy going beyond the city-limits to see what else is out there. With its two major train stations and ample bus routes, even without owning a car Glasgow is the perfect place to kick-start your exploration of Scotland and beyond.*

If you're planning something more significant than a day trip, it's usually a good idea to figure out where you're going to stay before jumping on a train or bus out of the city. 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 roll-



ing hills, whatever they are. Great for giving your visiting family a sense of 'real Scotland'.

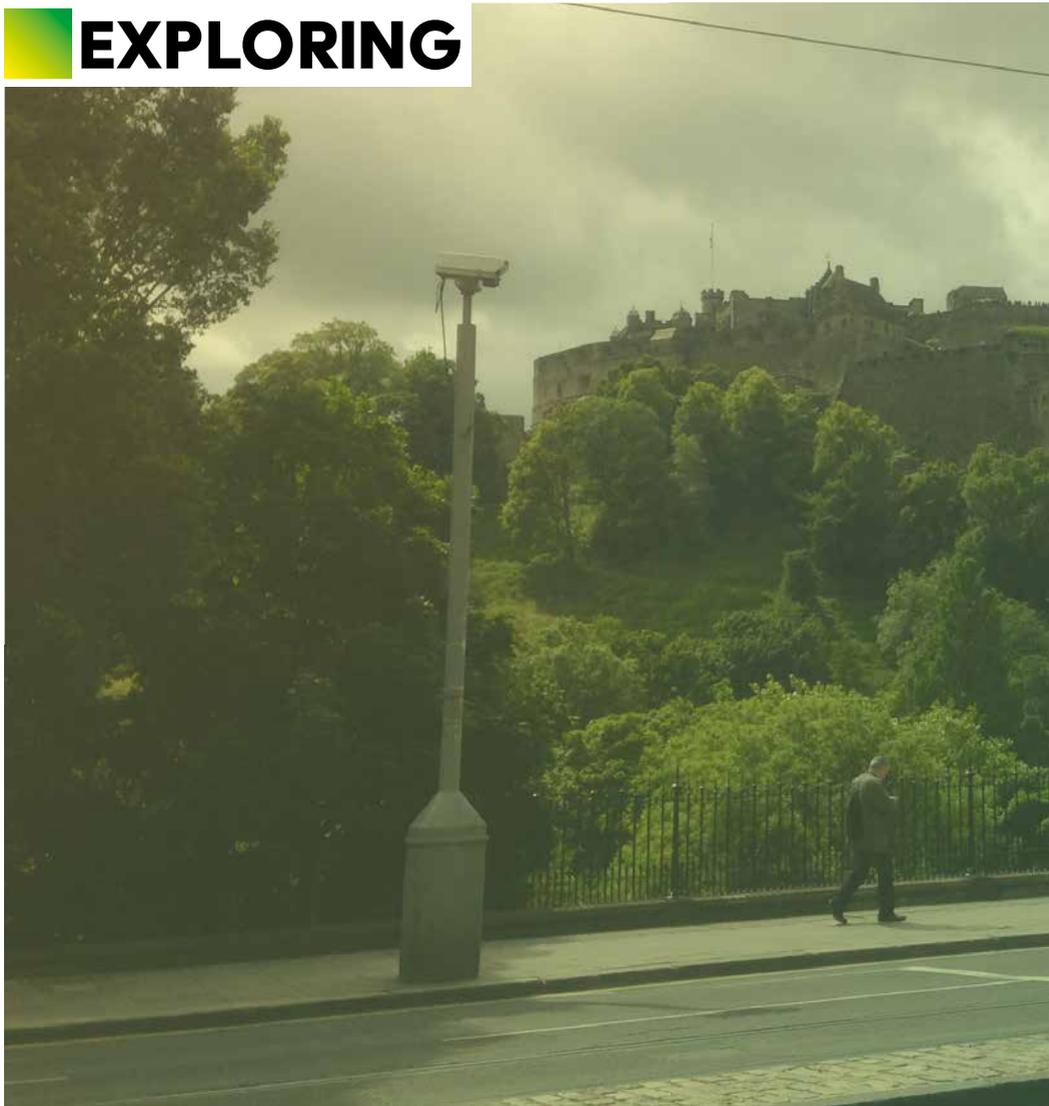
Bring lunch unless you want to spend a lot on mediocre sandwiches at Lomond Shores and don't forget an umbrella (wherever you go) as Scottish weather is unpredictable. Further north, Tyndrum has the best chippy in Scotland (Real Food Café), or jump back on the train to the West Coast and Oban. Oban is 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 fewer 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 Nardini's 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 or keep going for only 4 or 5 hours and you'll find yourself in LDN.

