



THE GUIDE

GLASGOW

2023-24



University
of Glasgow





LEARN CHINESE TODAY

今天学中文

Individual language lessons
Evening/weekend group language classes
Traditional Chinese Calligraphy courses
Chinese Proficiency testing and certification
Study and scholarship opportunities in China
Cultural festival celebrations



CONTACT US TO LEARN MORE

T: 0141 330 7730

E: confucius-enquiries@glasgow.ac.uk

www.gla.ac.uk/explore/confucius

WELCOME



Hello there, I'm Hailie, this year's President of the Students' Representative Council – otherwise known as the SRC. Welcome to Glasgow!

I hope that your time here is full of warmth, excitement, and plenty of learning opportunities, both inside and out of your classes. This is a pivotal time in your life and we encourage you to make the most of it.

We know all too well that starting University can be a daunting experience – whether you're here as an undergrad or pursuing further study. We've pulled together this guide to the UofG student experience to provide you with some insight into life in Glasgow, answer your questions on all things academia, and demystify some of the support available to you as a student.

You'll likely encounter the SRC a lot throughout this guide, and the same will be true throughout your time at University. The most important thing to remember about the SRC is that we are here to make your student experience easier! As the elected representative body on campus, we exist to make sure that your voice is amplified at all levels of the University structure.

We also provide a number of services, independent from the University, including our Advice Centre who can offer you informed

advice on anything from accommodation to the cost-of-living support. Our volunteering service, alongside our 300+ affiliated clubs and societies, can also support you to enjoy enriching experiences outside of your classes.

If I could offer you one piece of advice, it's this: find out what makes you feel fulfilled. It can feel a bit chaotic at the beginning, and it'll be finished just as quickly as it started, but there will be plenty of time to learn about the city, your subject, and yourself. Whether that's through new experiences with new friends, deep dives into discourse, or simply by wandering around in the City Centre, make sure you take the time to appreciate it all.

We'll be here when you need us – good luck!

Hailie Pentleton-Owens
GUSRC President 2023-24

CONTENTS

USING THE GUIDE 4

YOUR CAMPUS

STUDENT BODIES 8

THE SRC 10

THE UNIONS 12

GUSA 16

THE GILCHRIST POSTGRADUATE CLUB 18

STUDENT SPACES

THE LIBRARY 20

THE GYM 22

STUDY SPOTS 24

CLUBS & SOCIETIES 26

STUDENT MEDIA 30

VOLUNTEERING 34

ACCESSIBILITY 38

THE RULES 40

YOUR STUDIES

GETTING STARTED

STUDYING & BALANCE 44

GETTING CONNECTED

UNI WI-FI & TECHNOLOGY 46

GETTING ENROLLED

COURSES & MYCAMPUS 48

GETTING INFORMATION

BOOKS & RESOURCES 50

GETTING HEARD

ACADEMIC REPRESENTATION 52

GETTING HELP

ACADEMIC SUPPORT 54

YOUR CITY

| | | | |
|----------------------|----|-------------------|----|
| NEIGHBOURHOODS | 60 | NIGHT CLUBS | 82 |
| TOP SIGHTS | 62 | FESTIVALS | 84 |
| PARKS | 64 | STYLE | 86 |
| CULTURE | 66 | EXPLORING | 88 |
| ENTERTAINMENT | 70 | SPORT | 90 |
| DINING | 72 | POLITICS | 92 |
| DRINKING | 78 | DIVERSITY | 94 |
| LIVE MUSIC | 80 | | |

YOUR LIFE

| | |
|-----------------------|-----|
| ACCOMMODATION | |
| MOVING IN | 98 |
| MOVING ON | 104 |
| TRANSPORT | |
| GETTING AROUND | 108 |
| GETTING AWAY | 112 |
| WELLBEING | |
| PHYSICAL HEALTH | 114 |
| MENTAL HEALTH | 116 |
| SEXUAL HEALTH | 118 |
| STAYING SAFE | 120 |
| DRUGS | 122 |
| NUTRITION | 124 |
| MONEY | 126 |
| JOBS | 128 |
| SUSTAINABILITY | 130 |
| FAITH | 132 |
| LGBTQ+ | 134 |

| | |
|----------------|-----|
| GLOSSARY | 136 |
| CONTACTS | 138 |
| CREDITS | 140 |

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 of your time here in Glasgow.

Throughout The Guide you'll notice icons at 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.

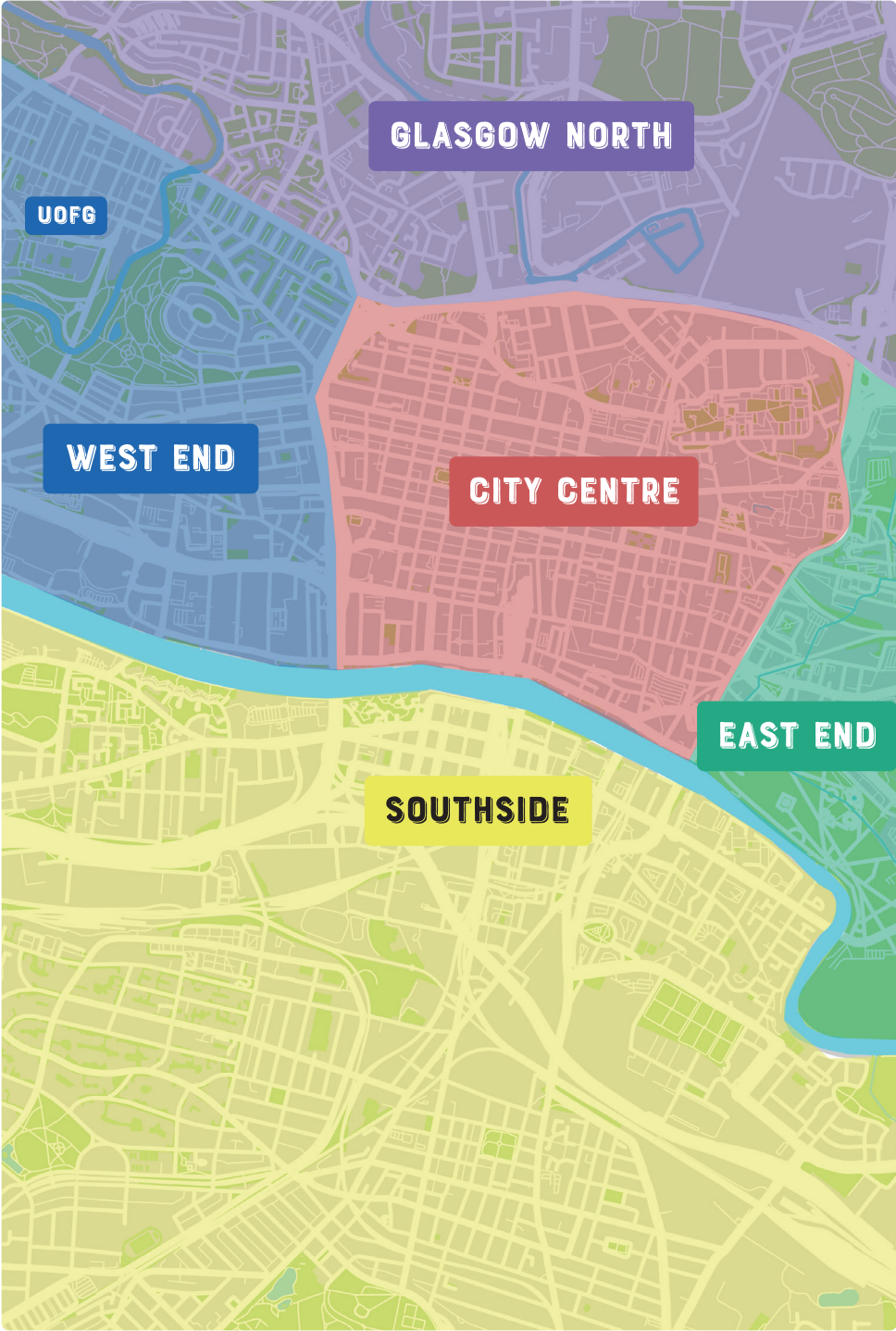


If you are super-keen and want to get clued up, then powering through all 140 pages in your first few weeks may prove useful. There are plenty of tips to pick up that you may want to know as soon as possible. However, if just reading this far is already tiring you out then it's worth bearing in mind 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.

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 glasgowunisrc.org.







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.

| | |
|--|-----------|
| STUDENT BODIES | 8 |
| THE SRC | 10 |
| THE UNIONS | 12 |
| GUSA | 16 |
| THE GILCHRIST POSTGRADUATE CLUB | 18 |
| STUDENT SPACES | |
| THE LIBRARY | 20 |
| THE GYM | 22 |
| STUDY SPOTS | 24 |
| CLUBS & SOCIETIES | 26 |
| STUDENT MEDIA | 30 |
| VOLUNTEERING | 34 |
| ACCESSIBILITY | 38 |
| THE RULES | 40 |

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 of 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'/Welcome 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 different and 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 looks after sport and physical wellbeing.

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 or just SRC) 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 printing and binding, 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.

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. **Opportunities 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 as 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 of services on their website: glasgowunisrc.org.

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, Black History Month for example, span an entire month 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 successfully campaigned to the University on a number of issues including the rising cost of living, the rapid growth of the student population and the strain this places on local accommodation and campus services, and called for safer lighting in Glasgow's green spaces.



WHAT SHOULD YOU LOOK OUT FOR FROM THE SRC THIS YEAR?

In the post-pandemic world, the SRC will be working with the University to support students as we try to get back to a normal way of life. In the past few years, they have also invested considerably in improving support for their affiliated clubs & societies, including launching a new website with improved functionality and even their own dedicated mobile app.

In their most recent strategic plan, the SRC outlined their plans to become more supportive, collaborative, inclusive and sustainable as an organisation. In non-corporate lingo, you can expect the SRC to continue to do its best to provide support, services and opportunities for all students; whether through the support they give

clubs and societies [page 26], the volunteering opportunities they provide [page 34], or the vital work the SRC Advice Centre does to protect the rights of students [page 56], you can trust the SRC to have your back whilst at university.

WHERE CAN I LEARN MORE?

You'll likely get a handful of emails from the SRC across the course of the year and, of course, you can find the latest news and information on their website and across social media (Instagram, X/Twitter, Facebook and TikTok). Each of the sabbatical officers has their own official X/Twitter account too: [@GUSRC_President](#), [@GUSRC_VPSA](#), [@GUSRC_VPED](#), and [@GUSRC_VPSS](#).

