

THE GUIDE

GLASGOW

2020-21



University
of Glasgow





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WELCOME



Hello! My name is Liam Brady and I am the President of the Students' Representative Council (aka the SRC), and I'm here to welcome you to The Guide. This book is going to help prepare you for being a student here at Glasgow and let you know pretty much everything about what it's like to live in this brilliant city.

The Guide is commissioned by the SRC to introduce you to everything you might come across in your first year as a student; whether that's information on choosing courses, the best museums and galleries, or even where to do your food shop. It might feel overwhelming to start University with everything that's going on in the world at the moment, but this book is here to reassure you of all the great things that come with being a UofG student, both online and in person.

This book has been written, designed and edited by a team of current and former students of the University to try and make your transition into first year as smooth as possible. There is a lot of information thrown at you when starting University and it's almost impossible to remember it all, so The Guide is here for you to refer to throughout

your degree. It contains our best tips and tricks to life as a student and will hopefully help you out during your time here at Glasgow.

You'll notice that the SRC are mentioned quite a lot in this book. No, not because we commissioned it, but because the SRC is such an integral part of the student experience at the University of Glasgow. Our work includes running a free confidential advice centre, a volunteering service, and a jobshop to name but a few of the things we do. One of our main roles however is to make sure the student voice is heard by representing all 29,000+ students at the University on local, national and international levels.

So before you dive in and learn about your campus, your studies, your city, and your life here in Glasgow I want to wish you the best of luck. Your time here will fly by so don't hesitate to get involved and make the most of it. Welcome to #TeamUofG!

Liam Brady
GUSRC President 2020/21

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USING THE GUIDE

This page has a few quick tips on how to use The Guide! Use these as your key for getting the most out of the book.

As you'll see on the contents page, there are four sections in this book: **YOUR CAMPUS**, **YOUR STUDIES**, **YOUR CITY**, and **YOUR LIFE** - each of which cover various aspects of what it means to be a student at the University. This is our way of trying to separate into themes the various types of information we think you should have in order to make the most out of your time here in Glasgow.

Throughout The Guide you'll notice icons in the top right of each page like the ones below. These are themed around each section of the book and should allow you to quickly flick through to find what it is you're looking for. The titles of each area are also on the bottom right and left above the page numbers.



If you are super-keen and want to get clued up, then powering through all 140 pages in your first few weeks may prove useful. There are plenty of tips to pick up that you may want to know as soon as possible. However, if just reading this far is already tiring you out then it's worth bearing in mind that The Guide is always here when you need it. One month, two months, six months from now you might want to come back to it so keep it safe. 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.

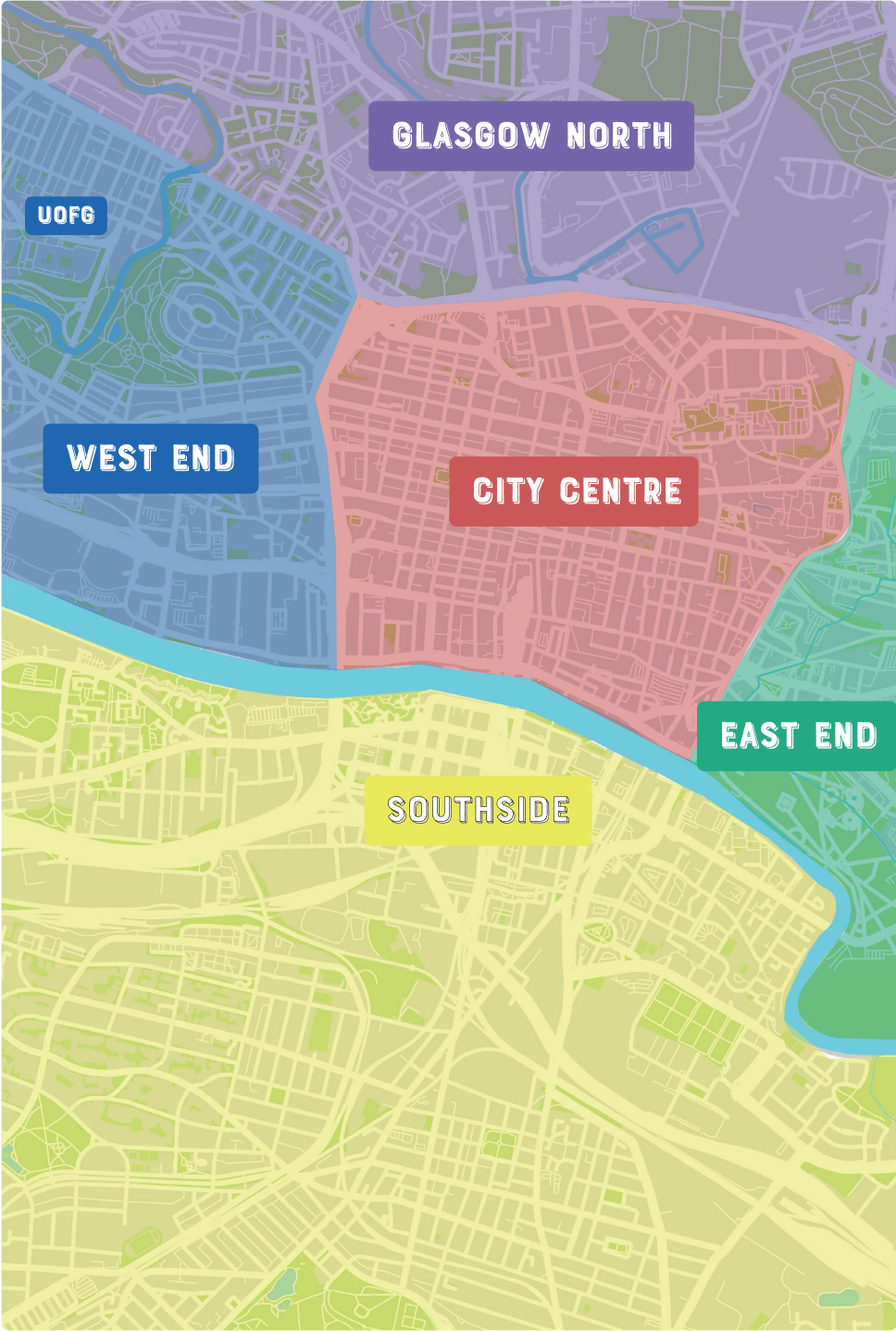
If you aren't sure what a word means then there is a handy glossary on page 136, and if you want to get in touch with any of the student bodies or University staff mentioned throughout then there is a page of contacts on page 138.

COVID-19 Notice: At time of writing (July 2020) COVID-19 is still impacting life in Glasgow and beyond. We hope that by the time you're reading this things will be better, but the likelihood is that we'll be dealing with the impact of the virus for a while to come yet. For this reason, throughout The Guide you may see a few COVID-19 notices like this one which will give you a quick pointer about certain services, activities and businesses that may be impacted by the virus. These aren't meant to worry you, we just think it's worth letting you know so that you can be prepared and informed.



GUSRC Top-Tip: Throughout The Guide you may also spot a few top-tips from the SRC: the publishers of this book and all-round supportive good folks. Be sure to check out their website glasgowstudent.net





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 get involved in running 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 the brightly-coloured shirt wearing helpers campaigned to you about how great a system 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 these gender barriers were torn

down decades ago, the four-body system remains at UofG, with individual bodies each asserting the notion that their role and services are unique and super-valuable to your time as a student.

It's a system that has worked for Glasgow for hundreds of years - while the Unions can focus on organising top events and social activities, the SRC gets down to the business of representing students and keeping the University in check, and GUSA does sport and physical well-being.

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

The Glasgow University Students' Representative Council (GUSRC) has a significant role to play, not only in the lives of all the students that attend the University, but also in the University itself. 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 4p per 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.

COVID-19 Notice: At time of writing (July 2020) COVID-19 has limited access to some of the SRC's services in the McIntyre Building. Check out glasgowstudent.net for updates.



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 front-line 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

Finally keep an eye out for their 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?

The SRC will be working with the University to support students in the post-pandemic world. They have also invested considerably in volunteering and employability recently. Their re-branded project, GU Volunteering, is a gateway to a range of opportunities (See pages 34-35 for details).

The SRC recently argued for the University to establish a Rent Guarantor Scheme for certain groups of students, it launched last year, check the University website for details. There are big plans to build on charitable fundraising activity through RAG (Raising and Giving) this year, if you want to get involved contact the SRC.

Mind Your Mate, the peer lead mental health initiative pioneered by the SRC, gives students an opportunity to learn how to identify signs of depression and mental ill-health in themselves or their peers as well as how to assist those in distress to access the help they need. Over one thousand students have participated so far and the SRC plan to roll it out even further this year. Workshop places are taken up quickly so, if you're interested, keep an eye open for them being advertised.

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, Twitter and Instagram. 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 you've been to or at least heard of both. This unique setup might be a hangover from the days when male and female students weren't encouraged to hang out with each other after hours, but in modern times it's a 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 brutalism 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.

COVID-19 Notice: At time of writing (July 2020) COVID-19 has meant that some of the services in the Unions have had to temporarily close, including their nightclubs. Check out their respective websites for updates.



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, a catering outlet, a coffee shop, a state-of-the-art study space, meeting rooms and a renowned 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, they're actually planned and managed by them too. If that's caught your eye, 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). Membership tends to open on the first week of term after Freshers' Week.

Both the QMU and GUU offer the chance to have a say in what they do through student committees - 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, while the GUU's four committees all operate on an application-only basis. 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.



QMU COMMITTEES:

QMUNION.ORG.UK

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 spaces, 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, [qmunite] and other union publications.

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

GUU COMMITTEES:

GUU.CO.UK

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, 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 for various types of equality and supporting charities 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 already, 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 (although to reiterate 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. If there are services you feel are missing



from the unions then you have the ability to get them to change that. Not a bad system, eh?

WHAT SHOULD YOU LOOK OUT FOR FROM EACH UNION THIS YEAR?

The biggest date in the GUU's calendar is Daft Friday, a 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. Keep an eye on their Facebook page for details on how to get tickets.

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 festivals and gigs organised by their committees and staff throughout the year, but touring bands from around the world regularly taking over their venue.

Last year they had some heavy-hitters play their stage including Slaves, Ezra Furman, Honeyblood and Clairó to name just a few. For a full-list of upcoming shows look on their website: qmunion.org.uk/listings

WHO CAN I GO TO FOR MORE INFORMATION?