# EXPLORING



## East

At some point you'll think it's a good idea to head to Edinburgh; there are 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

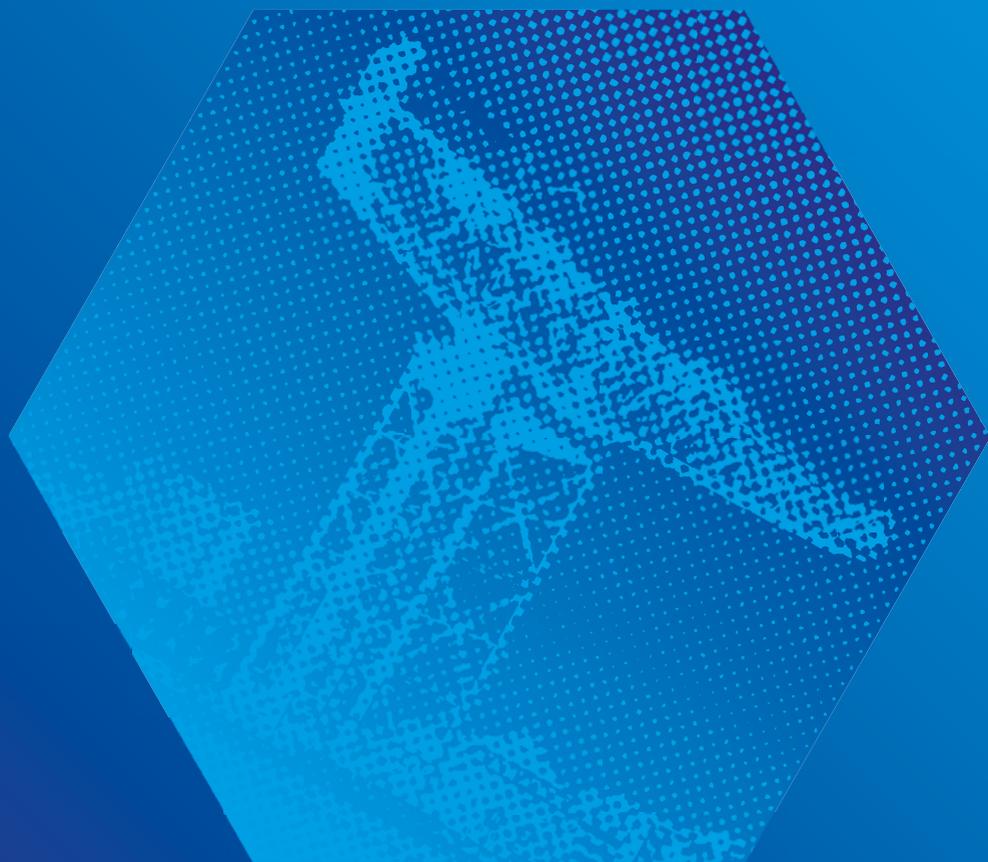
sea of tourists to see literally anything of interest, though. If you're in Scotland for the summer and fancy a day of culture at the international festival, it's absolutely worthwhile, even if you just do the free shows. The Fringe is basically a giant Freshers' Week, so be prepared to be bombarded 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 Brodick within a couple of hours. The joint rail and sail ticket is around £10 each way and if you fancy making a weekend of it there are dozens of cheap B&Bs and camping

pods available on the island. Also out West, up the road from Galloway Coast and Stranraer is the Cairnryan Ferry Port, from here you can get to Belfast on the ferry in a couple of hours. 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. Book as far in advance as possible and you could quite easily sort a short break abroad in April 2019.



# YOUR LIFE

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.

## ACCOMMODATION

MOVING IN 1 0 0

MOVING ON 1 0 6

## TRANSPORT

GETTING AROUND 1 1 0

GETTING AWAY 1 1 4

## WELLBEING

PHYSICAL HEALTH 1 1 6

MENTAL HEALTH 1 1 8

SEXUAL HEALTH 1 2 0

STAYING SAFE (TW) 1 2 2

## DRUGS

1 2 4

## NUTRITION

1 2 6

## MONEY

1 2 8

## JOBS

1 3 0

## FAITH

1 3 2

## LGBTQ+

1 3 4



# 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 from any of these options, as there's plenty to be excited about.*

## Leaving Home

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 flat-mates who made the leap into the great independent 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.

## Staying 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 missing out or isolation, 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.

## Private Halls

The West End is packed with private student accommodation. Third party halls are more commercial and luxurious than University halls, with high quality fixtures and fittings, high speed wi-fi, en-suite rooms, but they do come with higher prices, and unlike the 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 Flats