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 here as much fun as possible.

WHAT ARE THE QMU AND GUU?

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

HOW WILL YOU INTERACT WITH THE UNIONS?

For most students, the unions will be a convenient place to eat, drink and meet up with people. The QMU contains two bars, two catering outlets (Sound Bites and StrEat Bites), a café, meeting rooms and a renowned live music venue, while the GUU offers numerous bars including the famous Beer Bar, two cafés, a catering outlet (The Union Kitchen), a debates chamber, two libraries, a billiards hall and a purpose-built nightclub (HIVE).

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.

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 in the first week of term after Freshers' / Welcome 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 improving the unions and what they do. Each union's committees and how they operate are different. The QMU has five open committees and one which requires students to apply, while the GUU's five 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. Holding 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. Check each of the unions' websites for election dates.



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.

Publications: responsible for the QMU's regular magazine, [qmunite] and other union publications.

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

Welfare: formerly the QMU's mental health campaign, this new committee is dedicated to all things mental health and student welfare.

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

Communications: responsible for all of the promotion of the GUU both online through social media and around campus.

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.

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.

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).

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 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 despite what you may hear to the contrary).

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 Pixar) 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. 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. You can also find both of them on all of the usual social media platforms.

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.

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 wellbeing. Whether you're a complete beginner or a total gym bunny, you'll likely 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' / Welcome 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 sports club committees to make each of the 57 sports clubs as welcoming as possible. They also put on various events throughout the year, such as varsity competitions,

ceilidhs and quizzes 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 and Vice President are sabbatical positions, 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 every year during the March elections.



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 2024. 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 hosted in The Grosvenor Hotel, 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 halls you'll receive a full UofG Sport membership for the price of an off-peak student membership - £120. To join a sports club, you need a full membership and that's £170 for a full year [find out more about membership options on page 22.] Clubs also 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 Mario, 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.

The Gilchrist Postgraduate Club is 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. 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. It's a great spot for a meeting or somewhere to study. 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 direct via their website (glasgowunisrc.org) 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, straight ahead and through the double doors. Keep an eye 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.



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. Membership is open to all students aged 21 and over at the start of their program, whether they are studying through short courses and lifelong learning, on access courses, or at undergraduate or postgraduate levels.

With its own building on Oakfield Avenue, the MSA is able to provide its membership with study spaces and facilities, a communal kitchen and lounge space, and lockers for use during the academic year. In recent times, the MSA has added a members community pantry which is stocked with basics and essentials, to help out any members who are struggling.

For those seeking a more 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, the MSA is the ideal spot. They hold regular socials and events, including an annual end of year ball, and offer a chance for mature students to socialise/ Overall, the MSA aim to provide a sense of community and belonging for mature students, continually advocating for their needs on campus, linking in with the wider local area, and fundraising annually for charities close to the hearts of its members.

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 Playstation and your fridge full of 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.

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 during normal times for 2,500 students. It is currently open from 07:15 - 02:00, 7 days a week. 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).

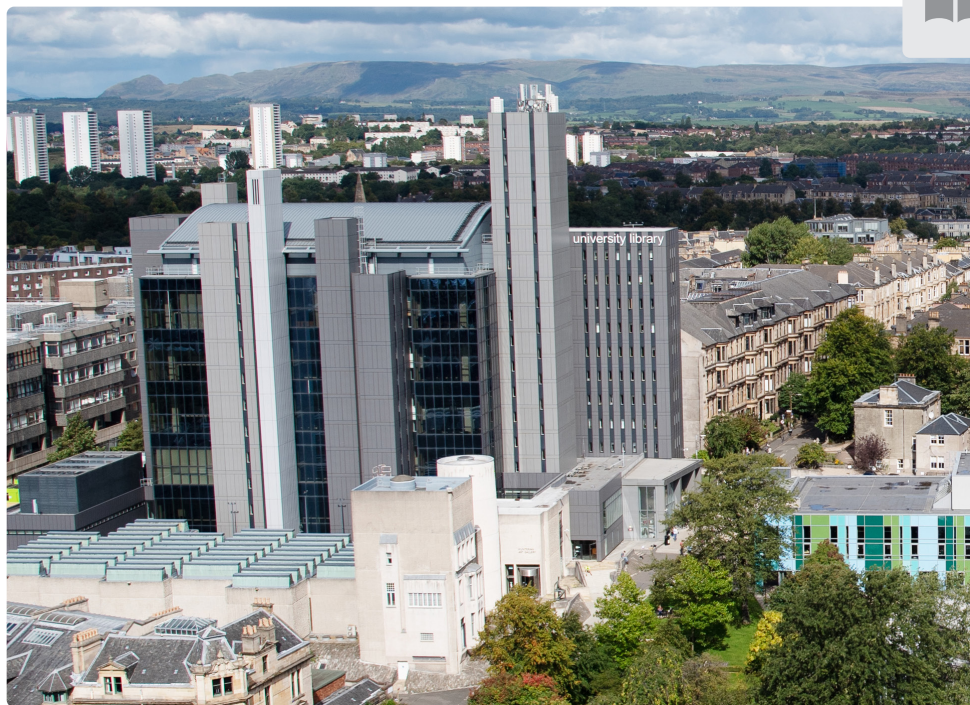
There are 12 floors and 7 annex floors where you can quietly study, or do group work. **Warning: during exam times the library can get extremely busy.** Seeing poor souls wandering around trying to find a plug socket or desk is not a rare sight, so be prepared to regularly traipse around every floor 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 once you graduate.

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 1, 2 & 3), amber for individual quiet study (levels 4 - 7) and up on level 8 - 11 is the red zone for silent individual study, whilst level 12 contains Special Collections and requires advance permission to access. 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 café (open 08:00 - 14:30, Monday - Friday) and social area surrounding it 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 still be well into the latest Taylor Swift album 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 a great shout if you're interested in club sport, fitness and wellbeing. It's the cheapest gym you'll ever be a member of and it's one of the best kitted-out facilities in the country. If you're able to, embrace the chance to get or stay active in your first year.

JOINING

If you're living in University halls you'll receive a full UofG Sport membership for the price of an off-peak student membership (£120) – saving you £50. To join a sports club, you need a full membership and that's just £170 for a full year. To attend the facilities without participating in club sport, you'll need a Fitness & Wellbeing Membership from as little as £12 per month. All membership options are clearly outlined and you can sign up online: gla.ac.uk/sport.

FACILITIES

The main Stevenson Building (The Stevie) gym includes ... deep breath ... 25m swimming pool, steam room, sauna, Revolve cycling suite, strength suite with the most platforms in Scotland, a brand new Technogym 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 Garscube where you'll find all pitches, astroturfs, another sports hall and another smaller gym.

CLASSES

Most exercise classes are free to attend, but popular classes often get busy and will require a reservation for entry which can be booked online (one per person). Classes on offer include BoxHIIT, Kettlebells, Flow and the terrifyingly tough Super Circuits. Garscube also has daily classes that

you can get involved with. There's something for everyone spread across the seven-day schedule, the latest version of which can be checked out online.

ADD-ONS & EXTRAS

Some facilities at the gym require a small cost to book, including squash courts, badminton courts and the activity hall for dedicated activities like five-a-side football or basketball. Gear including towels, racquets and footballs can be hired for a small fee, and the kit shop is fully stocked should you fancy picking up some black and gold apparel for your workout session. The University has several personal trainers, who are available to all members, their details and how to book them can be found on the UofG Sport app. In addition, each member is entitled to a free gym induction. Just ask at The Stevie Front Desk for more details.

OPENING HOURS

Opening times 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 – 22:00 Monday to Thursday, 10:00 – 20:00 on Friday, 09:00 – 17:30 Saturday and 10:00 – 17:30 on Sunday. The easiest way to book for classes and keep up to date with everything that's going on across UofG Sport is to download their app: gla.ac.uk/sport/app.



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.

Many of you will likely head to the fancy new James McCune Smith Learning Hub (also known as the JMS or 'Jimmy') to study. It's a great spot for solo or group work and has bookable working spaces as well as lots of the services you'll find in the library, plus a few extras such as cafés, printing stations, a prayer space and even cycling lockers. The Round Reading room is another decent (though smaller) spot to check out if the JMS and Library are full.

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 Joseph Black Building (Chemistry), Hetherington Building (Modern Languages), 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 and used for group work or individual study during busy periods.



These smaller spaces are often forgotten in favour of the main study areas and can therefore be significantly quieter, with a much better chance of getting a PC. Though not as quiet, and lacking facilities such as printers, many of the catering outlets on campus also make good study spots - especially when it comes to group projects. Despite often being busy, the Fraser Building 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. 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 just take our word for it, we caught up with Keziah (Ballroom and Latin Dancing Society), Bailey (Minecraft Society), Phoebe (Polar Bear Club - Wild Swimming Society), Matas (Dance4Water) and Michelle (African Caribbean Society) for their take on the clubs and socs scene in Glasgow.

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

KEZIAH (GUBLDS): I'm a big fan of Strictly and always wanted to try ballroom dancing. After attending two taster sessions, I thought joining GUBLDS would be a great opportunity to make new friends, try something new and challenge myself. As Welfare Officer, I can't wait to help new dancers to feel safe and included during classes and competitions.

BAILEY (MINECRAFT): I founded the Minecraft Society to meet people who enjoyed something I did, plain and simple, and it worked great! I've met lots of new friends and learnt a lot through getting involved in societies.

PHOEBE (POLAR): I first got involved with the Polar Bears as a member in 2021. This was its first year as a society and after going on a few swims over the year, I became Secretary the next year and will carry this on this year too.

MATAS (D4W): My friends invited me to a taster session, the room was unavailable, but the teachers persisted and we moved to Kelvingrove Park, it was really fun and made an impression to come back.

MICHELLE (ACS): During the pandemic, as most students experienced at the time, it was

super hard to get to know other people. Being an international student, it felt even more difficult to find a starting point. Then one day I saw on my insta feed that the ACS was having a social and I decided to go, hoping to meet some people I could connect with culturally. And I did! It felt like home away from home. I spent all night laughing and sharing similar experiences with other students of similar background.