If you've read this, checked each union's website (qmunion.org.uk and guu.co.uk) and still have questions about how it all works, don't be afraid to get in touch with the unions and ask them directly.

STUDENT BODIES

GUSA

Sport glorious sport. The University is 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.

COVID-19 Notice: At time of writing (July 2020) COVID-19 has caused disruption to some of GUSA's clubs and to the operation of the Stevenson Building. Check gla.ac.uk/myglasgow/sport for updates.



WHAT IS GUSA?

The Glasgow University Sports Association is the oldest of the 4 student bodies. Their primary concern is to push the message that sport is for everyone, as well as encouraging physical activity on campus and promoting methods to increase student well-being. Whether you're a complete beginner or a total gym bunny, you'll likely to find you enjoy at least one aspect of what they offer.

HOW WILL YOU INTERACT WITH GUSA?

You'll probably have met 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 some of 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 as possible for you to meet like minded people through sport. Of course, if something comes up in regards to sports or the gym that you feel could be improved or you don't feel is right, GUSA are the ones 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/>

WHAT SHOULD I LOOK OUT FOR FROM GUSA?

Most clubs have their own social calendars, but some big events will involve as many students as possible, so keep an eye out for things like Super Teams, Colour Runs and most importantly, the Glasgow Taxis Cup in Spring 2021. Stay up to date on these by following GUSA on social media.

The Taxis 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. The cup is a cracking event for both competitors and spectators and 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.

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 Shereif, the GUSA president at: gusa-president@gla.ac.uk

THE GILCHRIST PG 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.

COVID-19 Notice: At time of writing (July 2020) COVID-19 has impacted some of The Gilchrist's regular events. Check gilchristpgclub.org for updates.



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 to 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) 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 on their social media channels [@TheGilchristPG](https://twitter.com/TheGilchristPG) for welcome events in autumn and January, 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.



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 a time.

COVID-19 Notice: At time of writing (July 2020) the UofG Library is due to re-open soon, but you should be aware that COVID-19 is likely to impact its normal service. Check out [@uofglibrary](#) for updates.



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 (COVID-dependent). 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 800+ computers contained within the building, free ones are 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 10:00 - 20:00) and social area is the best shout.



TOP-TIPS

1. **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.

2. **MALODOROUS 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.

3. **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.

4. **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.

5. **AMATEUR DJ**

You might be still be well into Chromatica 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.

COVID-19 Notice: At time of writing (July 2020) the Gym is still closed due to COVID-19. All memberships have been frozen and will restart when the facilities reopen. Check gla.ac.uk/myglasgow/sport for updates.



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 (The Stevie) 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 well 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 (COVID-dependent) for The Stevie are 06:30 - 22:15 Monday to Thursday, 06:30 - 21:00 on Friday and 09:00 - 17:30 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

STUDY SPOTS



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 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 excellent 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. Additionally, the QMU have recently turned an area on their 2nd floor into a swanky new study space.

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, and 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): 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 Anna (GU Mary's Meals), Jonas (GU German Society) and a few different members of Glasgow Student Dance Company for their take on the clubs and socs scene in Glasgow.

COVID-19 Notice: The activities of some clubs and societies might be impacted by COVID-19. It's worth getting in touch with a club to ask them about how you can help or get involved.



HOW DID YOU FIRST GET INVOLVED IN YOUR CLUB / SOCIETY?

ANNA (GUMM): I saw the stall during Freshers and having known about Mary's Meals through school I signed up. I felt too awkward to go to the first meeting myself but three weeks into semester 1 I went and I've been involved ever since.

JONAS (GER SOC): I was hesitant to go to the socials of the German Society at first, because I didn't quite know what to expect. The question that a lot of people ask me now, which I asked myself back then, is, "Do you have to speak German?" I was a bit afraid of finding myself back in a German bubble, right after I had left Germany. For many non-natives, the idea of having to speak German is incredibly daunting, but luckily that's absolutely not the case. The society is open to all students, no restrictions of any kind. And this openness definitely drew me in very, very quickly.

EVA (GSDC): I first got involved with GSDC as I wanted to continue my passion for dance throughout my time at university. I first found out about the society through social media and then attended the Freshers' Fair to sign up and learn some more! GSDC was the perfect society for continuing dance through university and I'd encourage everyone to give it a try.

DO YOU THINK THAT BEING INVOLVED IN A CLUB / SOCIETY IS WORTHWHILE?

ANNA (GUMM): As a home student I really struggled to meet friends in my first few weeks of Uni, but with Mary's Meals I've met people in different years from me and different courses who I've become great friends with. Whether a home student or someone living in halls it's a great way to meet people.

JONAS (GER SOC): I think being involved in a club / society in any way, as a member, on the committee, or in any other way is going to be worthwhile. I see each



club and society as a different opportunity for people to come together, and that is incredibly valuable. It will not only enrich your social life and improve your social skills (amongst many others), it will certainly broaden your horizon with every new person you meet and interact with. There's hardly anything better than to find people who are passionate about the same thing(s) you are passionate about and to share and exchange experiences with them.

JENNA (GSDC): As a student living at home I found it quite difficult to settle in to Uni because I was travelling back and forth, but by joining a society I felt so much more involved and I felt like my time spent on campus was a lot more worthwhile! Joining a society is also one of the best ways to make friends hands down and for me it's where I've met most of my closest friends at Uni so for anyone considering joining a society I would 100% recommend it.

WHAT KINDS OF THINGS HAVE YOU DONE AS PART OF YOUR EXPERIENCES IN CLUBS / SOCIETIES?

ANNA (GUMM): GUMM hosts a wide number of events every year in order to raise funds for Mary's Meals which is a charity focused on feeding children in developing countries at school. Last year we held two ceilidhs, several bake sales and pub quizzes as well as having socials as a society.

JONAS (GER SOC): For the German Society, I had the exciting task of organizing our socials. This to me meant a lot of collaborative work with my fellow committee members or the committees of other societies. It's always a good mix of creativity and organisation, trying to figure out what makes for a good and fun but feasible social. Between decisions such as what to wear to host our carnival, what movie to pick for the movie night, what questions to ask at the pub quiz, and how many pretzels to buy for the Oktoberfest I had to make sure

CLUBS & SOCIETIES



that the venues were booked, the restaurant received the Christmas dinner order in time, the ceilidh band was paid, and the ticket sales ran smoothly. This may seem like a lot, but there are always people willing to help out if need be and that makes it worthwhile. And if there is one thing I've learned, it has to be that it doesn't take much to make a good social.

CAT (GSDC): Through GSDC I've been able to choreograph and teach a routine to some of my best friends and see it brought to life on stage. It always amazes me how a group of students are able to put together such an incredible show. I've also taken part in theatre trips, a fundraising showcase, dance competitions in Liverpool and Edinburgh, and the messiest nights out of my life!

WOULD YOU RECOMMEND SIGNING UP TO GLASGOW UNI CLUBS / SOCIETIES?

ANNA (GUMM): Glasgow Uni clubs / societies are a great way to meet other people from outside your course and year group. It's a great way to make new friends and get involved in new experiences.

JONAS (GER SOC): Oh absolutely! There are so many awesome things to try out – it sometimes seems like too much. But all these opportunities mean that you can tailor your university experience to be exactly what you want it to be. Try one club / society or ten, do something you've never done before or teach others. You never know, you might meet your new best friend or future business partner, or discover some hidden talent. Now is definitely the time to give those opportunities a chance.

DAVID (GSDC): I would 100000% recommend joining societies no matter what it is! I know it sounds cliché but it really is the best way to meet new folk and I have definitely met some of the best folk through GSDC! It also gives you a wee break from the Uni stresses and gives you a chance to have a breather during the week and relax and have fun. Couldn't recommend it more.



CLUBS & SOCS AWARDS 2020

CLUB OR SOCIETY OF THE YEAR:

Glasgow Student Dance Company

CLUB OR SOCIETY EVENT OF THE YEAR:

GUCFS Jailbreak

NEW CLUB OR SOCIETY OF THE YEAR:

Walking Society

CLUB OR SOCIETY WORKING TOGETHER

AWARD:

GU German Society

CAMPUS VOLUNTEERING - STUDENT

COMMUNITY:

Let's Talk Workshop Trainers

CLUB OR SOCIETY MEMBER OF THE YEAR:

Ketong Zhang (GCSSA)

CLUB OR SOCIETY CAMPAIGN OF THE YEAR:

GUVMA: Feel Good February

CLUB OR SOCIETY CHARITABLE GIVING AWARD:

GU Mary's Meals

CLUBS & SOCIETIES VOLUNTEERING - COMMUNITY OUTREACH:

GU Basketball's Social Outreach Programme

GU VOLUNTEER & WORLD CHANGER OF THE YEAR: Kieran Dowling

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 operation.

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.

COVID-19 Notice: Some of the regular activities and events of the student media groups may be impacted by COVID-19. Check out their respective social medias or websites for updates.



SUBCITY RADIO

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

Subcity has been a forward-thinking organisation since its inception, embracing the eclectic 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 02:00 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 Poetry Club, 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. Station manager: manager@subcity.org



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 50+ 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 was highly commended in 3 categories in the National Student Television Awards, covered all of Freshers' Week 2019, and updated their website so it now looks very slick and shiny.

GUST's content is streamed via **gust.tv** and has a highly diverse range of themes and subjects, covering everything from high-art documentaries through to telenova style fictional programming.

The full range of content is conveniently indexed on their website, and is worth checking out if you've got the time.

GUST functions very similarly to your standard club or society, holding elections each year for positions including the top offices of Controller, Head of Programming and Technical Coordinator. Getting involved is pretty straight forward; if you didn't already hear from one of their super eager members during Freshers' Week, they hold open meetings weekly, so you can drop in, meet the team, and maybe even pitch your idea for a show. If you think you've got the winning smile for being on camera, you can show that off too.

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.

STUDENT MEDIA



PRINT MEDIA

GLASGOW GUARDIAN

glasgowguardian.co.uk

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 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 their website if you want to stay up to date with the latest in cross-campus politics, events or controversies, as well as local news. The team behind the paper meet weekly in the SRC's McIntyre Building to discuss article ideas, to source content and arrange each edition with student writers, designers and photographers, so if you're in any way interested in journalism or publishing, get along to a contributors meeting and see what you can offer.