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



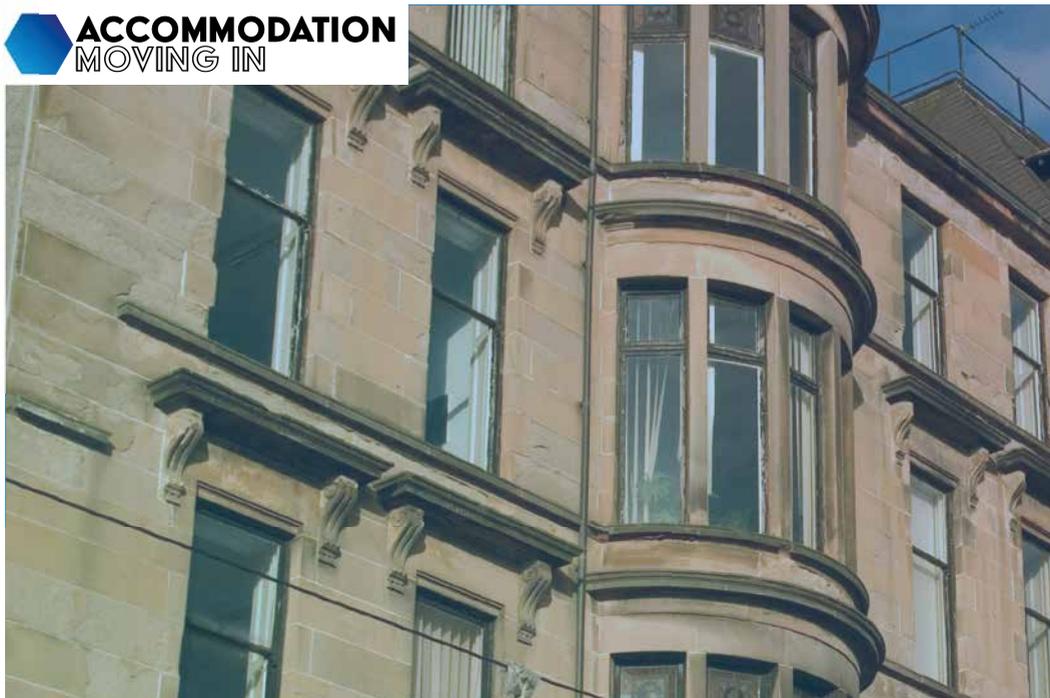
## Living in Halls

The majority of new students opt to live in University 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 in 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.

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/not-for-profit companies, however your contract is with the University as your landlord and 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.



## Halls

There are ten official halls of residence spread across the city and based around the main campuses (if you include postgrad accommodation). 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.

*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 or 4th year students choose to live here.

*Kelvinhaugh Gate* has 250 bedrooms and is about 15 minutes walk from the Uni.

*Lister House* is a mixture of single rooms, 1-bed flats and family flats. This tends to be occupied by postgraduates.

*Maclay* is postgraduate accommodation with over 400 beds and is about a 20 minute walk from the University, in the Yorkhill area.

*Student Apartments* are closest to campus, being traditional tenement flats, but spaces are more limited.

*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.



## 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 the experience. 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.

Watching a TV show together is a nice way to bond without having to go through any painful small-talk or chit chat, or having a meal together, either at your flat or out at one of the many affordable eateries in the city [page 68] 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.

## ACCOMMODATION MOVING IN

### T O P ~ T I P S

#### 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.

#### 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.

### 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 Love Island 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 amusing 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 on the ground floor, it's essential.

Another common reason for halls of residence 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.

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 to you. No matter how careful you think you are, it's something to consider; some students bring a lot 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 screwed when the camera or Macbook your mum and dad bought you as a leaving present gets stolen.

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 although other providers exist, just google one of the many price comparison sites to see what's available. 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, well done again.



# ACCOMMODATION MOVING ON



*There will come a time for many of you (probably around May 2019), 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 are a few 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 flat-shares 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 may 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 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 Anniesland, Charing Cross and Maryhill.

Here you should find that rent is a little lower and you still have fairly decent access to the amenities of the West End and the City Centre for weekend outings or to 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, Dalmarnock, and areas around football stadiums such as Ibrox.



## Costs

There are a lot of costs involved in moving into a private flat. The first of these is the deposit, which is paid in advance 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 licence 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 MyCampus [page 42]. If you're living with anyone other than a full time student you are still eligible for a discount on your Council Tax. Full details of exact rules can be found on the City Council website.

Remember, your exemption only lasts until the official end date of your studies, not until your graduation. 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 on SRC Flatshare not only can you find a flat or room, you 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.

Some 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.