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

KEZIAH (GUBLDS): Being part of a club/society is definitely worthwhile - for me, it means that I have something to look forward to during the week and I have a chance to do something fun and exciting after classes. It's also an opportunity to gain more than a degree while studying at uni and making the most out of living in Glasgow.

BAILEY (MINECRAFT): Absolutely, a good society can offer a great social space, regardless of the "main focus" of the society, many of them function as hang outs and conversation "hubs".

PHOEBE (POLAR): Definitely! It helps you to socialise with people with similar interests who you maybe wouldn't meet otherwise. Being on the committee too is more relaxed than



you would think and allows you to get more involved with the planning of events within the club.

MATAS (D4W): Absolutely – dancing is both a physical activity and an artistic expression, which I love, also, the constant change of partners makes you connect with tons of people and creates a strong sense of community.

MICHELLE (ACS): It definitely is! It makes it much easier to feel less isolated, and find your social footing by bonding with others who have similar interests or backgrounds.

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

KEZIAH (GUBLDS): My favourite thing was going to competitions and seeing dancers from other

universities - with GUBLDS, I've been to Kirkcaldy, Sheffield, Blackpool and Manchester. I've also enjoyed the one-off dance workshops which can be challenging but also really fun and my favourite social from the past year was easily the Winter Ball!

BAILEY (MINECRAFT): I've now had experience planning and running large events, such as a Ceilidh last semester! Not only did it teach me a lot, I got to enjoy myself on the night and have a laugh with the friends I'd made throughout the year!

PHOEBE (POLAR): We've of course had many pretty chilly swims as well as a summer trip to Aviemore this summer and a joint ceilidh with other watersports societies.

MATAS (D4W): I have taken part in dance lessons, society parties and together with other society

CLUBS & SOCIETIES



members we have gone to dance in external socials in the city.

MICHELLE (ACS): I've attended more fun socials than I can count, built my academic network, been a part of fundraisers with important initiatives, and connected with people of all ages, nationalities, and levels of study.

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

KEZIAH (GUBLDS): I would definitely recommend signing up to clubs and societies - they are a great way to meet people outside of your course, try a new hobby and even gain volunteering experience depending on the club/soc you are part of. There is a club or society for everyone at the University

of Glasgow and you could always start your own!

BAILEY (MINECRAFT): 100%, University would be very different without them!

PHOEBE (POLAR): Of course! It's a great way to socialise with people who have similar interests who do different courses. There are so many societies at Glasgow Uni that there'll definitely be something for you

MICHELLE (ACS): Yes, yes and yes. Your uni experience will not be complete without joining one!

MATAS (D4W): Definitely, here you can find something that is important to you - anything from your hobbies and passions to culture and values.



CLUBS & SOCS AWARDS 2022-23

CLUB OR SOCIETY OF THE YEAR:

Malt Whisky Society

NEW CLUB OR SOCIETY OF THE YEAR:

History Society

CLUB OR SOCIETY EVENT OF THE YEAR:

Enactus Glasgow

CLUB OR SOCIETY FUNDRAISING AWARD:

Charity Fashion Show

ACADEMIC CLUB OR SOCIETY OF THE YEAR:

Neuro Society

CLUB OR SOCIETY ONLINE PRESENCE

OF THE YEAR: Urology Society

INCLUSIVE CLUB OR SOCIETY AWARD:

Shakespeare Society

GU AWARD FOR CAMPUS VOLUNTEERING:

Yuting Tian

GU AWARD FOR COMMUNITY

VOLUNTEERING: Alex Nelson

GU PRINCIPAL'S VOLUNTEERING AWARD FOR CIVIC ENGAGEMENT:

Student Action for Refugees

STUDENT MEDIA

Glasgow University has a highly active student media scene with four organisations affiliated to the SRC and another at each of the unions. These media organisations are there for you to take as little or as much as you want from them. Some of you might not pay any attention to them at all, some will consume bits of content that you enjoy, and some will throw yourselves into one of the organisations with the hope of making yourself crucial to their 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.

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, you can apply for a show at subcity.org/get-involved. If you want to familiarise yourself with the station before applying, head to the website to check out the vast back catalogue of shows, or view the schedule for the daily live broadcast times. Show applications are open year round. If you want to get involved with the management side of things, Subcity open team applications twice a year. There is an opportunity to apply in the weeks following Freshers' / Welcome Week, and Subcity exhibits at the Welcome Fair if you'd like to chat to someone from the team before applying.



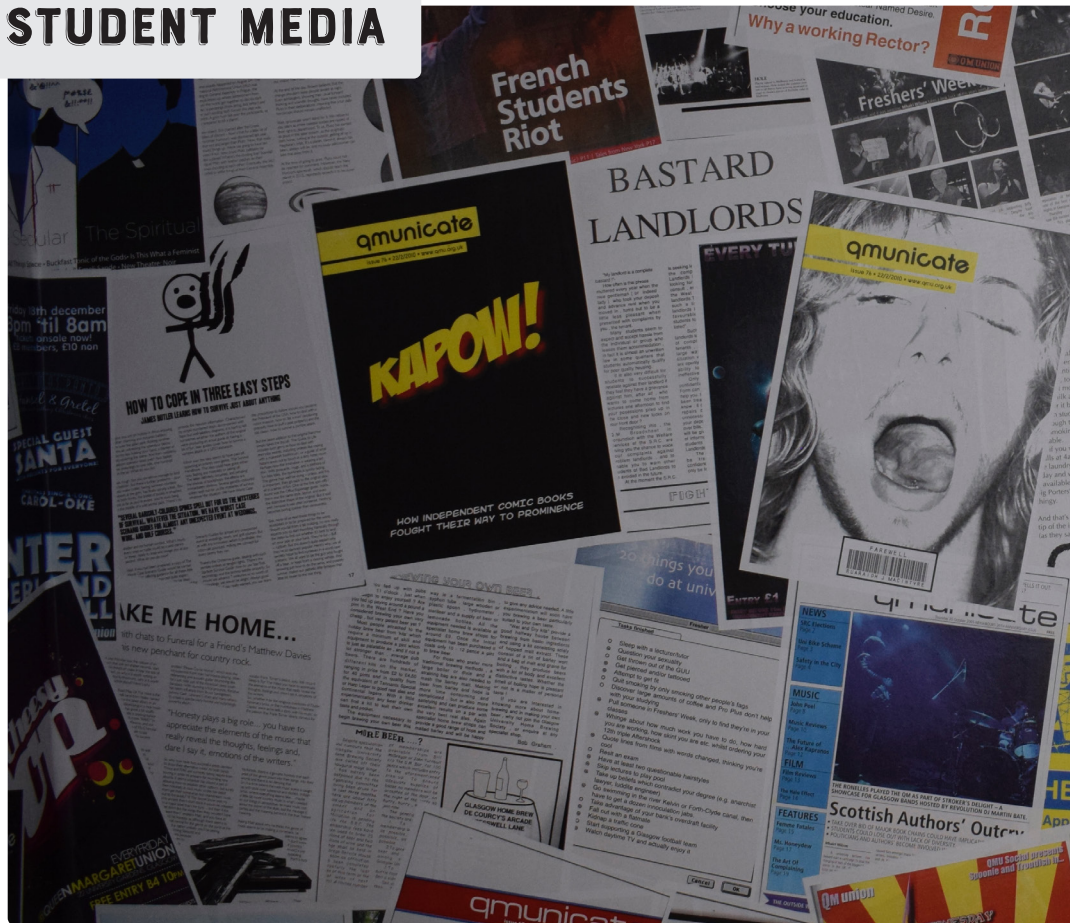
GUST

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 won the award for Best Freshers' Week Coverage and Best Technical Achievement in the National Student Television Awards. They also 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. 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 members during Freshers' / Welcome Week, they hold open meetings twice per week, so you can drop in, meet the team, and even pitch your idea for a show (no prior experience required). If you think you've got the winning smile for being on camera, you can show that off too.

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 frequently updated with exclusive articles and breaking news 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 [page 13].

VOLUNTEERING

Glasgow. It's a big place 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. SRC Volunteering is here to help you do just that.

The SRC runs the only dedicated volunteering service at the university. They 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. However, partnerships change over time, and as the needs of the city and 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 the following categories:

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

If you're unsure, need advice or can't find what you're looking for, the SRC 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 SRC volunteers:

ELLA - STUDENT ACTION FOR REFUGEES (STAR)

"I have enjoyed making a rapport between myself and the refugees I have been mentoring or within the classes. The relationship has been very rewarding and I am grateful to be involved with it.

I have spent my degree focusing on the effects of immigration policy on refugee populations. I sought a way to help within the refugee community, learning about the severity of their hardships. Helping run these classes has helped with my confidence, speaking in front of others, and in my ability to make a difference with my time."

Student Action for Refugees (STAR) is a national



network of students, helping to build a more understanding and just society where refugees are welcomed and can thrive in the UK. Student volunteers run weekly Conversation Clubs, which provide a space for refugees and asylum seekers living in Glasgow to meet, practice English, and make new friends.

THEA - NORTH GLASGOW COMMUNITY FOOD INITIATIVE (NGCFI)

"By volunteering with an organisation that I hadn't met prior I was able to see and learn about how they operated to make social changes in the community with respect to food waste, enabling me to become more socially aware as well as learning how to improvise and be resourceful."

North Glasgow Community Food Initiative work to empower individuals to lead practical and sustainable food-related activities that improve

health and wellbeing and help to build stronger, more cohesive communities. Volunteers offer support as cooks and garden volunteers, teaching the community how to grow their own fruit and vegetables, and to live more sustainably.

VERÓNICA - WOODCRAFT FOLK

"I chose to volunteer to give back to my community, make a positive impact, and shape the attitudes of children towards social and ethical issues. Volunteering allows me to gain new skills and meet new people."

Woodcraft Folk help children and young people to grow in confidence, learn about the world, and begin to understand how to value our planet and each other. Volunteers host weekly groups across the city as well as day trips and camps during the school holidays.

VOLUNTEERING



OLIVIA - MERRY-GO-ROUND GLASGOW

"Charitable work and fundraising events have been very much a part of my life from a young age. I have the time, so why not."

I think it's a great initiative, and knowing that the effort I put in is appreciated and makes a difference is fulfilling. By speaking to parents and meeting some of the children that benefit from Merry-Go-Round's sales, I realised what a positive impact this charity has on the community."

Charities rely on volunteers, a lot of them wouldn't run without them. If you have the time, why not help out. I would say that in my personal experience volunteering is really fulfilling, sometimes it's nice to be part of something bigger, something that makes a real change to other people's lives."