GUM

glasgowuniversitymagazine.co.uk

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 and can be picked up across campus, with additional content on their website.

QMUNICATE & G-YOU

qmunicatemagazine.com

guu.co.uk/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. These 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 each of them around campus and to find out more about getting involved visit the unions' respective websites [found on page 12].

VOLUNTEERING

Glasgow. It's a big place. It's diverse. It's traditional but contemporary, wealthy and deprived, and it's jam-packed with wonderfully different cultures. There's so much to see, so many folk to meet, lots of experiences to have, and bags of things to gain and learn; things that could benefit your career and employability, activities that can be recognised on your formal qualification, stuff to help you make pals, improve your mental health, broaden your life experience and best of all, help you help others. GU Volunteering is here to help you do just that.

COVID-19 Notice: Some volunteering opportunities may be impacted by COVID-19. Get in touch with GU Volunteering via volunteer@src.gla.ac.uk to ask any questions or discuss any concerns.



The SRC runs the only dedicated volunteering service at the university. GU Volunteering have developed a valuable network of partnerships throughout the city, including social enterprises, charities, community projects and council departments to offer you a broad range of credible volunteering opportunities.

Each of these partners have been visited on site to ensure quality and confidence. But partnerships change over time, and as the needs of the city and our students change, they adapt. They offer short and long-term volunteering, on or off-campus, intensive or relaxed, one-to-one or in groups. All of their volunteering opportunities fit neatly into 12 nifty categories:

- Sports & Activities
- Befriending & Mentoring
- Environment
- Children & Young People
- Community Development
- Refugees & Asylum Seekers
- Charity Shops
- Public Health
- Student Media
- International
- One-Off Volunteering

If you're unsure, need advice or can't find what you're looking for, the GU Volunteering team are

on hand to support you online, in person and at events. Volunteering is great fun. It makes a real difference to the lives of people and their communities, and has a bunch of great benefits for the volunteers too. But don't just take our word for it, here are some examples of happy GU volunteers:

ALEX - ENVIRONMENTAL TASK FORCE (GUETF)

"If you're thinking about it, go and do it! You'll meet lots of lovely people, have a great time and may even find a new hobby you really enjoy!"

GUETF is a GUSRC led initiative which began in 2018. It runs in partnership with community charity, FORK and Glasgow City Council's Community Safety Glasgow. This opportunity is growing and growing.

CHARLOTTE - REFUWEEGEE

"Working with Refuweggee has introduced me to the realities of many other people in Glasgow."

"Do it, give it a try and see how you feel about it!"

Refuweggee are an incredible community volunteering provider. GU Volunteering's link with this amazing charity, supporting asylum seekers and refugees coming to Glasgow, is going from strength to strength.



DEE - CONVERSATIONAL ENGLISH

"It was flexible and it provided me with an opportunity to meet and make new connections with students from across the globe."

"Do it! You've got everything to gain and nothing to lose!"

The Conversational English programme sees confident English speakers (tutors) paired with students who need help (tutees) understanding the local language and culture. It's a casual, relaxed and informal way of learning more about Glasgow, Glaswegians and city life.

NICOLE - SCOTLAND READS

"I could see how much the children's confidence in their own reading abilities had grown as the sessions went on."

"If you can make time to help others, it may help your own studies in more ways than one."

Scotland Reads is a brilliant initiative. GUSRC works with Glasgow City Council's Improvement Challenge to support primary schools that score high on the Scottish Index of Multiple Deprivation (SIMD). Glasgow University students are paired with children, in their schools to support their enthusiasm for and ability in reading.

YUNHE JIA - DEAR GREEN FLOWER FARM

"I chose this volunteering activity as I'm interested in gardening skills and wanted to learn something new from real farmers."

"I can promise [GU Volunteering] are worth getting associated with, especially for DGFF."

Dear Green is a great outdoor project. By working with them you'll be helping maintain shared, public spaces/gardens, alongside a team of green fingered folk. It's a real universal opportunity, requiring no previous experience.

GET IN TOUCH

Glasgow University is full of talented, generous, industrious, energetic and thoughtful students, keen to share their skills and knowledge, and apply their learning, time and energy to help make Glasgow better, for the greater good ["the greater good"], for the advantage of others and themselves.

If you're not sure of the best way to get started, GU Volunteering are there to help, advise and support you. They have over 40 different opportunities for you to consider. Get in touch or check out their website:

volunteer@src.gla.ac.uk

glasgowstudent.net/volunteering

ACCESSIBILITY

Knowing how to get around campus safely and easily is important for everyone, not just for people with particular access requirements. Here are a few tips on the accessibility of your campus, plus some guidance on who to go to should you need assistance.

GUSRC Top-Tip: The SRC run a number of online student network groups for you to join, one of which is the Disability Network. You can find these linked to the SRC Facebook page [@glasgowuniversitiesrc](#). Should you be disabled and need support, the University run a dedicated Disability Service - find out more about them at [gla.ac.uk/myglasgow/disability](#) or get in touch by emailing disability@glasgow.ac.uk



We'll be honest: the main Gilmorehill campus of the University is not always the easiest place to get around. As the name would suggest, the campus is built on a great big hill meaning that some buildings require a bit of effort to get to. On top of this, the campus is fairly spread out (and due to get even bigger once the campus development programme is complete) so it helps to know the best routes, short-cuts and accessible buildings to cut down your travel time and make your life easier.

To assist with accessibility, the University has developed a Buildings and Room Finder app (available as a desktop version and as a mobile app) to provide you with directions from one building to another on campus. The app is really handy for getting to know your way around campus, and lets you:

Navigate campus with ease using maps and directions to University buildings and rooms.

Get accessible route directions.

Check out the physical access features of locations via AccessAble guides.

If you are a student you can check your timetable on the go.

Receive updates and text alerts of late timetable changes.

Synchronise your timetable with your personal calendar.

The app is free to download from [gla.ac.uk/apps](#)

Another handy tool to be aware of is the AccessAble guides. These online guides provide a description of the physical access features of over



100 university services and buildings, including the Hunterian Museum, Sports and Recreation Service, Library and various accommodation sites. Find these at accessible.co.uk/organisations/university-of-glasgow

One of the best bits of advice we can give for getting around campus is: ask for help! The University Security team, housed at the Main Gate, are super-friendly and approachable, and will often go out of their way to help you with access issues you may be having.

DIGITAL ACCESSIBILITY

It's worth noting that the University and GUSRC are also really invested in promoting digital accessibility. In September 2020, public bodies such as the University will have to adhere to stricter digital accessibility regulations by law. Some of the things this entails are: all videos will have closed captions, lecturers will need to supply alternate file formats if you require them, plus a few more changes that will essentially make learning and teaching a better experience for everyone! Info: gla.ac.uk/myglasgow/digitalaccessibility

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 29,000+ 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 the 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.

The rules all boil down to this: be a good person and don't try to take short-cuts 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.

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.



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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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GETTING STARTED

STUDYING & BALANCE

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 (get night-mode figured out early on) - 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.

COVID-19 Notice: At time of writing (July 2020) the University is planning for semester one to feature a blended approach to teaching and learning, with some online classes and some traditional classroom teaching. A lot of these tips will still be relevant no matter what happens, so buckle in and study up.



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 their 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.

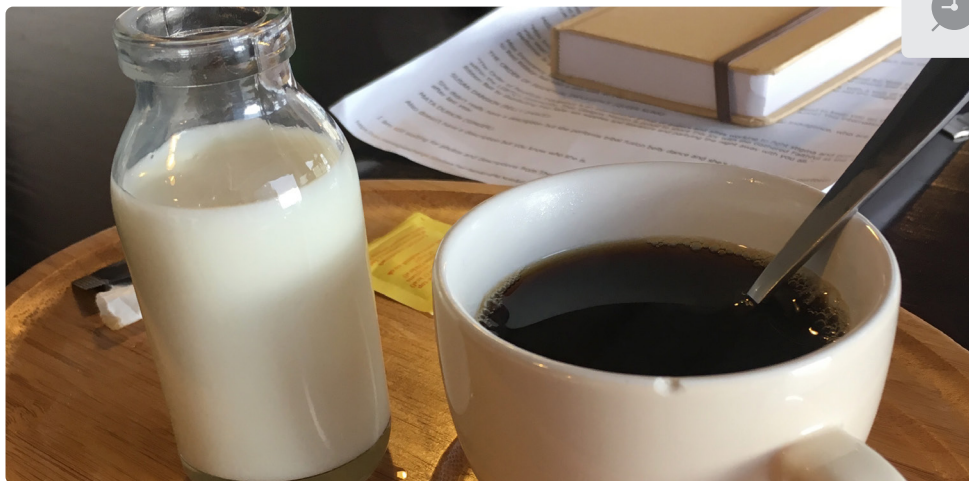
TIME-MANAGEMENT

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 page 54.

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 or two 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 26].

GETTING CONNECTED

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 Twitter or Instagram between sentences in your essay, while local coffee shops such as Starbucks/Pret (Byres Road), Offshore (Gibson Street) and S'Mug (Great George Street) offer stable Wi-Fi, coffee and a different atmosphere if you're looking to escape the library and pretend you're working on your screenplay (more on cafés in **YOUR CITY**).

UNIVERSITY EMAIL

Once you have enrolled you will be given a GUID and University email address. You can access your University email at **office365.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 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 **koolkid739@msn.com** address (we've seen worse). 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 **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 to 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 QMU also offer binding for a couple of quid.

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 and 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 sharply by emailing:

mycampushelp@glasgow.ac.uk

First and foremost, you'll use MyCampus to enrol onto classes and courses each year and check your timetable. If you do want to make any changes to your course choices, you can do so online via MyCampus within the time-frame 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 54] 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 Adviser 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.

COVID-19 Notice: The SRC's Second Hand Bookshop may be impacted by COVID-19 this year. Check out their online database or contact them via bookshop@src.gla.ac.uk to ask for recent information.



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 30 books at a time (July 2020). 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 is caring.

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

Although 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 on 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 (pictured). It's a not-for-profit affair where all books for sale are technically offered by fellow and former students so, when you buy, the money goes in their pocket.

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

Most course-specific books can of course be found on Amazon, either new or second hand; 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 by subject matter, by author or a theory; you can even search by date published.

The search results will detail the author, as well as 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.

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 front-line 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 discussion 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. For more information visit:

glasgowstudent.net/about/representation/class-reps

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 student body 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. Sadly the 2020 Rector elections have been postponed at time of writing (July 2020) but should take place in the autumn.