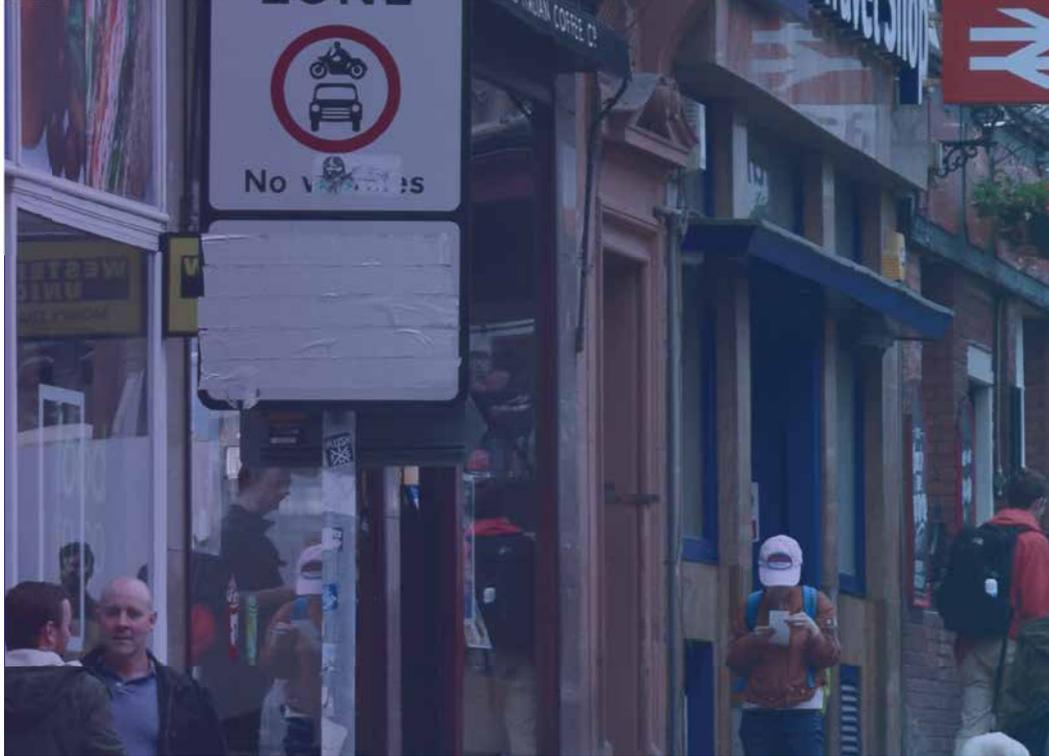
### THINGS TO AVOID WHEN LOOKING FOR A FLAT:

1. No valid HMO (Houses in Multiple Occupation) certificate.
2. Requests for cash-in-hand deposit or rent.
3. Additional or unexpected upfront fees.
4. No notice required to terminate tenancy.
5. Non-local authority registered landlords/agents.
6. 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).*

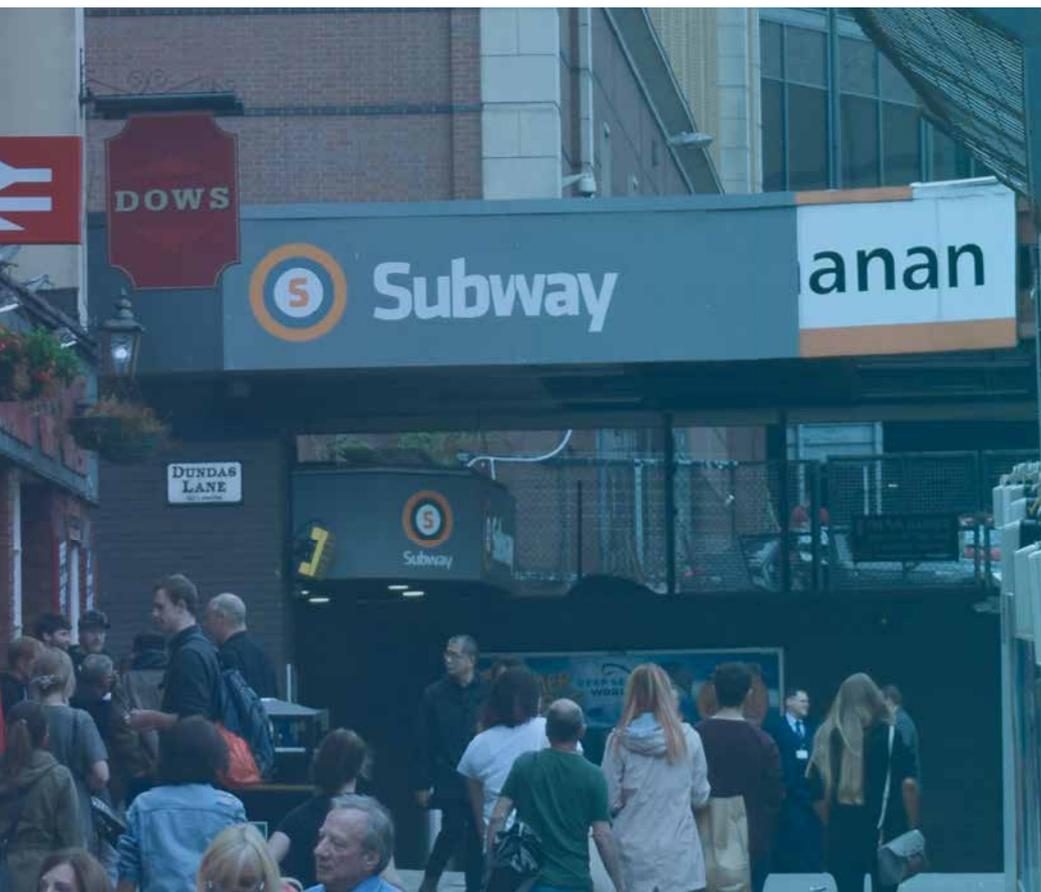
*It's a good idea to get to know the quickest and cheapest ways of getting around to save yourself missing the last subway or train home and having to fork out £20 for a taxi.*