Merry-Go-Round (MGR) Glasgow are a local social enterprise, providing support to families in Glasgow to make life easier and to reduce the

financial and environmental impact of raising children. Volunteers work on putting together Carousel Packs, given to families on lower incomes; stock pre-loved items for sale in MGR's boutique charity shop; and help prepare for the charity's biannual Mega-Sale.

FAYE - CODE YOUR FUTURE (CYF)

"I decided to volunteer with Code Your Future because it was something different. It was also an opportunity for me to pick up a little bit of coding knowledge, which was quite interesting."

One of the things I enjoyed most during my time volunteering was knowing that I was making a difference to refugees and asylum seekers, and helping them start new lives here in the UK."

Code Your Future is a UK based, non-profit organisation that trains refugees, asylum seekers, and other people facing social exclusion or serious barriers, to become professional



software developers. Our SRC Volunteers help create and develop teaching content, and support CYF students by assisting with homework exercises and classes, and providing weekly check-ins with students, to help coordinate financial, emotional, and language support.

MARGARET - VOLUNTEER COORDINATOR AT POSSIBILITIES LTD.

"Glasgow University volunteers support our small number of staff in a big way, helping make the members' time here fun while building trust and helping to make the members feel like Possibilities is a second home to them."

Possibilities Ltd. give local people with disabilities access to the support and resources they need in order to grow, learn, and develop within society rather than feel isolated in their own homes. Volunteers assist as Support Assistants for Possibilities' evening social clubs, and offer their

time as drivers and helpers for meal deliveries to elderly disabled residents within Springburn, Possil, Milton, and other communities.

GET IN TOUCH

If you're not sure of the best way to get started, SRC Volunteering are there to help, advise and support you. You can register as a volunteer on the SRC App and explore the opportunities available. In doing so, you will receive support from staff and have access to your own unique profile, where you can keep track of your volunteering activities, hours, and skills.

The SRC will ensure you are recognised and credited for your volunteering, through various award schemes including the Saltire Awards and their UofG Volunteering Awards. To find out more, get in touch or check out their website:

volunteering@src.gla.ac.uk
glasgowuniversitysrc.org/volunteering
[@SRCvolunteer](https://twitter.com/SRCvolunteer)

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. Find out more on the SRC website: glasgowunisrc.org. 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 an app to help you find rooms and buildings more easily. The UofG Life app (available on desktop and mobile) contains a feature which helps you with directions from one campus building to another. 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.



DIGITAL ACCESSIBILITY

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.

It's worth noting that the University and GUSRC are also really invested in promoting digital accessibility. As of September 2020, public bodies such as the University 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 essentially make learning and teaching a better experience for everyone! Find out more at: 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 35,000+ 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 straightforward 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 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.

A STUDENT LIFE



LESS ORDINARY

Military Training -

Training will take you from the basics of soldiering, such as weapons handling and field craft, through to the more complex and leadership focused platoon attacks. This is done over the course of 6 weekends and training nights every Wednesday, culminating in a 2 week summer camp, where you'll put together everything you've learned.

Military training is designed to fit around the university timetables, with a gradual winding down for exam times in December and April/May.



GLASGOW & STRATHCLYDE UNIVERSITIES' OFFICER TRAINING CORPS

About Us -

Through us you will have the opportunity to receive internationally recognised leadership and military training while getting paid with no commitment to join the army once you leave.

Like all units across the British Army, you will have access to exciting adventurous training and sports from kayaking to mountaineering and skiing.



Adventurous Training -

GSUOTC offers the chance to try exciting and challenging activities both in the UK and abroad such as coaststeering here in Scotland, skiing in the Alps, Kayaking in Germany and mountaineering in Morocco. Not only are these activities fun but you can gain qualifications through the Army.

There is also a huge range of sporting opportunities available including rugby, football and Crossfit, giving you the chance to compete across the UK supported by the Army.

Ceremonial -

Whether you're an experienced musician or a complete newcomer, the pipe band will welcome you. Touring across the UK, they are very active, playing in Edinburgh castle for the Royal Edinburgh Military Tattoo and for the Diamond Jubilee celebrations in Windsor.

There is also the opportunity to try traditional highland dancing through us, no matter your level of experience the team can teach you from scratch.



INTERESTED?

OPEN NIGHTS -
September 13, 19, 20,
27 and October 4

☎ 0141 339 6611

✉ RMAS-Gp-OTCGlasgow-Mailbox@mod.gov.uk

📍 95 University Place, G12 8SU

📱 @gsuotcofficial



My SRC.

Your personalised app for everything SRC.

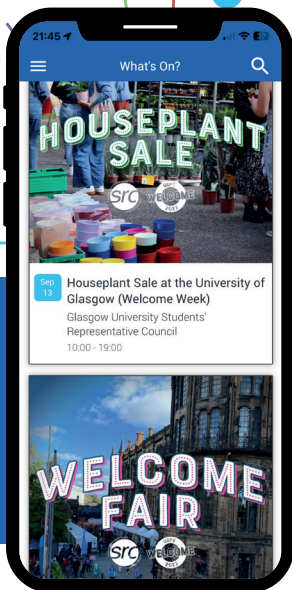
- Join Clubs & Societies
- Explore Events & Tickets
- Record Volunteering Hours
- Find Advice & Support



Download on the
App Store



GET IT ON
Google Play



WWW.GLASGOWUNISRC.ORG/APP



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.

| | |
|-------------------------------|----|
| GETTING STARTED | |
| STUDYING & BALANCE | 44 |
| GETTING CONNECTED | |
| UNI WI-FI & TECHNOLOGY | 46 |
| GETTING ENROLLED | |
| COURSES & MYCAMPUS | 48 |
| GETTING INFORMATION | |
| BOOKS & RESOURCES | 50 |
| GETTING HEARD | |
| ACADEMIC REPRESENTATION | 52 |
| GETTING HELP | |
| ACADEMIC SUPPORT | 54 |

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 their Student Learning Development (SLD) team. In the meantime, here are a few tips to keep you on the right track.

LECTURES, SEMINARS, LABS & TUTORIALS

You may find that you will have a mixture of both online & in-person lectures, seminars and labs. Make sure you check in advance if you are expected to attend in person or online and this should be clearly communicated to you in advance by the University. 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.

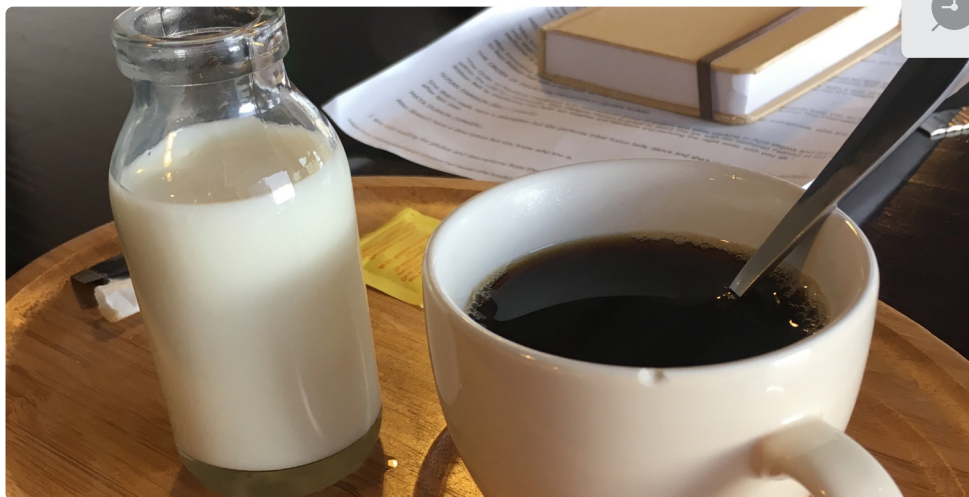
TIME MANAGEMENT

If you don't want to be pulling deadline all-nighters fuelled solely by supermarket Red Bull and anxiety, 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 Student Learning Development (SLD) team [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 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 in 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 Instagram or TikTok between sentences in your essay, while local coffee shops such as Starbucks/Pret (Byres Road), Offshore (Gibson Street) and S'Mug (Great George Street) offer stable Wi-Fi, coffee and a different atmosphere if you're looking to escape the library and pretend you're working on your screenplay.

UNIVERSITY EMAIL

Once you have enrolled you will be given a GUID and University email address. You can access your University email at 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. More info on your UofG email can be found on the website via: gla.ac.uk/myglasgow/it/uofgemail.



APPS

The University has made some apps that are designed to make your life easier. The UofG Life app is the main one, and can do lots of useful things such as help you find and book rooms, integrate with your student email to download your timetable, sync with your calendar and maps, and explore support and wellbeing services available.

Other apps you may find helpful include the UofG Sport app which can be used to find and book sport classes [page 22], the SafeZone app which gives you a direct link to campus security if you're in trouble [page 121] and even the SRC has an app which can be used for finding and joining clubs and societies, browsing events, or getting involved in volunteering. The website has all the info if you're inclined to give any of the apps a go: gla.ac.uk/apps.

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. They also offer binding from £3.

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 access pretty much 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 you haven't received this email, you should log this with the University's IT Helpdesk: gla.ac.uk/myglasgow/it/helpdesk.

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 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 pos-

sible experience from your academic career at the University of Glasgow, preventing students from feeling forced into following through with a wrong decision.

Some subjects will require 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 fifteen years, you're going to spend a lot of time with your face buried in paper-based learning tools. Okay, they're a bit less convenient (just wait until you have to carry six or seven up the Library hill), but there is so much information to be gained from doing the reading.

BORROWING BOOKS

Unsurprisingly, in addition to a plethora of desks, power sockets and PCs, the library has quite a few books. The floors are separated into related subjects and books can be found and reserved using the online quick search; handy for making sure what you need is going to be there for you when you trek up the hill in the rain.

As an undergraduate student, you can borrow up to a bag-bursting thirty books at a time. That's quite a few but, crucially, only ten can be from the short loan section (up to one week loan) and only two of those ten can be from the 'High Demand' section (4 hour and 24 hour loan).

Unsurprisingly, at peak essay time, the High Demand books are hard to get hold of, despite the fact that they cannot be reserved or renewed. 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. A pretty fantastic development in the past year is that the library has decided to end all late return fees!