Rectors can come from all kinds of backgrounds; past rectors have included Winnie Mandela, Edward Snowden, Charles Kennedy, Ross Kemp (briefly) and most recently in April 2017 human rights lawyer Aamer Anwar was elected.

Find out more at: gla.ac.uk/myglasgow/studentsuofrector

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 are 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.

Some Colleges have introduced an 'Advising Team' system rather than allocating an individual Adviser. If you are in Arts or Social Sciences this is likely to apply to you. Whilst you can't quite build up the same one-to-one relationship, the advantage - in theory at least - is that there should always be a member of the team on hand to answer your queries.

LEADS

If you need 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: gla.ac.uk/myglasgow/leads/students

STAFF SUPPORT

Your tutors and lecturers are one of the most, if not the most, valuable resources 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.



DISABILITY SERVICE

The 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. For more on accessibility see page 36.

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.

Based on the ground floor of the McIntyre Building, they can be contacted between 11:30 - 16:00, 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.

glasgowstudent.net/advice

WHERE TO GO FOR HELP

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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Research Register

- CPS Research is a well established company based in the science park in Maryhill (opposite the University Playing Fields)
- Our doctors & nurses all have a background in general practice
- We conduct studies on conditions that would typically treated at home
- Our trials don't involve medicines being taken for the first time in humans.





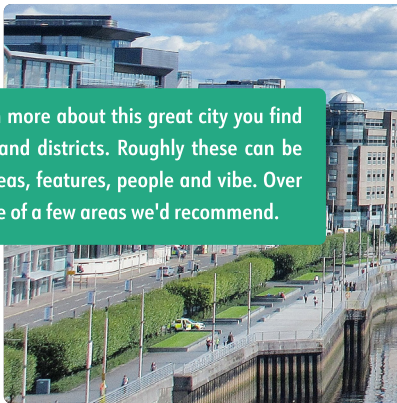
YOUR CITY

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 the classroom. 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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NEIGHBOURHOODS

So now you know a bit more about how the University works, it's time to learn more about this great city you find yourself in. Like any city, Glasgow is separated into various neighbourhoods and districts. Roughly these can be divided into North, South, East and West: each area having its own distinct areas, features, people and vibe. Over time you'll find out which parts of the city you like best, but read on to get a taste of a few areas we'd recommend.



WEST END

Where better to start than the West End: home of the University you're attending and likely where you'll be living for at least some of your time in Glasgow. The West End is characterised by its grand architecture, leafy suburbs and hipster establishments.

HILLHEAD

Home of the University and the West End's busy shopping street, Byres Road. Hillhead is really at the heart of the West End and is where a lot of students will live and sometimes work in the many shops, bars and cafés.

PARTICK

Towards the end of Byres Road, heading to The Clyde, you'll find yourself in Partick. Another popular area for students with slightly less shopping, but plenty of great pubs. Partick station is very handy for getting in and out of the city.

FINNIESTON

Located at the end of the Kelvin Way and hugging the banks of the Clyde, Finnieston was once a 'rough around the edges' ship-building district, but these days the welders have dropped tools and hipster baristas have stepped in. Some amazing places to eat and drink here, though a bit pricey. Was voted 'Hippest Place in UK' by Vice Magazine.

EAST END

Away on the other side of the city, far along Argyle Street, you'll come to the East End. An area with a fierce working class heritage, the East End has some fantastic sights including Glasgow Green, the Necropolis and every drinking Glaswegian's favourite place (hic) the Tennent's Brewery.

GALLOWGATE

This part of the city might feel out of your comfort-zone if you get used to the West End bubble, but for a taste of the real Glasgow you have to embrace what it has to offer. There's no better place to get stuck in to the East End culture than the Barras: a world-famous rag-tag market which sprawls for what feels like miles and features an eclectic collection of curios and castaways. Also worth checking out is the Barrowland Ballroom - a stunning classic ballroom turned into a world-class gig venue (COVID-dependent).

DENNISTOUN

A laid-back and cool part of the city: Dennistoun is becoming increasingly popular with students from across all 4 of the Glasgow Universities because of its great pubs and cheap-ish accommodation.

Worth checking out is the aforementioned Necropolis and the nearby Glasgow cathedral (more on the next page Top Sight).



CITY CENTRE

Glasgow's City Centre is unmistakable because of the grid-iron streets, reminiscent of New York (we did it first!) For shopping, eating, going out, culture there is no better place in the city, and to be honest in all of Scotland. Get here from the West End by taking the Number 77 bus or Inner Circle Subway.

GEORGE SQUARE & THE STYLE MILE

The centre of the City Centre, is George Square - a large traditional plaza with a war memorial at one end, several statues, and overlooked by the impressive City Chambers. A lot of the city's protests and marches are held here. Also home to a great Christmas market in December.

MERCHANT CITY

Named for wealthy tobacco lords (many of whom were slave-traders - see page 88) the Merchant City is where you'll find some of the city's swankiest restaurants and most upmarket bars. Not traditionally a student area, though good for a date night. Also home to Glasgow's 'Pink Triangle' (see page 134).

SOUTHSIDE

Venture south of the River Clyde and you'll get to the Southside - a vast area which covers a wide range of residential and industrial districts. These

roads are less travelled by students but those who make the trip will be rewarded.

SHAWLANDS

A little out of the way via public transport, Shawlands is a bustling and energetic community in the south of the city. Characterised mainly by Queens Park, one of the city's largest and loveliest green spaces, this area is a great place for a day trip with a friend or partner. Lots of great charity shops and brunch spots.

GOVAN

Just over the river from Partick, Govan is an area with a rich history dating back to a time when Vikings roamed these parts. Once it was technically its own burgh, but now is part of the city and home to some nice cafés and interesting sights.

GLASGOW NORTH

North of Great Western Road is referred to Glasgow North. Those of you in Murano Street, Wolfson or Firhill Halls will be living here and get to know it well. The main area for students here is Maryhill - a part of the city that has seen better times, but still has a lot to offer. Notable sights include the Partick Thistle grounds, the Forth Clyde canal and the Very Big Tesco! An amazing sight to behold.

TOP SIGHTS

There is so much to see and do in Glasgow, you could easily go through the next four years without managing to do it all. Throughout the Your City section we'll tell you about the various things to see and do, but to help you out here is a quick rundown of some of the top sights in the city. Visit these at your leisure to get the most out of Glasgow.

COVID-19 Notice: At time of writing (July 2020) some of these places are temporarily closed due to COVID-19. Be sure to check out their respective websites to get the latest updates and to avoid disappointment.



KELVINGROVE ART GALLERY & MUSEUM

FREE

In Glasgow we're spoilt for choice for amazing museums and galleries (see page 66), though in our opinion you really can't beat Kelvingrove. Located just a stone's throw away from the University, this Gothic hulk of a building houses over 8,000 objects ranging from world-renowned artworks (including works by Salvador Dali & Charles Rennie Mackintosh) to exhibits on Ancient Egypt, Natural History and Arms & Armour. It is worth taking a trip just to see the building itself - it's as close to Night At The Museum that you're likely to get in Scotland. The best part: it's free for everyone!



BOTANIC GARDENS

FREE

Also not far from the University campus is one of the city's loveliest green spaces. The Botanic Gardens (or just The Botanic) are a great place to go to take a break from the hustle and bustle of the city. There are ample walking routes and large lawns, but the main attraction is the two huge glasshouses.

The Kibble Palace (pictured) is a magnificent Victorian glasshouse full of tropical plants from around the world. Dotted around the circular structure of the building you'll find a series of Victorian marble statues, such as the one pictured - Eve by Scipione Tadolini (c. 1870).



GLASGOW CATHEDRAL

FREE

The oldest building in Glasgow, and in fact the oldest cathedral in mainland Scotland, is Glasgow Cathedral. Dedicated to the city's patron saint, St. Mungo, in 1136, the cathedral is a fantastic example of Scottish medieval Gothic architecture and is one of the few of its kind to survive the Reformation (ask your mates who are studying history what this is). Our own University began life in this building back in 1451, before moving to High Street and eventually to the West End. Entry to the cathedral is free (donation suggested) and the stunning interior is not to be missed.



GLASGOW SCIENCE CENTRE ££

Just a hop over the River Clyde sits Glasgow's Science Centre. The centre hosts hundreds of exhibits and interactive learning tools that 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 £9.50 which also gains you access to the Glasgow Science Tower or The Needle (great view of the city when it is open) and there is a good value annual student membership available (£24).



CITY CHAMBERS

Right at the heart of the City Centre on George Square are the offices of Glasgow City Council. You might wonder why we're recommending visiting a council building, as typically these are grey and drab, however the City Chambers is anything but. Like most of the city's great architecture, the building is Victorian and extremely opulent (it went 5 times over its allocated budget - mainly because of the amount of marble and alabaster used throughout). The Council Chamber and Banqueting Hall are well worth seeing, and look out for the paintings of the Lord Provosts (mayors). Tours are usually conducted twice daily at 10.30am and 2.30pm.



THE LIGHTHOUSE

A lesser-known sight on tourist guides, The Lighthouse is one of Glasgow's hidden gems. The entrance is down Mitchell Lane, off Buchanan Street, and is very easy to miss. Formerly housing one of Glasgow's main newspapers, The Herald, the building is now home to Scotland's Centre for Design and Architecture. It features a visitor centre, exhibition space and events venue with a regular calendar of art shows from across the country. The best bit about The Lighthouse is the view from the top - climb up the long spiralling staircase (pictured) and you'll be rewarded with an unparalleled view out over the City Centre skyline.

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.

COVID-19 Notice: Most of Glasgow's parks and green spaces have remained open throughout the COVID-19 pandemic, though at time of writing (July 2020) public toilets are still closed. Bear this in mind!



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 short but savoured sunshine 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') 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 KG 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 out 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 pg. 66), the Winter Gardens (another Victorian glasshouse) and several statues and monuments; including: the Nelson Monument and McLennan Arch - Glasgow's answer to the Arc de Triomphe. The Green is also usually home to TRNSMT festival in July.

Over on the south side of the river there's Queens Park and Pollok Country Park. Should you be reading this after a few weeks of getting used to the West End bubble then the Southside might seem like miles away. However, if you're an adventurous soul, and don't mind taking a twenty-minute bus or train journey southward (the 3 from the West End, or the 38 or 57 from town), then you'll be justly rewarded with two of the city's largest and more scenic escapes. They're worth visiting just for the swans in Queens Park and the adorable highland cows in Pollok Park.