## 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 third oldest underground rail in Europe (after London and Budapest) 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. If you're going to be using the subway a lot you can load a 7 or 28 day pass onto the card which is much better value. The subway finishes around 23:30 Monday-Saturday and 18:00 on a Sunday; it's busiest during the morning/evening commute, and around football matches at Ibrox Station. 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 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're often able to get a bus almost door-to-door.

If you're paying cash then Glasgow busses only take exact change, so don't rock up with a £20 note for a £2.20 journey, however you can also now pay Contactless with your debit card. The buses that stop at Gilmorehill campus are First-bus numbers 4/4A, 8, 15, and 90. You can purchase tickets for local travel from just £14 per week to £350 for the academic year, giving you unlimited journeys within the city network.

## 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 and light, and night comes at around 15:00 during winter in Glasgow, so be prepared. If you're looking to get a bike then check out Bike for Good 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 if you are a student or staff member of the University, you're entitled to thirty minutes free for each rental, which is cool, and super-useful even if you're not a keen cyclist (great if you're running late for a lecture!)

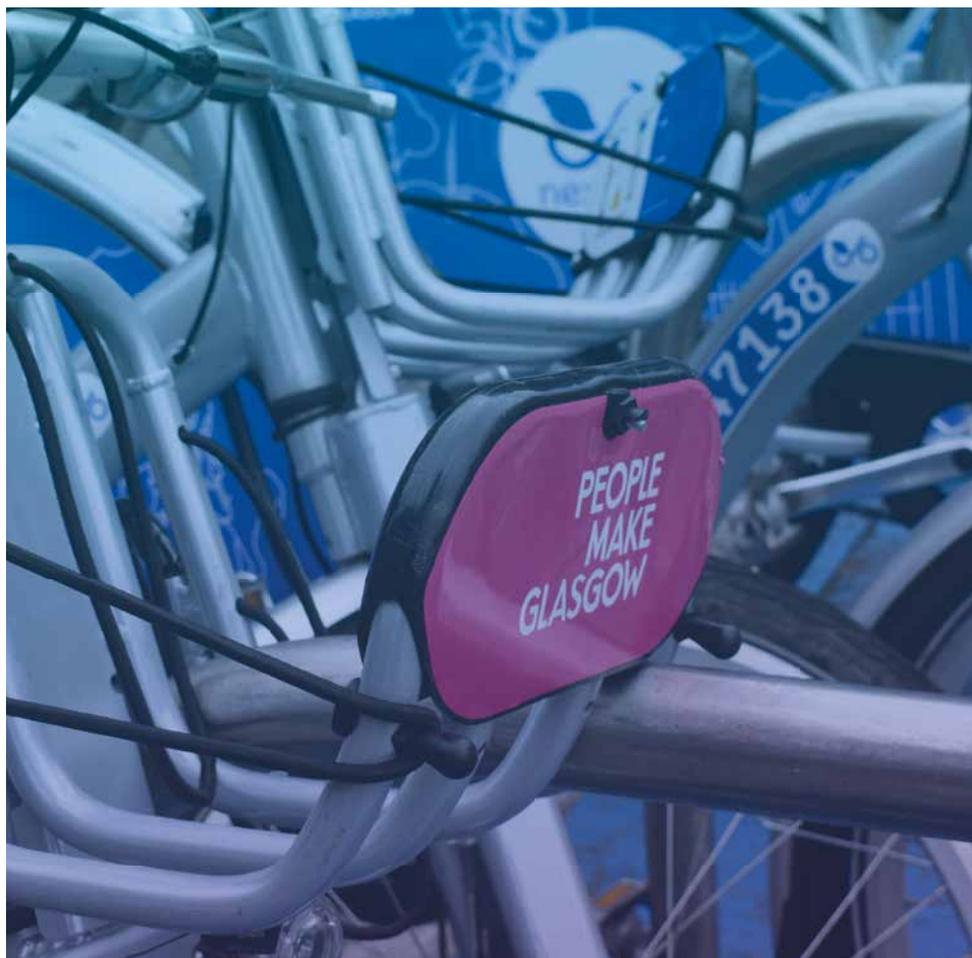
## Local Trains

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.

## 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. 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 of anyone you'll meet, so be nice and you

to them 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 grow 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 are 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 Naples, Munich, Kefalonia and more added in the past year.