This means that you no longer need to worry about paying a pesky fine if your book is overdue. There are a few exemptions to this, including for inter-library loans, and ideally it shouldn't be seen as an excuse to take out books and never return them. Learn more on the library website: gla.ac.uk/myglasgow/library.

If you lose a library book you will be charged to replace it, so even if your coursemate's begging to take it from 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: if there's a relevant one for your course, your tutors or school website will point you in the right direction.



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 by 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.

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, you can make use of the SRC's online Secondhand Bookshop. 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 on a variety of subjects at reduced rates, so be sure to check out the website for current stock: bookshop.glasgowunisrc.org.

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 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 coursemates where possible, especially if you share a flat with them. Just make sure come essay time you get equal time with the books you all need.

ACADEMIC REPRESENTATION

If you read the SRC section earlier in this guide, 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 meets with their school and relevant SRC reps once per semester for a discussion on academic practices.

If there's any actionable feedback that needs urgent attention, class reps are encouraged to take the issues direct 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:

glasgowunisrc.org/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 reps (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 two Postgraduate Research Convenors. The School Reps and College/Research Convenors are responsible for collating information fed back to them and taking appropriate action. At the top of the chain sits the Vice President Education, one of four sabbatical officers who have taken a year out of studying to work full time representing students. Find more at glasgowunivsrc.org/representation/council.

RECTOR

Every three years, Glasgow students are given the opportunity to nominate and vote for a 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. In March 2021 the student body elected their first working woman Rector, The Hon Lady Rita Rae KC. Lady Rae is a judge with a lengthy legal career and was elected on a manifesto promise of impartial involvement in student life, stating that "*policy should be developed by the students based on their needs; not dictated by the Rector.*" The next election will be in March 2024, so keep an eye out for info on this. Learn more at gla.ac.uk/myglasgow/students/uofgrector.

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 advisers 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.

SLD - STUDENT LEARNING DEVELOPMENT

If you need additional assistance with your studies or learning then you should check out the Student Learning Development team, 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 more. If you need to brush up on your maths skills you can head to their weekly drop-in session, details of which can be found online. They also offer one-to-one appointments for more specialist help which can be organised online via their website:

gla.ac.uk/myglasgow/sld.

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-to-one with any of their tutors and end up regretting it.

Most staff love being asked challenging or awkward questions, engaging in debates, and getting involved in conversations with their students, so don't be afraid of speaking up and questioning them. You can speak to them directly after classes or just drop them an email.

Tutors and lecturers often have several dozen students depending on them during the year making their time precious. To try and make it

nice and fair they will have office hours where you can arrange a time to go in and speak to them. To make the most of these appointments you should go prepared with questions; try to plan what you want to get out of the time you have.

STUDENT SERVICES ENQUIRY TEAM

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



DISABILITY SERVICE

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 around campus see page 38 or visit their web pages at:

gla.ac.uk/myglasgow/disability.

SRC 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. glasgowunisrc.org/advice.

WHERE TO GO FOR HELP

Struggling to keep up with my work
Adviser of Studies / Advising Team

Can't find my exam schedule
Student Services Enquiry Team

I have problems with an essay grade
SRC Advice Centre

Unsure about referencing or other study skills
SLD - Student Learning Development

Disruption to work due to living situation
SRC Advice Centre



University
of Glasgow



SafeZone

A **FREE** safety app



First Aid Call

When you need
medical assistance



Help

When you need
non-emergency
assistance



Emergency

If you feel
threatened or need
urgent assistance



Wellbeing

Reach out when you
need support



Download **SafeZone App** on



Download on the
App Store



GET IT ON
Google Play



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**.

| | |
|----------------------|----|
| NEIGHBOURHOODS | 60 |
| TOP SIGHTS..... | 62 |
| PARKS | 64 |
| CULTURE..... | 66 |
| ENTERTAINMENT..... | 70 |
| DINING | 72 |
| DRINKING | 78 |
| GOING OUT | |
| LIVE MUSIC..... | 80 |
| NIGHT CLUBS | 82 |
| FESTIVALS..... | 84 |
| STYLE | 86 |
| EXPLORING | 88 |
| SPORT | 90 |
| POLITICS | 92 |
| DIVERSITY | 94 |

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 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 Kelvin Way and hugging the banks of The Clyde, Finnieston was once a 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. It was recently 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, 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.

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 page 62, Top Sights].



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 77, 3, 4 or 4A bus or the Inner Circle on the Subway.

GEORGE SQUARE

In 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: it's also home to a pretty good Christmas market in December.

MERCHANT CITY

Named for wealthy tobacco lords [many of whom were slave-traders - see page 94] 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' [page 83].

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.

GOVAN

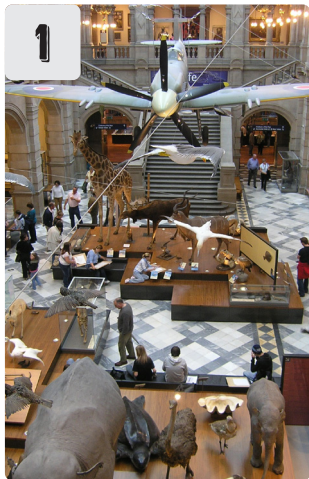
Just over the river from Partick, Govan is an area with a rich history dating back to a time when Vikings roamed these parts. Once it was its own burgh, but now it's part of the city and home to some nice cafés and interesting sights.

GLASGOW NORTH

North of Great Western Road is referred to as 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 and Clyde Canal and the Big Tesco!

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 this 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.



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 Baroque 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 as 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, especially in the spring and summer months. 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).



THE BURRELL COLLECTION

FREE

Down in the Southside, accessible via the train to Pollokshaws West from Glasgow Central, you'll find the newly re-opened Burrell Collection: a sprawling museum and gallery set in the grounds of Pollok Park. After being closed for major refurbishments to the building, the Burrell is back with more of its collection on show than ever before. The objects on show include both fine art - Degas, Rodin, Rembrandt - beautiful historical pieces such as fine medieval tapestries and pottery, and much more. It's well worth a visit South and you can make a day of it by also exploring the massive park it's set in, as well as nearby Shawlands.



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 £11.35 (without donation) and for an additional £5 you can access the Glasgow Science Tower (great view of the city when it is open). They also have an IMAX cinema located on site, with tickets from £9.75.



GLASGOW CATHEDRAL FREE

Towering above the East End, 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 in 1870. Entry to the cathedral is free (a small donation is suggested) and the stunning interior is not to be missed.



THE LIGHTHOUSE FREE

A lesser-known sight in 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 Insta pic - as well as a few Top-Tips for living your best park-life.

BOTANIC GARDENS

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 plus two Victorian glass-houses with tropical climates - well-worth visiting when it's freezing outside the rest of the year.

KELVINGROVE PARK

Kelvingrove Park 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 it 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.

THE NECROPOLIS

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 (Fun fact: they filmed part of the latest Batman movie here!)

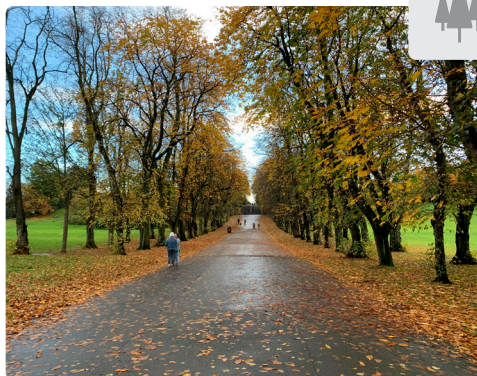
GLASGOW GREEN

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 and wide foot-paths. Notable attractions include: The People's Palace [page 66], the Doulton Fountain 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 [see page 84 for more on Glasgow's festivals].

QUEENS PARK, POLLOK PARK

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 adventurous, and don't mind taking a 20 minute bus or train journey southward (the 3 from the West End, or the 38 or 57 from the City Centre), 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.

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.

THE HUNTERIAN

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).

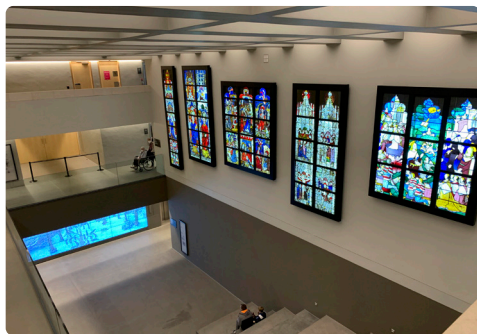
KELVINGROVE ART GALLERY & MUSEUM

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 and at 15:00 on Sundays.

THE PEOPLE'S PALACE, SCOTLAND STREET

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.

RIVERSIDE MUSEUM

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.

GLASGOW SCIENCE CENTRE

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 £11.35 for a student entry ticket. Another Top Sight is the Burrell Collection, down in the Southside.

GOVAN OLD PARISH CHURCH

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.

ST. MUNGO'S

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.

Honourable Mentions: **TENEMENT HOUSE** and **GLASGOW MUSEUMS RESOURCE CENTRE**.



ART & GALLERIES

As with history and heritage, Glasgow is teeming with contemporary and world-class visual arts. This is thanks in part to 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.

CITY CENTRE

In the City Centre, the main arts venue is Glasgow's Gallery of Modern Art (GOMA) found 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). This summer (2023) contemporary art lovers were treated to a very exciting visit from Britain's infamous masked street artist, Banksy. His show 'Cut and Run' was on for several weeks and showcased a collection of his stencils from 1998 to 2023. Also in the Centre, you'll find The Lighthouse gallery which hosts a rotating showcase of Glasgow creative talent and a fantastic exhibition dedicated to its designer, Glasgow's favourite son and world-renowned architect, Charles Rennie Mackintosh.

EAST & WEST

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 exhibition venue. They host regular club nights and cultural events and there's always an interesting art display to check out.

SOUTHSIDE

Glasgow is far from short of visual arts venues, with temporary and established institutions across the city. The Tramway in Pollokshields is Glasgow's Tate 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.

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.



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 hosts shows from Scottish Ballet including their ever-popular Christmas production, which this year will be 'Cinders' - a Cinderella story. 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, through the biggest touring productions, to local musical theatre. 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 Snow White.

INDEPENDENT THEATRES

The Citizens Theatre 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 which has sadly been much delayed due to the pandemic, so is set to re-open in 2024. 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. Their panto is also very good, and this year will be 'Aganeza Scrooge'.

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, at low cost, 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.