TOP-TIPS

1. 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 can be fined from £60 all the way up to £500 on the spot if you're found to be in violation.

2. 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.

3. 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.

COVID-19 Notice: At time of writing (July 2020) many of Glasgow's museums, art galleries and theatres have temporarily closed due to COVID-19. Check out their respective web pages for service updates.



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 - 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 & The Mackintosh 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 strange jars of pickled stuff).

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 13:00.

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 Charles 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 retro Subway Train.

Jump back to our Top Sights page (62) to see our recommendation for the Glasgow Science Centre - well-worth a visit, though a little pricey at £9.50 for a student entry ticket.

Just across the Clyde from the West End you'll find the former burgh of Govan and nestled away in it you'll find the Govan Old Parish Church, home to the Govan Stones. These stones date back to Viking times and are said to be some of the best examples

of early medieval sculpture in Britain. Entry is free and the whole enterprise is run by friendly volunteers. It's well worth a hop over the Clyde.

Further down the river, near the Glasgow Cathedral, you'll find St. Mungo's Museum of Religious Life & Art. Named after the patron saint of the city, this collection takes an unbiased glance at various religions around the world and frames them through the display of various objects and art. Free to enter and with a beautiful Japanese Zen garden in its grounds (Britain's first) this spot is not to be missed.

NOTABLE MENTIONS: The Burrell Collection (opening 2021), Tenement House, and Glasgow Museums Resource Centre.



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 and highly prestigious Glasgow School of Art. Each spring GSofA or The Art School 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 a fantastic exhibition dedicated to its designer, Glasgow's favourite son, Charles Rennie Mackintosh.

If you find a rare day that the roof is open, traipse up the spiral staircase of the lighthouse tower for a fantastic 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 (suggested donation).

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. Just 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 the building's original mortuary sinks.

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 Modern; 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 is, as the name would suggest, hidden away from the hustle and bustle of the city. The garden is often used for teaching local kids about horticulture and community work. It is easily accessible by train or bus.

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 - a similar one is pictured) or its icons (the Billy Connolly murals are wonderful and well-worth seeing in person in the Kelvingrove Art Gallery). Look online for a walking tour of these murals, or jump on one of the city bikes and have fun trying to find them all for yourself.



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, to couples arguing passionately in kebab shops at the weekend.

BIG THEATRES

Glasgow Theatre Royal is the home of Scottish Opera and hosts seasonal performances as well as national touring productions, musicals and slickly produced touring plays. It also serves as the home of Scottish Ballet and their ever-popular Christmas production, which this year will be *The Nutcracker*.

The theatre building itself recently underwent a multimillion-pound rebuild, and it's worth popping in just to see the foyer; a balcony at the top gives an inspiring view of the city.

The sister theatre to the Royal, the King's Theatre is an impressive 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 *Cinderella*.



INDEPENDENT THEATRES

The Citizens Theatre, pictured above, is as its name would suggest a theatre for the people. It's a proper Glasgow institution 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 was due to re-open in 2020 though this may be delayed by COVID-19. In the meantime most of their shows have moved to the Tramway near Pollokshields: wearecitizens.citz.co.uk

The Tron sits in the Merchant City, five minutes walk from St Enoch subway. It's a great, varied

venue where you'll best find edgy, new, energetic and experimental entertainment, and a good way to feel intellectually challenged without having to walk too far.

It's not strictly a theatre, but sitting neatly at the top end of Byres Road is 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, for cheap, and with, eh, a pie. And a pint.

ENTERTAINMENT

If culture isn't your thing, or perhaps you just want a break from the highbrow, then Glasgow has plenty 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.

COVID-19 Notice: At time of writing (July 2020) many of Glasgow's cinemas and other entertainment venues have temporarily closed due to COVID-19. Check out their respective web pages for service updates. We should also note here that usually The Guide would feature pages on the city's renowned-music scene. Due to COVID-19 we have decided to take these pages out of this year's edition of The Guide. Please see previous editions on the GUSRC website for info on the many excellent gig venues and nightclubs in the city.



CINEMAS

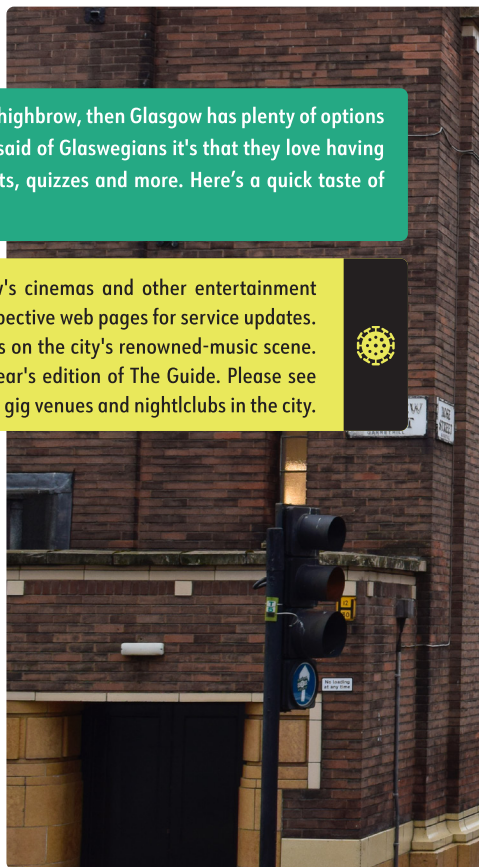
Glasgow has had a love affair with the silver screen for the best part of a century; in the 1930s the 'Cinema City' was said to have had more film screens per person than anywhere else in the UK.

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 blockbusters, 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 license to serve alcohol. This a great spot for catching a flick after lectures but be warned: it has limited seats so you may need to book in advance.

For something a bit bigger take a 10 minute Subway ride to Buchanan St. via Hillhead and you'll be within walking distance of Cineworld Renfrew Street. As with most of the corporate cinemas, tickets and sweets there aren't exactly cheap (£8.50 - £11.00 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 £18.40 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 indulgent 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, art-house 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 art-house 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.



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 SEC, or 02 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 (COVID-dependent).



DRAG

Glasgow, like most large UK cities, has had a drag scene for many years but it's only recently it has become more mainstream. These days, thanks in-part to the explosive popularity of RuPaul's Drag Race, drag has become a mainstay in many bars and clubs who 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 (pictured) 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 we once saw her wear what can only be described as a giant robot claw-machine; it really has to be seen to be believed.

MOTHERTUCKER

Accurately billing themselves as 'Glasgow's most WACKY, BIZARRE and FABULOUS drag show', Mothertucker usually takes place every other week in the city's première LGBTQ+ Club, The Polo Lounge. It is perhaps one of the city's best nights - especially for variety as they constantly have new themes. Recently their five queens (RuJazzle, October Fist, CJ Banks, Lawrence Chaney and Axel Aurora) have been keeping everyone entertained with a raft of innovative online lockdown shows.

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.

COVID-19 Notice: Many of Glasgow's dining spots have remained open in a takeaway capacity during the COVID-19 pandemic, and at time of writing (July 2020) some are set to open their doors for sit-in customers soon. Before checking out the recommendations below, do a quick Google search to be aware of any changes to service. Lots of restaurants who previously didn't do takeaway now do, so bear that in mind also.



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 able to take advantage of a 'two courses for X' deal before 19:00.

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 or Google Reviews 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 bistro and café are solid choices. The University's catering (Fraser Building, One A The Square) can be a bit pricey and busy, though The Gilchrist PG Club is a great wee spot. The best bargain on campus can be found at The Crypt under the Wellington Church - cracking, cheap and filling food served by volunteers. Amazing soup.

WEST END

Close to campus, Bank Street Bar and Kitchen is a tried and tested favourite (excellent for pints in the sun also), and continuing in that direction Il Cappuccino is a good shout as well. There's plenty of decent 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 Café



Monza on Dumbarton Road for a killer panini. For something different and delicious you've got to try Kimchi Cult off Byres Road - the best Korean cuisine (pictured). Tennents Bar offers classic pub grub for a few quid and just up the road is Little Italy: a classic Italian pizzeria where you can get a margherita the size of a paving slab. Also last year, and not without controversy, a Nando's opened up just off Byres Road. Cheeky.

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 great mac & cheese though is best avoided when the football is on. If fast-food chains are your thing then you certainly won't be disappointed by Glasgow's pick of the usual big names (MacDonalds, KFC etc.) plus some newcomers from across the pond: Taco Bell, from the States, and Tim Horton's from Canada.

PUB GRUB

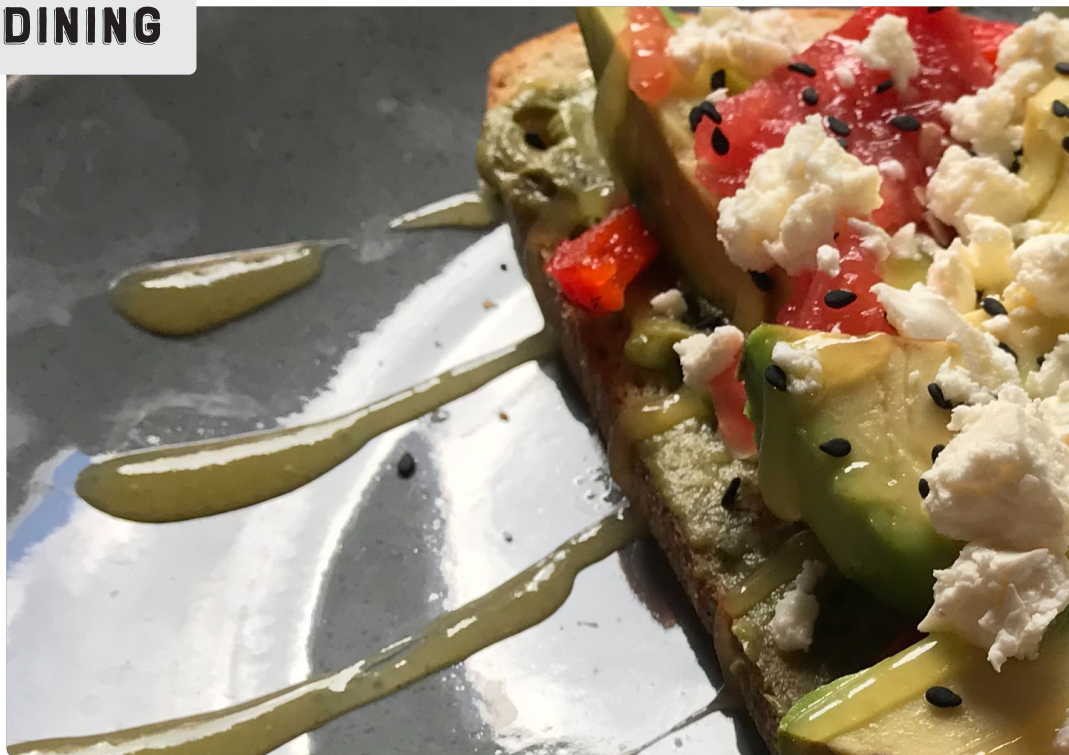
If you're looking for a casual evening meal with a beer, Glasgow excels in pubs with good food, quiet corners and a chilled vibe.