With the airport actually the other side of Paisley, to get there 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 beauty 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 £12.50 which gives you a third off fares. They also have a handy app where you can check routes and book tickets.



# WELLBEING 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. The Wellbeing 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 a GP, you'll need to register with a GP nearer to your halls or accommodation. Check out [www.nhs-ggc.org.uk](http://www.nhs-ggc.org.uk) to see where to find your nearest registered GP. Always make sure to attend a pre-booked appointment and always take the advice of your real-life GP over that of WebMD. You can also ask a pharmacist for advice about non-prescription remedies for minor illnesses (e.g. a seasonal cold).

## Prescriptions

All patients registered with a GP in Scotland are entitled to free prescriptions. The nearest pharmacy to campus is a Boots store on Byres Road. There are heaps of other pharmacies scattered around the West End including one on Queen Margaret Drive on the way from Murano.

## 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



George Allison - CC License - <http://bit.ly/2Nu4Dmf>

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](http://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.



# WELLBEING 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. (TW: suicide)*

## 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

There are also student-led mental health initiatives across the UofG campus. While they shouldn't be thought of as professional help, if you're looking for support they can be really helpful in pointing you in the right direction.

The SRC has two ongoing campaigns, Look After Yourself and Mind your Mate, as well as an Exam De-Stress Campaign which they run in December and April/May. The 'Mind Your Mate' training programme is a three-hour interactive workshop covering basic mental health awareness and suicide prevention skills.

Also worth checking out is the QMU's Elephant in the Room Campaign: Facebook @QMUElephant

### 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](http://www.samaritans.org)

#### **Breathing Space**

Phone: 0800 83 85 87

Mon-Thurs: 1800-0200

Fri 1800 - Mon 0600



# WELLBEING 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 and 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 person 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](http://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 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 sexual health clinics or GP's 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 a chance of pregnancy, go to your doctor; they're more reliable than pound shop tests and will be able to talk you through your options.



# WELLBEING STAYING SAFE (TW)

*No matter what situation you find yourself in while at University, it's vitally important that you feel safe. This applies particularly to your sexual relationships. Here are some very important facts, not guides, about consenting sexual behaviour and what to do should you or someone you know be affected by sexual violence. Trigger warnings apply.*

## Consent

**Responsible sexual activity isn't just about avoiding infections and unwanted pregnancies. It's vitally important that any sexual encounter is freely consented to by all involved.**

Asking for consent isn't difficult and needn't 'kill the mood'. Consent is about doing something with someone, not to someone. If you are unsure whether what you are doing is welcome, STOP. Ask if it's ok and make sure the person isn't under any pressure. And remember that consent is a positive 'yes'; just because the person doesn't say 'no', it doesn't mean they consent.

If they're too drunk to freely make decisions, can't speak, or are unconscious, they are not

capable of giving consent and it's important to make sure they are safe. For the original and best explainer of consent through the medium of tea, check out 'Tea Consent' by Emmeline May/Blue Seat Studios on Youtube.

The SRC runs training courses each year in partnership with Rape Crisis Scotland as part of our Let's Talk About Sexual Violence campaign. These are open to all students and aim to open up discussions about consent, bystander intervention and how we can all help to tackle sexual violence. If you're interested in attending a workshop or finding out more have a look at our webpage: <https://www.glasgowstudent.net/campaigns/lets-talk-sexual-violence/>



Cameron Brisbane Photography ©

## Sexual Assault

All students deserve to be safe and respected during their time at university. If you are affected by sexual violence, please know that you do not have to deal with it alone. There is non-judgemental, sensitive support available both on and off campus.

To start with, have a look at the SRC Advice Centre's webpage [www.glasgowstudent.net/advice/health-and-safety/sexual-violence/](http://www.glasgowstudent.net/advice/health-and-safety/sexual-violence/) which gives some useful tips for what to do and links to

specialist organisations who can help you. Or if you would prefer, you can come in to the Advice Centre and speak in confidence with a member of the advice team. The two most useful local specialist organisations in the aftermath of a sexual assault are the Archway Sexual Assault Referral Centre, located at 6 Sandyford Place, and Glasgow & Clyde Rape Crisis – helpline 08088 00 00 14. Or you can contact the Rape Crisis Scotland helpline every evening from 6pm until midnight on 08088 010302.



# DRUGS

*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 should judge you for it. Your coursemates or friends will likely invite you for a drink. If you aren't keen then let them know it's not for you, or just go along and stick to the soft drinks.

## TOP TIPS FOR PARTYING 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 advice from this, let it be that keeping track of your water consumption is essential and can save lives.

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 ever find yourself questioning whether you're developing a dependency on a substance then get online and visit [www.talktofrank.com](http://www.talktofrank.com). It's an excellent resource 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*



# NUTRITION

*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 are 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 or Thanksgiving 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 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.