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 screenings per person than anywhere else in the UK. Although the rise of streaming services and pirate movies may mean the heyday of cinema has passed, for any of you who still savour the experience of a trip to the pictures (Barbenheimer fans, this means you) then Glasgow is still the place to be.

BIG CINEMAS

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 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 St. Enoch via Hillhead and you'll be within walking distance of the Vue at the St Enoch Centre, and Cineworld on Renfrew Street. As with most of the corporate cinemas, the tickets and sweets there aren't exactly cheap (tickets are £8.99 at Vue, £9.99 at Cineworld with a valid student ID), however if you're a real movie buff and think you'll be there often, it's well worth checking out Meerkat Movies where you can purchase two-for-one cinema tickets every Tuesday and Wednesday. Google them for details.

A relatively new addition to the City Centre is the Everyman Cinema in the Princes Square shopping centre. It's a pricey experience (a whopping £15.90 for an adult) but you'll enjoy your film in the lap of luxury, with sofa seating and table service where you can order food and drinks from your seat.

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 ride from Partick Station.

INDEPENDENT CINEMAS

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 practices such as showing film on reels and hiring trained projectionists.



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

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 £5 entry, is a Red Raw 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 or Kevin Bridges for around a tenner.

ELSEWHERE

Elsewhere, the City Centre's Glee Club hosts live comedy every Friday and Saturday, and you'll find that many pubs across Glasgow will host

semi-regular comedy nights including The Old Hairdresser's, Peckham's Hyndland and The Gilchrist on campus (pictured). If big name comics are more your thing then you're best looking to the city's large venues such as the SEC, or O2 Academy. If you're a big comedy fan make sure you're free in the month of March as this is when the International Comedy Festival takes over many of the city's venues, including right here on campus at The Gilchrist [more on page 84].

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.

Drag 101 (pictured) takes place once a month right here on campus in The Gilchrist and is run by Dharma Geddon and Alana Duvey, Glasgow's drag queen power couple. 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.

DINING

The last few years have seen Glasgow quietly and confidently growing in reputation for excellent local and world food. The Glasgow food scene is a captivating mix of high cuisine - a refined and highly-developed product of an internationalised, creative cooking - and the kind of sticky street/pub/fast food that you lust for after-hours. This section will introduce some of the city's best independent and maybe lesser-known eateries.

FIND A DEAL

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

As a student, many restaurants will offer exclusive discounts [page 126] 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 amount' deal before 19:00.

It's also worth acquainting yourself with websites such as itison, 5pm, Wowcher 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 (good for a date night on a budget). 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 and other terms and conditions.

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 don't have time / can't be bothered to make a lunch.

ON CAMPUS

Both unions offer cheap eats; the GUU has the Union Kitchen and G12 café, and the QMU's bistro, café or Chinese restaurant are solid choices. The University's catering (the JMS, the Library) can be a bit pricey and busy, though The Gilchrist PG Club is a nice wee spot if you can nab a table (it's open to all years, not just postgrads). 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 Cottonrake Bakery is a good shout as well, if a bit pricey. Other highlights include Bagel Mania, Kember & Jones and Tinderbox.



PUB GRUB

If you're looking for a quick bite to go, you need to venture down Kelvin Way to find Mactassos food truck - simply the best Greek gyros. For something different and delicious you've got to try Kimchi Cult off Byres Road - brilliant Korean cuisine. Ten-nents Bar offers traditional 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.

CITY CENTRE

If you find yourself hungry in the City Centre during the day, there's plenty of sandwich shops to check out such as Charlie Browns, City Sandwich, or about 100 Subways. Also consider Social Bite for something tasty and soul-nourishing, or Mikaku on Queen Street does a great bowl of ramen on the cheap. One of Glasgow's hidden gems is Falafel To Go - a tiny hole-in-wall kiosk that sells incredible falafel wraps for only £4.50.

If fast-food is your thing then you certainly won't be disappointed by Glasgow's pick of the usual big names (McDonalds, KFC etc.) plus some newcomers from across the pond: Taco Bell, from the States, and Tim Horton's from Canada.

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.

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

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. No frills, no fuss, just proper grub.



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 The Chicken Place (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.

Yes, takeaways can be convenient and tasty, but you can have too much of a greasy thing. You'll absolutely end up getting takeaways, 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. Managing to find healthy-ish options for fast/ convenient food is easier now than ever with sites such as Just Eat or UberEats bringing food to your door.

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, delicious, and 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.



GLORIOSA

A relative newcomer to the fine dining scene, this cool spot down in Finnieston serves deliciously fresh Mediterranean-influenced dishes and craft wine. It's got a pretty low-key, casual vibe and great cocktails.

SIX BY NICO

Starting out with one restaurant in 2015, local chef and restaurateur Nico Simeone has gone from strength to strength and expanded his empire to have locations across the UK, including a new one right on Byres Road. The whole schtick with Six by Nico is that the menu rotates every 6 weeks and you get 6 courses based around a theme, all of which are carefully crafted for a proper culinary experience. Recent themes have included 'Once Upon a Time', 'The Chippie' and 'From Miami to Ibiza'. Be sure to book way in advance for a table here as spaces get snapped up very quickly.

BEST OF GLASGOW

Burger: *Buck's Bar (West Regent St.)*

Chinese: *Opium (Hope St.)*

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

Indian: *Obsession Of India (High St.)*

Japanese: *Nippon Kitchen (West George St.)*

Korean: *Kimchi Cult (Chancellor St.)*

Mexican: *Topolabamba (St Vincent St.)*

Pizza: *Paesano Pizza (Great Western Road)*

Seafood: *Crabshakk (Argyle St.)*

Scottish: *Cail Bruich (Great Western Road)*

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

Thai: *Thairiffic (Sauchiehall St.)*

DINING



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.

OFFSHORE: Found down on Gibson Street and a 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).

OTTOMAN COFFEEHOUSE: A stunning spot found off Berkley Street on the way to the City Centre from the West End, this authentic Turkish establishment is a true hidden gem in which to sip your morning brew.

Honourable mentions: **CAFE STRANGE BREW** (Shawlands), **TANTRUM DOUGHNUTS** (Finnieston), **SPITFIRE ESPRESSO** (Merchant City), **BRAWesome BAGELS** (Partick).



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.

MONO: Located off the Trongate, not far from Glasgow Green, Mono is an excellent vegan restaurant, bar and record shop. Well-priced, relaxed and fun. Be sure to check out their roster of gigs, and definitely visit on Record Store Day (Saturday 20th April 2024).

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 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.

THE FLYING DUCK: Again not found in the most convenient spot (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.

SUISSI VEGAN KITCHEN: Not too far from campus, along Dumbarton Road in Thornwood, you'll find some tasty Pan-Asian vegan offerings. Seeing the words 'caramelized banana slices' on the menu should be enough to pique your interest.

VIVI'S DELI: Down in the Southside so a bit further afield, but well worth the trip for some really tasty Berlin-style vegan treats including an incredible 10" hotdog (pictured). They also stock German sodas if you're feeling adventurous.

Honourable mentions: **LOTUS VEGETARIAN KITCHEN** (Southside), **THE GLASVEGAN** (City Centre), **LOCAVORE SOUTHSIDE** (Govanhill).

DRINKING

Based on its colourful history, Glasgow has a bit of a reputation for being a scary city to go out drinking. 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 86] and, most importantly, don't be silly and you'll be perfectly fine in any pub you're likely to want to visit.

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. Our 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 Jinty McGuinty's (lots and lots of Guinness).

On Byres Road itself you'll find Tennents, a traditional pub with cheap beer and food; Curler's 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 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 the Allison Arms. Dennistoun, slightly east of the City Centre, also has some great bars including the Drygate



Brewing Co. and The Palais Bar. 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've got some spare 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 sadly 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.

GOING OUT LIVE MUSIC

Live music is in Glasgow's blood. It's one of the city's defining features, which is why it was the first city in the UK to be recognised as a UNESCO City of Music. Glasgow's venues range from the intimate to the super-massive; lovers of international arena-pop will be as happy as hipsters looking to discover the next big thing so they can tell people in the future that they saw them in the front room of someone's tenement.

You can keep track of gigs in Glasgow through podcasts, local radio stations, as well as online magazines such as The Skinny and The List which make a fair go of comprehensive listings and decent reviews for everything in Scotland. Songkick is also a pretty good index nationally, and Facebook is okay.

BIG VENUES

Outside of stadiums and festivals, the OVO Hydro dominates the big venue market in Glasgow now; boasting Adele, Muse and more in the last few years. It sits to the side of the SEC complex, an entertainment and conference venue that previously held the city's largest events before the building of the 13,000 capacity Hydro as a dedicated live music and entertainment arena.

Musical acts soon to be gracing the stage of the Hydro include The Chemical Brothers, Shania Twain, S Club and Fall Out Boy. When it comes to arena gigs, Hampden Park and Bellahouston Park are the venues of choice for the elite class of musical performer, hosting acts like Calvin Harris, Beyoncé, and the Arctic Monkeys to crowds of 40,000 plus during the Summer months when there's a chance it won't rain.

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

great too. Just south of the river you'll find the O2 Academy, which is only a short walk from Bridge Street Subway. Its sister venue the O2 ABC on Sauciehall Street burned down in a tragic fire in 2019 so a lot of its gigs and clubs have now been moved to the O2 Academy, SWG3 and the QMU.

LOCAL & INTIMATE

Most bars looking to court the student market will have some kind of live music slot in their weekly schedule - it's worth looking around to see what you can get to (or what to avoid, you might not want someone singing in your ear). Often for small gigs and pub singers there's free entry, particularly in the case of open mic nights, and even though it's generally background music, it can be nice to hear something more chilled.

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



SOMEWHERE IN BETWEEN

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

The University's own QMU is still used for live music after over 50 years in the game, with touring acts visiting the nine hundred capacity venue frequently throughout the year. In addition to being local, the drinks are cheaper than most of the city's venues, so it's worth a night out. They also put on small acts in their bar throughout the term - these nights are great for seeing the latest local talent.

Independent music promoters throughout the city use venues such as Mono, Nice N Sleazy (Sleazys), Stereo or Broadcast to promote local bands, novice DJs and everything else up and coming. King Tut's Wah Wah Hut in the City Centre is iconic. If you talk to anyone about seeing live music in Glasgow, they'll likely mention Tut's

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

SOMETHING DIFFERENT

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

For a cool, unique night out, try to catch Tom McGuire & The Brassholes - they do semiregular gigs across the city playing ace funk and soul tunes with an 8 piece band. Their infectious enthusiasm and general quality make them a must-see/hear.