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 way above par 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 17:00 with the post-work crowd.

THE OLD SCHOOLHOUSE: Just around the corner from the GUU, The Schoolhouse is a crowd-pleaser - easy going, pleasing menu and plenty of room.



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.

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.

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 well we do food here. Be warned however, eating as well as this doesn't come cheap, and booking in advance is essential.

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.

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 is being served will undoubtedly be outstanding quality.



BEST OF GLASGOW

STRAVAIGIN

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

111 BY MODOU / SIX BY NICO

A tiny bistro cafe, 111 by Modou 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 'Chippie', 'The Alps' and 'Mad Hatter's Tea Party'. Be sure to book way in advance for a table here as spaces get snapped up very quickly.

Pizza: Baffo Pizza & Birra (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: Mezcal (Hope St.)

Burger: El Perro Negro (Argyle St.)

Japanese: Nippon Kitchen (West George St.)

Fish & Chips: Merchant Chippie (High St.)

Scottish: Ubiquitous Chip (Ashton Lane)



CAFÉS

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

ARTISAN ROAST: Current Glasgow coffee champion, despite the fact that the beans are roasted in Edinburgh. Their coffee is available in a few shops around the city, but their own café is on Gibson Street. Beware: very hipster staff.

OFFSHORE: Favourite of students. A great space to meet friends, work on projects and, of course, drink some cracking coffee. Sublime cheese toasties and big comfy sofas.

S'MUG: Conveniently placed at the bottom of Great George St., this wee place is great for when the library coffee just won't cut it. Try the London Fog.

ROAST: Nestled away in Finnieston this café / brunch spot not only does a mean flat white, but one of the best morning rolls in town. Great for those chilly walks to class.

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. Voted 34th best coffee shop IN THE WORLD in 2019 (wow).

Honourable mentions: **CAFE STRANGE BREW** (Southside), **TANTRUM DOUGHNUTS** (West End - pictured), **KEMBER & JONES** (West End), **THE CCA** (City Centre)



VEGAN AND VEGGIE

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, and was recently voted third best place in the UK for cruelty-free dining after Edinburgh and Brighton.

THE 78: Found in Finnieston, just along from Kelvingrove, the 78 is a great vegan eatery with a decent menu and drinks selection. Watch out when there's a gig on at SWG3 as the place gets packed.

MONO: Located off the Trongate, not far from Glasgow Green, Mono is an excellent vegan restaurant / bar / record shop / snacks place. Well-priced, relaxed and fun. Be sure to check out their roster of gigs, and definitely visit on Record Store Day (Saturday 17th April 2021).

THE 13TH NOTE: Just a stone's throw away from Mono but, to be honest, not quite as good. The veggie burgers are above average, but the rest of the menu is a bit tired.

STEREO: Stuck down a back-alley near Glasgow Central, Stereo isn't quite double what Mono is, but still a great place to grab a plate of expertly prepared vegetarian cuisine. They also host loads of club-nights and gigs in their sweaty basement.

THE FLYING DUCK: Again not found in the most convenient of locations (it's as if the meat eaters don't want you to find these places) The Flying Duck is in a basement near Buchanan Street. Fantastic menu, lovely staff and a good roster of events.

THE HUG & PINT: Arguably one of the best shouts 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.

Honourable mentions: **TCHAI OVNA** (West End), **BROADCAST** (City Centre), **LOTUS VEGETARIAN KITCHEN** (Southside), **THE CCA** (City Centre)

DRINKING

Based on its colourful history, Glasgow has a bit of a reputation 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 first-hand. 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 [page 84] and, most importantly, don't be silly and you'll be perfectly fine in any pub you're likely to want to go to.

COVID-19 Notice: COVID-19 had a big impact on pubs in Glasgow. At time of writing (July 2020) many have opened in a limited capacity, and lots have bookable beer gardens. Check pubs' social media for updates.



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 Glasgow's office workers head there to drink and eat, there are some cracking bars either side of the cobbled street. Top pick is Brel, which has a great food and beer selection and an amazing beer garden which has been very popular since the easing of lockdown. There you'll also find Innis & Gunn kitchen (beers), Vodka Wodka (cocktails), and Ginty McGinty's (lots of Guinness).

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 vibe. Of course you also have the two unions on campus including the GUU's famous (and sticky) Beer Bar and QMU's chilled out music bar.

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 Brewing Co. 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 (subcrawls): The Laurieston has some of the best staff, beers and locals in Glasgow, along with a free jukebox and a photo album of subcrawl groups that have been through the bar. They are consistently voted the best pub in the city and with good reason.

OFF-LICENCES

Heading to your drinking hole of choice might be tempting when you're flush with that 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 fourpack 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 multi buy 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 retro booze shops; 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 cut-off. Although convenient, it is always better to prepare and head to the better value places to get your regular beverages in.

The bitter-sweet truth is that off-sales have been taken over, in the main, by supermarkets who can do it cheaper, easier and with more range. There's always one nearby, either full size 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.

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 unlikelyst 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.

COVID-19 Notice: Sport was impacted greatly by COVID-19 and at time of writing (July 2020) although the Scottish Premiership is running - the games are still being played without crowds. Check online for updates.



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 toasty 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 may be avoid the Subway pre and post-match due to heavy pedestrian 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 for the 9th time in a row last year. They play in the 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 and now chasing at the heels of their bitter rivals Celtic. They play in Ibrox in the Southside.

PARTICK THISTLE FC: The plucky underdogs of Glasgow football, Thistle play in the West End, ten minutes from Murano (not in Partick, however). 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 a child's drawing of a sun (pictured).

Glasgow also has some fantastic female clubs playing in the Scottish Women's Football league, including Glasgow City FC, United Glasgow FC, plus versions of the big three clubs listed above.



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, they've recently adopted a fresh new look and they are set to start the 2020/21 Pro 14 Season in a very promising position. 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, especially when playing against their rivals Edinburgh Rugby.

Scotland's national rugby team play out of Murrayfield in Edinburgh. You can see them playing in tournament games such as the Six Nations which will be shown in pubs all around the city in Spring 2021, however, tickets are like gold dust so if you're looking to watch rugby live then give the Warriors a shot. Both of the Unions tend to show the big rugby fixtures when they're on.

OTHER SPORTS

Seek and ye shall find, there's live sports taking place all over the city. Well-established sports like cycling have new homes such 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.

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.

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.

GUSRC Top-Tip: If politics is your thing then we'd recommend looking into running in a student body election. These are conducted in October and March, and are a great way to get started in the world of politics. Fun-fact: Our current First Minister Nicola Sturgeon (pictured) ran to be the SRC President during her time here!



LOCAL GOVERNMENT

Glasgow was, for a long time, considered a Labour (left-wing) stronghold at city council level, with the party holding a majority for 37 years until they were halved by the Scottish National Party (SNP) in 2017. The council comprises of 85 seats, 37 of which are now held by the SNP as of May 2017, with Labour second with 31, the Conservatives holding 8 and the Green Party having 7 seats. The University is in the Hillhead ward, which has three councillors - one Green, one SNP and one Labour. The next council election will be in 2022.

SCOTTISH GOVERNMENT

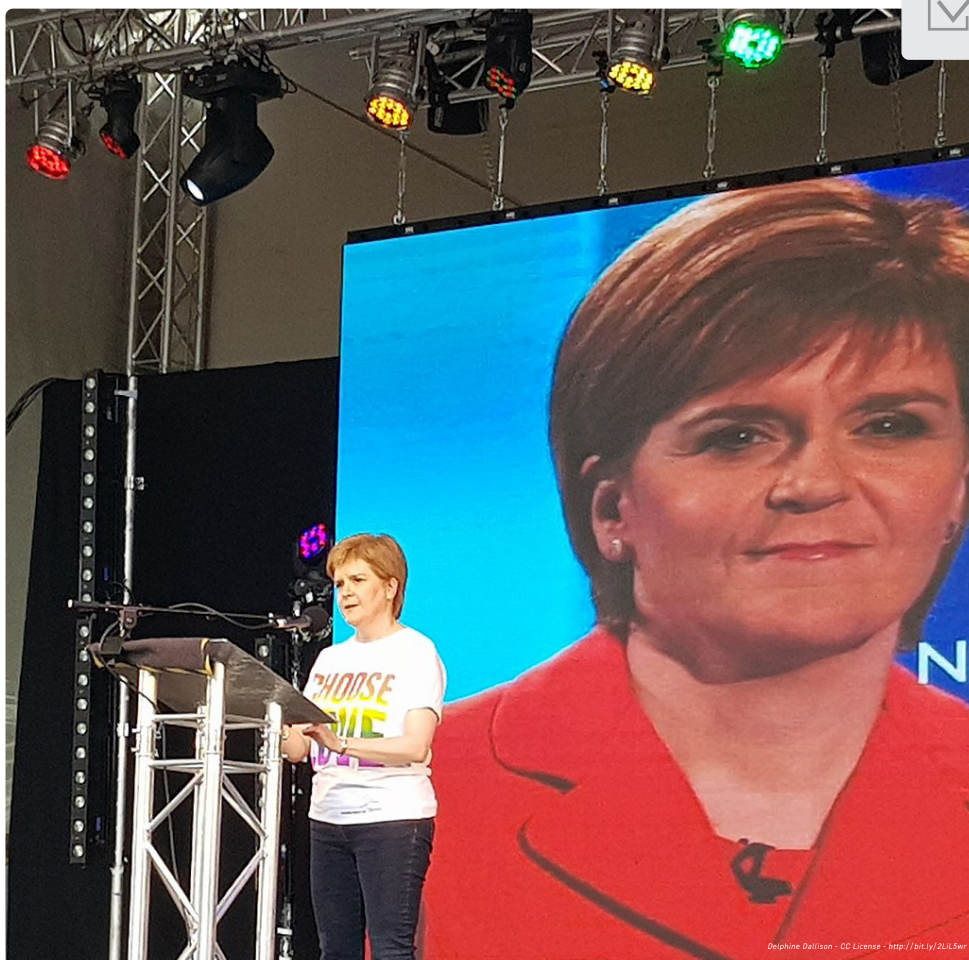
Holyrood hosts the Scottish Parliament, the devolved government in charge of Scottish laws including education, health, agriculture and justice. The Scottish Parliament is currently governed by the SNP after the 2016 election saw the party win 62 of the 129 available seats. The second largest party is the Conservatives (31), with Labour taking third (23). The Green Party have 6 seats, and the LibDems have 5.