## 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 & 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 caution, though; with the confidence of a student loan sitting pretty in your bank account, you will inevitably go in for a pack of bacon and leave with a new TV, 12 champagne flutes, 24 packets of 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 Oriental supermarket SeeWoo in Possilpark; it offers a full afternoon's worth of activity and is full of all kinds of speciality ingredients as well as bulk packs of things like rice and soy sauce.

Also, 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. The produce is often better quality than you'll get in the big chains, has less plastic packaging and some will also serve Halal meat.

# 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 or beans 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 on 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 conscious 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.monysavingexpert.com](http://www.monysavingexpert.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. Scottish Opera offers a discount to those aged under 26, whether students or not. The RSNQ 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 rubbish 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 £18,830 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 other means 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. Pay-day loans are a no-no.

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 precedence 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 Job-shop. A wide variety of employers post new positions regularly.

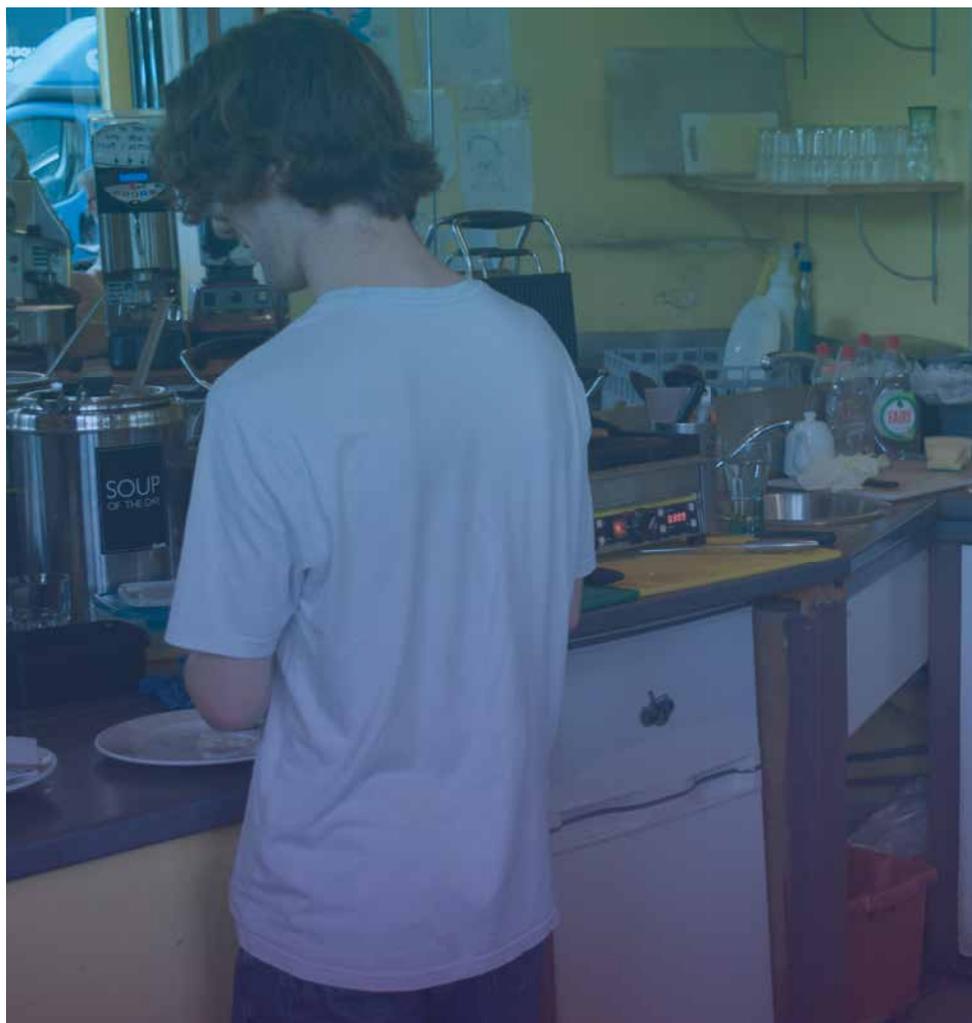
Another useful resource is Gumtree. This online notice-board hosts listings for, well, anything; jobs, property, cars, pets and everything in between. One must be more cautious when browsing the jobs listings on Gumtree; when something seems too good to be true, it often is.

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 - especially if you're under 21 - as they can get away with paying you less. To avoid, this firstly make sure that you have a written contract that is signed by both yourself and your employer, 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 £11,850 for financial year 2018/19. Many



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

At time of writing, the minimum wage rates are £5.90 per hour for 18-20 year-olds, £7.38 per hour for 21-24 year olds and £7.83 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. They 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 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](http://www.gla.ac.uk/services/chaplaincy)



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## 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](http://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.