GOING OUT NIGHT CLUBS

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

As a rule of thumb Glasgow's clubs open after 22:00, get busy around 00:00, and mostly shut no later than 03:00. It's very important to note that regardless of closing time, you can't get in after 01:00 under any circumstances (door staff often use this to turn away drunk folk who've nipped out for a smoke as well). You'll often find clubs offer student discounts, so bring your GUID card when heading out, just don't lose it or you'll not be able to get into the library for that early study session. Discounts, or indeed free entry, can be found on Facebook pages, Insta stories, mailing lists or friendly PR staff hanging around the streets around the club.

WEST END

The West End and campus itself have several options for mainstream club nights; essentially everything you'll find in the charts, with some nostalgia thrown in. The student unions each have their own club nights; these are generally considered safe student spaces, are the best value, and are good and busy at the start of the academic year and really good on seasonal holidays such as Halloween, Christmas, St. Patrick's Day and at the end of spring term. GUU's purpose-built nightclub HIVE have their big night every Thursday ft. pop bangers and 'Pints of Fun'. Both unions also have other less regular nights on throughout the year.

Slightly further afield but still within the boundaries of the West End is SWG3. Tucked away down near the river in Partick this event space and art gallery has a huge programme of club nights, gigs, DJs, and arts festivals. One of their best nights right now is Bongo's Bingo: a crazy mash-up of a mass-bingo game and a rowdy club night. It's a bizarre night that has to be experienced to understand it properly. Elsewhere in the West End you'll find The Sanctuary. It's a more traditional, mainstream club and often more popular with office workers and locals than it is with students.

CITY CENTRE

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

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



taste. Also on the Sauchiehall Strip you'll find Mango: a latin-theme club-come-bar-come-restaurant. Entering can be a bit confusing as it can involve walking through ongoing Salsa classes, but once inside they play some very spicy tracks and the drinks are reasonably well-priced (plenty of Tequila). For chart-music with fairly cheap drinks check out Bamboo and Kokomo which are conveniently right next to one another, though be aware these are both a bit fancier in terms of their dress-code.

Also worth mentioning on this street are Nice N Sleazy, Broadcast and Firewater. You'd probably class these more as late-night bars, however, each of them also have fairly regular club nights in their basements. Stereo down by Central Station also hosts the occasional night. These smaller basement clubs are some of the best places for seeing local student DJs, and our own Subcity Radio [page 30] often use them.

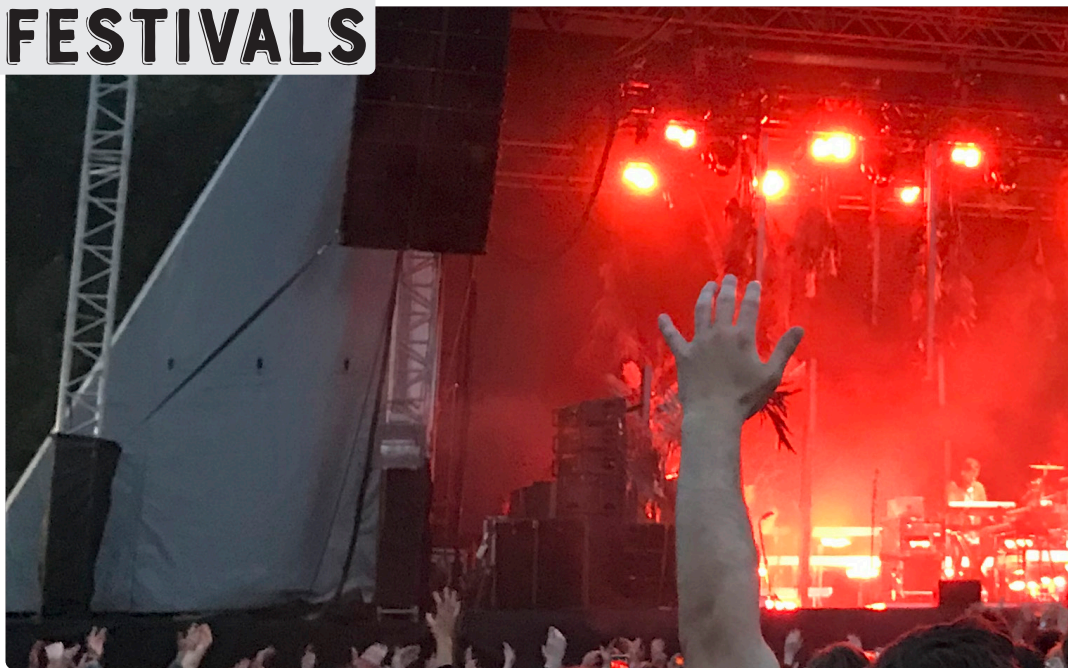
If you're serious about your clubbing then Glasgow's underground scene is one of the world's best. 22 Jamaica Street is home to the Sub Club: a renowned basement club which has

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

LGBTQ+

The Polo Lounge is arguably Glasgow's most popular LGBTQ+ club and is situated in the Merchant City. You'll find that most of the LGBTQ+ bars and clubs are in this area, leading to it being known as the city's 'Pink Triangle'. If Polo isn't your scene, you'll also find some great bars such as Katie's Bar, Delmonicas, Underground and Bonjour nearby. Hot Mess and Shoot Your Shot are both popular LGBTQ+ club nights located close to campus at SWG3's Poetry Club.

GOING OUT FESTIVALS



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

MUSIC

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

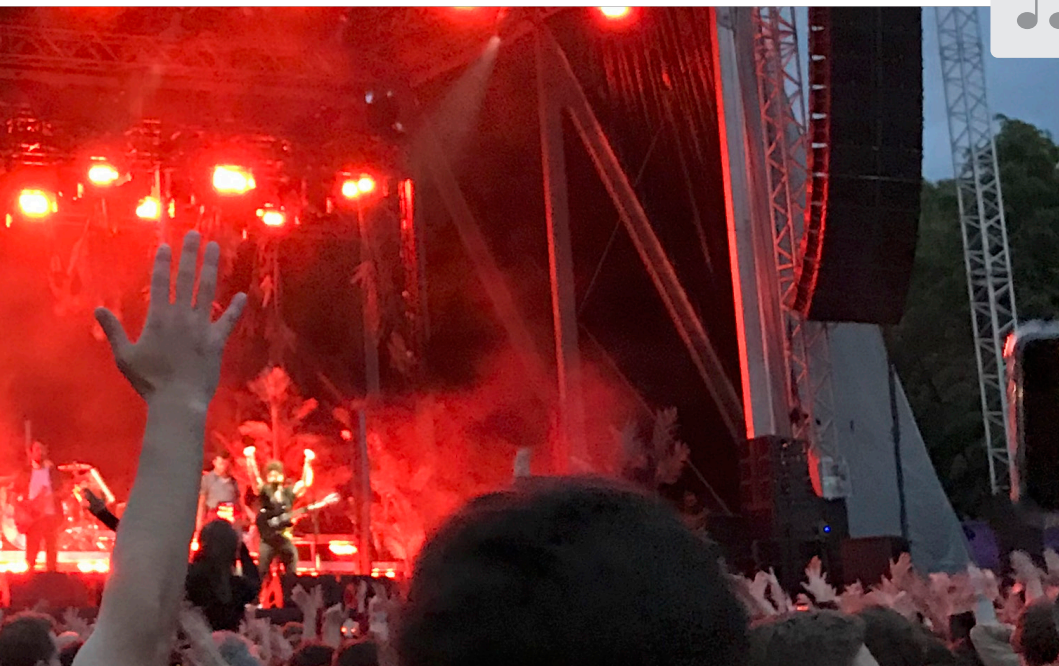
It'll be hard to miss TRNSMT Festival in the Summer. The T in The Park replacement attracted over fifty-thousand people in July 2023 and has already announced it'll be back 12 - 14 July 2024. You should probably either get a ticket and head to Glasgow Green to join in, or avoid the City Centre

altogether that weekend. Small music festivals abound in Glasgow; keep an eye out for Stag & Dagger in May as a particular highlight; people travel from across the UK to see this showcase of local talent in various venues. If you choose to stick around in Glasgow next summer, you might fancy Summer Nights at the Bandstand, which you can hear (very loudly) from the Kelvingrove Bandstand down on Kelvin Way.

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

ARTS

In February, the Glasgow Film Festival showcases independent, international, documentary and blockbuster cinema for a local audience. It's a cracking showcase of cinema in the ever-charming Glasgow Film Theatre and several



other venues. In March comes the International Comedy Festival. Last year we were lucky to have The Gilchrist PG Club feature as one of the venues. Sure, it's a bit more commercial than the Edinburgh Fringe, but there's still a varied line-up of comics and unless you're desperate to see the likes of Michael McIntyre playing to audiences of thousands, it's pretty affordable too.

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

FOOD & DRINK

Food and drink festivals take place throughout the year, celebrating everything from the humble cheese toasty to the finest of Glasgow's restaurants. Because there are so many festivals, here's a list for you to google: The Glasgow Coffee Festival, Glasgow Craft Beer Festival,

Foodies Festival, Big Feed, Platform, Dockyard Social, Glasgow's Whisky Festival, The Gin & Rum Festival, and Glasgow Vegan Festival.

CULTURAL

5th November - Guy Fawkes Night - a sleepless night for animals, but a big night out for humans. Walk around the West End to hear a lot of fireworks and some colourful displays. Christmas takes over in December, expect gimmicky markets and lots of lighting, and for something a bit less predictable, keep an eye out for Glasgow Mela, Scotland's biggest free multicultural festival, which happens in Kelvingrove Park in July each year.

COMMUNITY

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



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.

FIND A DEAL

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 that will lower the price, sometimes quite dramatically (if they don't, walk less than five minutes in any direction and find somewhere that does).

BARBERS

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 Uni Barbers on White Street. If you're more particular and don't mind spending a bit more, consider Brother Men's Stylist & Barbers on Byres Road or Mohair in town near Trongate. If you take a trip South, Mojo Barbers on Kilmarnock Road are a great shout.