The current major issue for the Holyrood government, and indeed every government around the world, is navigating the COVID-19 pandemic and Scotland's exit from lockdown. The Scottish Parliamentary elections were due to happen in May 2020, however in 2015 a bill was proposed to extend the parliamentary term to 5 years, meaning that the next election will be in May 2021.

UK GOVERNMENT

The last 5 years have been absolutely bonkers for British politics, and the COVID-19 pandemic has only further complicated an already messy situation.

At time of writing Boris Johnson of the Conservative Party is Prime Minister, having taken power after Theresa May stepped down in 2019. He has installed a mainly pro-Brexit cabinet whose time has been occupied of late with handling (or mishandling to some) the response to the pandemic. Labour, the opposition party, has taken a step back toward the centre under their new leader Keir Starmer after 5 years under the strong



MEDIA

left-leaning Jeremy Corbyn. The next UK general election is not scheduled until May 2024, however if the last few years are anything to go by then we could easily see a lot change between now and then; including the prospect of a second Scottish independence referendum on the horizon.

Who knows what will be happening by the time you read this, but whatever it is it sure is an interesting time to be studying and living in a city that's right in amongst it all, and where nearly everyone you meet will have a side that they'll passionately support.

Scotland 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. Recent times have seen social media becoming a more prominent part of the political landscape, with many of the days' contested issues being debated on Twitter.

DIVERSITY

What they say is true: people really do make Glasgow the fun and vibrant place it is. The past ten to twenty years have seen the ethnic diversity of Glasgow grow dramatically as people from across the world are drawn to the thriving communities and opportunities found here. With these changes, the city has happily grown and shifted to accommodate and welcome a more multi-cultural population leading to the diverse landscape we see today.

However, Glasgow has not always been so welcoming and the recent Black Lives Matter movement across the world has caused many in the city to stop and reflect on Glasgow's often troubling past. Let's dig a little deeper.

GUSRC Top-Tip: Should you face any harassment or bullying because of where you're from, or for any reason, you can get help in reporting this to the University from The SRC Advice Centre - visit glasgowstudent.net/advice/academic/bullying for info.



HIDDEN HISTORY

Throughout The Guide, you'll come across references to Glasgow's grand Victorian architecture; a remnant of Glasgow's 'hay-day' when massive amounts of money were pouring into the city, leading to the creation of the great Gothic buildings that make up the city's distinct image (our own University main building included).

The dark and troubling truth, that until fairly recently has often been avoided by many Glaswegians, is that these Victorian monuments and honours to the wealthy mercantile elite of the city are due, in large part, to the profits of the slave trade.

The Merchant City, now an upmarket restaurant and bar district, was named for the Glasgow tobacco merchants; men such as Andrew Buchanan made extortionate amounts of money out of the slave trade, leading to the city honouring them by creating buildings and streets in their name (Buchanan Street - Glasgow's busiest shopping thoroughfare).

Our own University saw a great level of development in the Victorian period, thanks partly to large bequests and gifts given to them by these very same slave traders.

CONFRONTING THE PAST

In 2016, the University took an encouraging step in acknowledging its part in these terrible practices, leading then in 2018 to the publishing of a full report on 'Slavery, Abolition and the University of Glasgow' - one of the first of its kind in the UK. Off the back of this report, in 2019 the University took a historic step by committing to raising and spending £20 million in the development of a Glasgow-Caribbean Centre for Development Research, in partnership with The University of the West Indies.

This recognition of our city's dark past is only the beginning of a journey to greater understanding, and the Black Lives Matter movement has made us even more aware of the work that still needs to be done.

EQUALITY ACTIVISM

Despite the city's troubling roots, Glasgow in recent times and throughout its history has known its fair share of equality activists and campaigners seeking to root out racial injustice. In the 1980s, Glasgow played a significant role in the Anti-apartheid movement; many of our own student bodies marching together to chants of 'Free Nelson Mandela'. In 1981, the city council awarded Mandela 'Freedom of the City', and when



he was finally released from prison on Robben Island, in 1993 he visited a welcoming crowd in George Square to personally thank the people of Glasgow for sending their support to him.

Though complicated by COVID-19, Glasgow like so many cities around the world, came out in force to protest the brutal murder of George Floyd in the US; with many marches taking place across the city. The dialogue between Glasgow's diverse present and troubling past is one that has really just begun, and your time in the city will undoubtedly be shaped by it. Our advice: get involved!

SUPPORT FOR ETHNIC MINORITIES

There are a number of charities and community groups in the city who support and protect minority ethnic groups. Our own University Equality and Diversity Unit is a great source for anyone wanting to find out what services are available, as is GUSRC who have their own Race Equality Officer who'll be happy to talk to you.

UofG Equality & Diversity Unit

Website: gla.ac.uk/myglasgow/humanresources/equalitydiversity

GUSRC Race Equality Officer

Email: race-officer@src.gla.ac.uk



COVID-19 Notice: It's worth noting that many shops, hairdressers and beauty salons have been impacted by COVID-19. At time of writing (July 2020) a lot of these are re-opening, but to avoid disappointment be sure to check online for updates before heading to some of the places listed below.



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 pretty decent. If you're more particular and don't mind spending a bit more, consider Soul Barber Room on Argyle Street or Mo Hair in town near Trongate. If you take a trip South Mojo Barbers (pictured) on Kilmarnock Road are a great shout: very friendly



and chilled out staff, and lots of old records to stare at on the walls.

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 haircut so go and have a look around your part of the city or venture to somewhere you haven't explored before.

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.



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 Spencer 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



COVID-19 Notice: Hotels and B&Bs across the UK have been impacted by COVID-19. It would be wise to check online for any updates to services before embarking on any trips out of Glasgow.



Lovely though our '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 - the summer months will be busier/more expensive, so plan in advance.

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

NORTH

Go slightly north and you're in Loch Lomond territory. While busy during peak months and sunny weekends, this is the closest, best example of scenic Scotland; fresh air, mountains, walks, cycling, boat tours, sheep, dogs, cows and rolling



hills. Great for giving your visiting family a sense of 'real Scotland' and super easy to get to via public transport - just jump on a train to Balloch from Queen Street. Bring lunch unless you want to spend a lot on tourist traps 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.

SOUTH

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 (a busier, more expensive version of the Scottish countryside) or keep going for only 4 or 5 hours and you'll find yourself in London. The brave among you may want to attempt a Megabus to get down to the capital, but be prepared for an epic 10 hour journey.



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 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 2021.

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 put together to give you a hand in figuring out some of the basics of travelling around, living with new people and most importantly, taking care of yourself.

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GUSRC Top-Tip: Should you have any issues with accommodation - be it dodgy landlords or finding a flat - the SRC Advice Centre have loads of great tips to help you at glasgowstudent.net/advice/accommodation



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 chair in the living room has got you feeling anxious, you're not the only one. The great thing about coming to university is that the vast majority of the people you meet in the first few months will be in the exact same position as you.

Of course, you may be bundled in with new flatmates who made the leap into the great 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 busy halls can be a blessing in disguise. Private flats can often be cheaper, better located, more peaceful and generally a bit nicer than some of the Uni halls. With most students heading into private flats 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. In addition to having a

ready-made community, further upsides about the University-run halls include Wi-Fi, security staff, social areas and not having to worry about the hassle and drama of splitting bills at the end of every month. You also have the added bonus of having people to walk with or share a taxi with when getting to or from the University when it's pouring down. 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 [999].

ACCOMMODATION MOVING IN



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 1,100 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. Mainly 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).

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 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 76] 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 cheering folk up.

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

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

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

TOP-TIPS

1. RESPECT

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

2. CHECK-IN

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

3. STAY HYGIENIC

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

4. DON'T STEAL FOOD

Seriously, no one wants to be part of a conversation about labelling every bit of food in the fridge, make it easy on your flatmates by making sure you don't need to have that conversation and don't steal their food.

5. MAKE AN EFFORT

Some people don't want to socialise, that is fine. They may be happy enough just watching Netflix in their room so leave them to it. Others may need a little nudge every now and then so be conscientious and ask them if they'd like to join in with a flat outing / watching a film / going shopping.

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 leaver's hoodie you bought ironically to your sociology lecture. Most machines in halls 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.

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 their 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 03:00. 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 guys 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 is 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 your camera or laptop gets pinched.

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 2021), 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 the 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 flatshares come about naturally through friendship groups or classmates, but you need to think about how many people you'd be comfortable sharing with. If you like the idea of sharing with a big group, you'll need to move fast, as multi-bedroom flats can be hard to come by in premium areas. Don't be afraid to turn down a flatshare offer if you're not 100% convinced it's right for you - you may have to live with your decision for a year or more.

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 a



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 are 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 hubs and are popular with families and young professionals.

Less popular locations for students include Castlemilk, Easterhouse, Drumchapel, Possilpark, Dalmarnock, Govanhill, Bridgeton and areas around football stadiums such as Ibrox. See more information on Glasgow's neighbourhoods on page 60.

ACCOMMODATION

MOVING ON

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 large 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 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 46]. If you're living with anyone other than a full time student it's more complicated. 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. 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 more experienced 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.

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 [page 56] before signing the lease; they'll be able to guide you through the necessary checks to make sure everything's above board.

THINGS TO AVOID WHEN FLAT HUNTING:

No valid HMO (Houses in Multiple Occupation) certificate.

Requests for cash-in-hand deposit or rent.

Additional or unexpected upfront fees.