*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 LGBTQ+ students with support from both staff networks and University-led committees. The LGBTQ+ community in Glasgow aims to promote equality, 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 LGBTQ+ students and staff is something which Glasgow prides itself on. The University is fully

committed to equality for LGBTQ+ 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 Gender & Sexual Diversity Officer is an elected SRC Council role representing the interests of LGBTQ+ students at University level, they can be contacted via [gsd-officer@src.gla.ac.uk](mailto:gsd-officer@src.gla.ac.uk) if you feel like you need representation within the University.

The Gender and Sexual Diversity Equality Group (GSDG) brings together the University's Sexual Orientation Equality Champion, reps from the Equality and Diversity Unit, SRC and both staff and student LGBTQ+ networks, and provides students with a safe place to discuss issues affecting them on campus.



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### 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 LGBTQ+ youth and community groups that are running across Scotland. Their website is: <https://www.lgbtyouth.org.uk>

### Clubs & Socs

Glasgow has a thriving LGBTQ+ 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 LGBTQ+ banner. They run a number of special events throughout the year to celebrate the LGBTQ+ 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 @GULGBTQplus.



# GLOSSARY

## **Campus Redevelopment**

The University's tearing down loads of buildings and throwing up loads of new ones over the next ten years at a cost of £1billion. This is 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. This position is 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 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 chanting.

## **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 30].

## **GUM**

The University's student magazine [page 30].

## **GUSA**

Glasgow University Sports Association [page 14].

## **GUU**

Glasgow University (student) Union [page 12].

## **Hunterian**

An art gallery and a museum situated on campus [page 58].

## **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 8].

## **QMU**

Queen Margaret (student) Union [page 12].

## **Quadrangles**

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

## **Qudos**

The QMU's main venue. Nirvana played there once.

They don't like to talk about it.

## **Rector**

Head of University Court, elected by students every three years. Currently Aamer Anwar (2017-2020).

## **Registry**

Admin legends: 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 study and research most strongly identifies.

## **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 Cafe.

## **SRC**

The Students' Representative Council - the representative body for students registered at the University [page 8].

## **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)**

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

## **Two-Two (2:2)**

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



# CONTACTS

## **SRC Council**

### **SRC President:**

Lauren McDougall  
president@src.gla.ac.uk

### **Vice President (Student Activities):**

Scott Kirby  
vp-activities@src.gla.ac.uk

### **Vice President (Education):**

Emma Hardy  
vp-education@src.gla.ac.uk

### **Vice President (Student Support):**

Fatemeh Nokhbatolfoghahai  
vp-support@src.gla.ac.uk

### **UG College Convenor - Arts:**

Vicky Ferry  
ug-arts@src.gla.ac.uk

### **UG College Convenor - MVLS:**

Fadel Shoughari  
ug-mvls@src.gla.ac.uk

### **UG College Convenor - Science & Engineering:**

Bethan Hall Jones  
ug-scieng@src.gla.ac.uk

### **UG College Convenor - Social Sciences:**

Claire McCormack  
ug-socsci@src.gla.ac.uk

### **PG College Convenor - MVLS:**

*Vacant*  
pg-mvls@src.gla.ac.uk

### **PG College Convenor - Arts:**

*Vacant*  
pg-arts@src.gla.ac.uk

### **Disability Equality Officer:**

*Vacant*  
disability-officer@src.gla.ac.uk

### **Environmental Officer:**

Ross Mowbray  
environmental-officer@src.gla.ac.uk

### **Charities, Clubs and Societies Officer:**

Struan McLean  
ccs-officer@src.gla.ac.uk

### **Gender Equality Officer:**

Joanne Cardwell  
gender-officer@src.gla.ac.uk

### **International Students Officer:**

Basel Shehabi  
int-officer@src.gla.ac.uk

### **Mental Health Equality Officer:**

Maria Teresa Banos  
mhe-officer@src.gla.ac.uk

### **Gender and Sexual Diversity Officer:**

*Vacant*  
gsd-officer@src.gla.ac.uk

### **Age Equality Officer:**

Elliot Napier  
ae-officer@src.gla.ac.uk



## Unions

**QMU President:** Mata Durkin  
[president@qmunion.org.uk](mailto:president@qmunion.org.uk)

**GUU President:** Ailsa Jones  
[president@guu.co.uk](mailto:president@guu.co.uk)

**GUSA President:** Paddy Everingham  
[gusa-president@gla.ac.uk](mailto:gusa-president@gla.ac.uk)

## University

**Principal:** Anton Muscatelli  
[principal@glasgow.ac.uk](mailto:principal@glasgow.ac.uk)

**Rector:** Aamer Anwar  
[rector@glasgow.ac.uk](mailto:rector@glasgow.ac.uk)



*The Guide is produced by Glasgow University Students' Representative Council.*

## **Edit**

James Small

## **Project Management**

Bob Hay

## **Copy**

Iain Smith, SRC Team, James Small

## **Photography**

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James Small

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Helen Speirs, Louise Cameron, Aimee Cuthbert

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Marissa Trimble, Philippa Small, Graeme Small, Bill Blackstock

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