No notice required to terminate tenancy.

Non-local authority registered landlords/agents.

TRANSPORT GETTING AROUND



COVID-19 Notice: Most of Glasgow's public transport links have remained in operation throughout COVID-19, though with some service changes. Be sure to check online for any updates before travelling. Also be aware that on buses, trains and in taxis you will have to wear a face-covering.



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 good 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 we don't have them).

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 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 AM/ PM commute, and around football matches at Ibrox Station. The nearest stops to campus are Hillhead, Kelvinbridge and Kelvinhall 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 Mount Florida, you're often able to get a bus almost door-to-door.

If you're paying cash then Glasgow buses only take exact change, so don't rock up with a £20 note for a £2.40 journey, however you can also now pay Contactless with your debit card. The buses that stop at Gilmorehill campus are Firstbus numbers 4/4A, 8, 15, and 90. You can purchase tickets for local travel from just £15 per week to £400 for the academic year, giving you unlimited journeys within the city network.

TRANSPORT GETTING AROUND

CYCLING

Cycling is a popular and cheap form of transportation in Glasgow and bike routes are continually being improved throughout the city. During the COVID-19 pandemic, Glasgow City Council made many additions to the city's cycle lane network and has made a commitment to improving the road experience for cyclists. 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, as 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 pretty cheap. The main overground station in the West End is Partick, in the city it's Central and Queen Street which are around a 7 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 hours (08:00-09:00 & 17:00-18:00) 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 £5.70 per day, or £0.60 for 30mins when paying by smartcard. If you've not got it already, get the Ringo app to make 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 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

COVID-19 Notice: At time of writing (July 2020) certain international flights are still in operation, however be prepared for these to change if the pandemic worsens, and also be aware that you may have to quarantine for 14 days upon returning to the UK should you go abroad.



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 free app with live departures and network alerts to keep you

up to date on their services or use the dates and notifications. Trainline is good 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. 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 £30 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 Fuerteventura, Frankfurt, Sharm El Sheikh 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 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 16-26 coachcard for £12.50 which gives you a third off fares for a year. They also have a handy app where you can check routes and book tickets.

WELL-BEING

PHYSICAL HEALTH



The COVID-19 pandemic has made us more aware than ever of our physical and mental health and how important it is to look after both. The Well-being 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 come down with some sort of illness during your first year in Glasgow - usually just the common cold. It's inevitable, so it's very wise to register with a GP in Glasgow sooner rather 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 gets ill easily, or have an ongoing health concern that requires regular appointments it may be

more convenient for you to register with a GP nearer to your halls or accommodation. Check out nhs.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

COVID-19 is clearly going to be a concern for all students this year, so more than ever it's important to be aware of the medical provisions available.

If you do fall ill with a more serious condition, or think that you need to see a doctor at the



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weekend, then your first call should be to NHS 24 on 111. They'll put you on to a healthcare professional who will be able to advise the best course of action, which is usually "go to hospital", because diagnosing people over the phone is tricky at best, 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 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 again on nhs.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 terrible weather, 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.

WELL-BEING MENTAL HEALTH (CW)



Content warnings apply. 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 well-being in the same way you would your physical health, and be aware of anything that might impact your studies. The same goes for those who come to university with an ongoing mental illness: there is a lot of support out there.

SUPPORT

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

no shame in caring for your mental health, and talking can often be part of a solution.

If you're looking for support, consider the services listed below. It is very much a case of what works for you and what will help your personal situation. Do not be afraid to ask for help, it's there if you need it and here are a few places to turn.

COUNSELLING & PSYCHOLOGICAL SERVICES

The University of Glasgow's Counselling and Psychological Services offer a drop-in service where you can discuss your current state of mind, issues, or concerns. They also offer self-help materials and regular support and advice. Find out more about them on their website: gla.ac.uk/myglasgow/counselling



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. The University pay for a great MH service called Togetherall which is worth checking out, and you should also look out for the QMU's Elephant in the Room campaign.

WELL-BEING CHARITIES

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

Samaritans

Phone: 116 123 (24/7)

Web: www.samaritans.org

Breathing Space

Phone: 0800 83 85 87

Mon-Thurs: 18:00-02:00, Fri 18:00 - Mon 06:00

Web: breathingspace.scot

WELL-BEING

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. The consequences of letting STIs go unchecked are not so fun.

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 (pictured) in the Finnieston-end of Sauchiehall Street. Check out sandyford.org to find out about the services they can provide.

CONTRACEPTION

To keep yourself and future partners safe from STIs the most effective method is to use a condom. There is no better way of ensuring that you don't contract an STI so if you are - or hope to be - sexually active then make sure to keep one to hand.

You can pick up free condoms from the SRC, QMU, GUU and a lot of other places - the Sandyford website contains a directory of official free condom distributors. For those looking for an alternative to condoms, there are a wide variety of options for contraception available via your GP or a sexual health clinic appointment, including the pill, coils and implants.

Many contraceptive options interfere with your body's natural hormones so it is important to follow the advice of your GP or medical professional when



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

WELL-BEING

STAYING SAFE (CW)

Content warnings apply. 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.

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 their 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 their webpage:

glasgowstudent.net/campaigns/lets-talk-sexual-violence/



Jurga Kalinauskaitė ©

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 (glasgowstudent.net/advice/health-and-safety/sexual-violence/) which gives some

organisations who can help you. Or if you would prefer, you can come in to the SRC 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 000014**. Or you can contact the Rape Crisis Scotland helpline every evening from 18:00 - 00:00 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 at some point. If you aren't keen for whatever reason then just let them know it's not for you and say you'll hang out another time, or just go along and stick to the soft drinks. Both unions try to have a good range of non-alcoholic drinks so they can be good places to go to have a fun time with your friends who do drink, even if you don't want to.

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 pints/shots/VKs during the night.

STAY SAFE

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



ILLEGAL DRUGS

Drug use amongst students is not uncommon and can be seen at private parties and social gatherings. The most likely drugs you may come across are cannabis and, to a lesser extent, ecstasy. Although drug use may seem commonplace in certain environments, the police and University are in no way lenient towards casual use in any context. Drugs are strictly banned on campus and in University accommodation. It is illegal to have in your possession, give away or sell illicit substances and being caught doing so will have serious University and probably legal repercussions.

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

Talk to Frank helpline:

0300 123 6600

Open 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 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 times when 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 merriment.

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. More often than not in the first few trips, you'll forget to buy the essentials and come home with things you don't need or won't eat. 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.

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 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 more opening all the time, and are challenging the big four in terms of quality as well as cost. They stock everything you need at super-reasonable prices.

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.

GUSRC Top-Tip: Should you have any issues with your finances and need guidance on where to get help, the SRC Advice Centre have loads of information to help you at glasgowstudent.net/advice/money



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 moneysavingexpert.com. They rate things like bank accounts, travel companies, service providers and insurance companies to find the best deals.

STUDENT DISCOUNTS

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

street shops including New Look, Paperchase, Dorothy Perkins and more all offer discounts when you show a valid student card. Scottish Opera offers a discount to those aged under 26, whether students or not. The RSNO 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 £18,935 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 for then it is sometimes a good idea to go back through your

bank statements to see where you've been over-spending. Sometimes with a simple fix and some responsible saving, it's easy to get back on track. Student bank accounts are 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. Pay-day loans should be avoided at all costs - they are bad news and will only lead to you getting into debt.

If you find yourself in trouble financially then there are places that can help. The SRC Advice Centre [page 56] 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 in gaining a degree. Always make sure this is your main priority.

GUSRC Top-Tip: The SRC run a Jobshop service to help you find suitable full or part-time work - check it out at glasgowstudent.net/services/jobshop



FINDING A JOB

If you do choose to seek employment while studying there are a number of ways to ensure that you find a credible employer. Your first stop should be the online SRC Jobshop. A wide variety of employers post new positions regularly. It's also worth looking on the University's Career Service pages for any opportunities.

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 entirely true. You must pay Income Tax if you earn over the annual personal allowance of £12,500 for financial year 2020/21. 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 £6.45 per hour for 18-20 year-olds, £8.20 per hour for 21-24 year olds and £8.72 for those 25 and over. 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 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: gla.ac.uk/services/chaplaincy



Photo: CC License - <http://bit.ly/znXT6f>

CLUBS & SOCIETIES

If you're looking for other students at University who share your 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:

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 outside of 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.

LGBTQ+

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 LGBTQ+ Officer is an elected SRC Council role representing the interests of LGBTQ+ students at University level, they can be contacted via lgbtqplus-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.

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 in the QMU and can be found on Facebook [@GULGBTQplus](https://www.facebook.com/GULGBTQplus).



PRIDE

The official Glasgow Pride was sadly cancelled this year due to COVID-19. There have been some controversies around the council-backed pride in the past, with claims that it has been co-opted for commercial gain by big businesses. Some LGBTQ+ communities have set up their own pride events in response, including Free Pride which takes place usually in August in the Centre for Contemporary Arts (CCA) on Sauchiehall Street, and the Mardi Gla Pride parade takes place in the summer. If in doubt about what pride to go to look out on the SRC's social media pages as they are usually attending or holding their own events.

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 are running across Scotland. Their website is: lgbtyouth.org.uk

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 a lot of the time.

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 Dame Katherine Grainger DBE.

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 and wearing coloured t-shirts.

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 the entrance to the Gregory Building. Often used photo prop.

GUARDIAN

The University's student newspaper [page 32].

GUM

The University's student magazine [page 32].

GUSA

Glasgow University Sports Association [page 16].

GU VOLUNTEERING

Part of the SRC. Offers volunteering opportunities to students.

GUU

Glasgow University (student) Union [page 12].

HUNTERIAN

An art gallery and a museum situated on campus [page 66].

MACKINTOSH HOUSE

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

MAIN GATE

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

MCINTYRE BUILDING

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

QMU

Queen Margaret (student) Union [page 12].

QUADRANGLES

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

THE VENUE

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 empty - elections expected in Autumn 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 10].

SUBCITY

Radio station based at the University [page 31].

SUB CRAWL

15-stop pub crawl using the Glasgow Subway.

THIRD

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

TWO-ONE (2:1)

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

TWO-TWO (2:2)

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

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Vacant - Elections due in Autumn 2020



GUSRC Top-Tip: Spotted a Vacant position that you'd like to fill? Look out for the GUSRC Elections in October 2020 and March 2021!

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HASTE YE BACK

(COME BACK SOON)



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