HAIRDRESSERS

For hairdressers, you should check out Westend Hair on Great Western Road; they're quick, good quality and offer a range of cruelty free products. Kennedy + Co. on Dumbarton Road is a nice mid-range hairdresser who offer all of the usual treatments and POMOhair on Chancellor Street is another diamond local business with great staff and student-friendly prices. For a more specialist cut or colour, Rainbow Room International 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.

BEAUTY SALONS

The same rule of thumb goes for salons, spas and nail bars, with the city centre full of places to get any form of waxing, plucking, colouring or scrubbing you could want. If you're looking for a special treat then the spa at Blythswood Square is regarded as the best in the city. They offer top notch massages, facials, wraps and treatments, for 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.

CITY CENTRE

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.

WEST END

In comparison to the major retailers of the City Centre, the West End is littered with a range of excellent independent shops. Just off Byres Road on Dowanside Lane (opposite Hillhead subway) is Starry, Starry Night, a vintage-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, a Superdrug, an Argos (in the Sainsbury's) 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 Costa and a 24Hr McDonalds.

SHOPPING CENTRES

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 eat meatballs (veggie options available) and you will buy too much stuff, most of which will be the same as your flatmates'.

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

EXPLORING



Lovely though 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. Find out more on the Visit Scotland website:

[visitscotland.com/accommodation/caravan-camping/wild-camping](https://www.visitscotland.com/accommodation/caravan-camping/wild-camping).

NORTH

Go slightly north of the city 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 a fantastic chippy (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 CalMac ferry across to the Hebridean Isles, which are some of the most visually stunning places in the country.

Alternatively you could head North East from Glasgow Central to Inverness - roughly 4 hours away. Scotland's most northern city is the gateway to the rest of the Highlands and from here you can branch out to the windswept and rough Wester Ross, or more lush and lived-in Sutherland.



SOUTH

Get the train to Largs in Ayrshire 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 UK's capital, but be prepared for an epic 10 hour journey (tickets from around £16).

EAST

At some point you'll think it's a good idea to head to Edinburgh; there are a few good shopping streets, some decent 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; 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. 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, Prestwick or Edinburgh airport, all 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 Spring 2024.

SPORT

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

FOOTBALL

If you came to Glasgow not knowing about its tumultuous footballing history, it won't take you long to notice it's a pretty divisive subject around these parts. For most, the Old Firm rivalry (between Rangers and Celtic) won't be super-relevant and 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 the area's around the the Old Firm team stadiums (Govan for Rangers, Parkhead for Celtic) and start badmouthing the other team, you should not be worried at all. Even if you do head out to a game featuring one of the two teams, you're unlikely to see any trouble, despite what the empty Buckfast bottles on the train / bus / street might make you think.

With two high-level teams in the Scottish Premier League (SPL) in Glasgow, you might see some more police on the streets on the match days when they play each other, and pubs everywhere are likely to be busy, but follow the advice above and maybe avoid the Subway pre and post-match due to 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. They're one of the best options if you're looking for quality football, having won the Scottish league championship 53 times, most recently in 2022-23. They play in Celtic Park in the Parkhead area of the East End.

RANGERS FC: Rangers have worked their way back up the ranks to the SPL while retaining a loyal fanbase. This year they finished 2nd in the Scottish Premiership after Celtic. They play in Ibrox in Govan, in the Southside.

PARTICK THISTLE FC: The plucky underdogs of Glasgow football, Thistle play in Firhill Stadium in Maryhill, 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.

GLASGOW CITY FC: Glasgow has some fantastic women's 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. In the 2022-23 Scottish Women's Premier League, City FC won their sixteenth title. They play their home matches at Petershill Park in Springburn, in the North of Glasgow.



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 this year they reached their first-ever European final, enjoying an unbeaten run to the final of the 2023 EPCR Challenge Cup in Dublin. 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. They play out of Scotstoun Stadium or 'Fortress Scotstoun' in the West End.

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 2024, 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 in their bars.

OTHER SPORTS

Seek and ye shall find, there's live sports taking place all over the city. This summer saw Glasgow play host to the 2023 UCI Cycling World Championships: a new event which brought together 13 different cycling world championships across 11 days of competition. Glasgow is the first city to ever host this new event and it saw lot of the City Centre and West End closed for races to take place, including the riveting road races which flew right past the University.

If cycling's not your thing, you might fancy Glasgow's ice hockey team, Braehead Clan who 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: Former First Minister Nicola Sturgeon 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 that was 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 2022, with Labour second with 36, the Green Party with 10 seats and the Conservatives with 2. The University is in the Hillhead ward, which has three councillors - one Green, one SNP and one Labour.

SCOTTISH GOVERNMENT

Holyrood hosts the Scottish Parliament, the devolved government in charge of Scottish laws including education, health, agriculture and justice. The Scottish Parliament is currently governed by the SNP after the 2021 election saw the party win 64 of the 129 available seats. The second largest party is the Conservatives (31), with Labour taking third (22). The Green Party have 7 seats, and the LibDems have 4.

The past year in Scottish politics has been one of the most tumultuous since the 2014 independence referendum. In February 2023, the longstanding First Minister of Scotland Nicola Sturgeon resigned from her position as leader of the SNP, triggering a bitterly fought leadership contest between three candidates. The contest was closely fought, and some say brought to light

the deep divisions within the party. In the end, Humza Yousaf (former Health Secretary) won with 52% of the party members' support, making him the new First Minister as of March 2023. The SNP continue to be the governing party, with the next Scottish Parliament elections taking place in May 2026.

UK GOVERNMENT

After a controversial couple of years in office, Boris Johnson resigned as Conservative Party leader in 2022, sparking a leadership contest which saw Liz Truss emerge as the victor, becoming Prime Minister in September of that year.

However, this wasn't to last. Liz Truss stepped down from her position after only 50 days in office, making her the shortest-serving Prime Minister in British History. After this rather embarrassing episode, the runner-up in the first leadership contest, Rishi Sunak, ran for leader again, won, and became the new Prime Minister in October 2022. You really couldn't write this stuff.

Sunak's time in office so far has not been without controversy, but there's been arguably less drama than there was with his ill-fated predecessor, and with Boris Johnson before her, who continues to make headlines for his breaching of COVID-19 lockdown laws.

Labour, the opposition party, has taken a step



MEDIA

back toward the centre under their new leader Keir Starmer after 5 years under the strong left-leaning Jeremy Corbyn. The next few months will be key for both major parties as they gear up for the next UK general election in May 2024. You can expect a lot of campaigning and publicity from both Labour and the Conservatives (as well as from smaller parties like the Greens and Lib Dems) as we get closer to the election.

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. Get involved, stay informed and be prepared to say your piece for your side.

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 located on the Clydeside 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 Glasgow 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 online as comments threads become the new soapboxes. You can follow most of the major news outlets on X/Twitter as well as local and national politicians and political parties.

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 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 glasgowuniversitysrc.org/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 heyday 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 from 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 University saw a great level of development in the Victorian period, thanks partly to large bequests and gifts donated by these very same slave traders. This is something that the University has been beginning to come to terms with.

CONFRONTING THE PAST

In 2016, the University took an encouraging step in acknowledging its part in these terrible practices, leading in 2018 to the publication 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.

In 2022, the University launched an anti-racist campaign across the organisation called 'Together Against Racism' which seeks to help students and staff feel more confident when calling out racist behaviour. The campaign encourages you to learn more about racism and microaggressions, as well as seek to understand how we can all be better allies to colleagues and peers. Find out more at gla.ac.uk/explore/togetheragainstracism.

The recognition of our city's dark past is only the beginning of a journey to greater understanding and campaigns such as this one, as well as the recent Black Lives Matter movement, make us even more aware of the work that still needs to be done to combat racism in our everyday lives.



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 after 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.

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



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 living with new people, travelling around and most importantly, taking care of yourself.

ACCOMMODATION

MOVING IN 98

MOVING ON 104

TRANSPORT

GETTING AROUND 108

GETTING AWAY 112

WELLBEING

PHYSICAL HEALTH 114

MENTAL HEALTH 116

SEXUAL HEALTH 118

STAYING SAFE 120

DRUGS 122

NUTRITION 124

MONEY 126

JOBS 128

SUSTAINABILITY 130

FAITH 132

LGBTQ+ 134

ACCOMMODATION MOVING IN

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 glasgowunivsrc.org/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, in which case they may have had a bit of a head start and will no doubt tell you about it frequently. 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 some travel costs 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. Purpose Built Student Accommodation (PBSAs) 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 and might figure out the pitfalls faster than others.



LIVING IN HALLS

The majority of new students choose 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 together those on similar courses or from similar backgrounds 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 contact with any issues or queries regarding your flat, except maybe if it's on fire. Then it's the Fire & Rescue Service (call emergency number 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 to 40 minute walk. Here's a quick run-down of the main University halls you may find yourself either living in or visiting.

CAIRNCROSS is the closest to campus but the smallest halls with rooms for around 200 students.

KELVINHAUGH STREET houses 346 students; a lot of 2nd, 3rd and 4th year students choose to live here.

KELVINHAUGH GATE houses 250 students 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.

MURANO STREET is the largest of the student residences with room for 1,175 students and including 4-5 person and 10-12 person flats. Known for its thriving social atmosphere, it's about 25 minutes walk from the main campus.

QUEEN MARGARET RESIDENCES are the most expensive halls. They are close to the main campus and offer en-suite bedrooms and awesome kitchens. Around 400 students live here.

STUDENT APARTMENTS are closest to campus, being traditional tenement flats, but spaces are more limited with space for just over 100 students.

WINTON DRIVE is located next to Botanic Gardens and is mainly occupied with 2nd, 3rd & 4th year students, particularly international students.

WOLFSON HALL is the only catered halls of residence, located near West of Scotland Science Park and Vet School. It is around a 50 minute walk from Gilmorehill, mainly occupied by those studying locally.

It's worth noting that in recent years the University has expanded the number of rooms it owns to accommodate the growing student population, so although you may be offered a room in halls, you might actually end up living in private halls with the University as your landlord. You'll still get the benefits of living in Uni halls, but you may find you're living alongside students from other parts of Glasgow. You can find a full list of University accommodation, including more stats and travel info, at: gla.ac.uk/undergraduate/accommodation.



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, your bread or drink your milk - so 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 72] 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 administrator with a list and far too much power over your life. To try and keep the peace, on the next page we've listed 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 cup of tea 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 flat 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, 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 09:00 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 with cash. If money is tight, 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 03:00 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 classes. Don't be the flat that always sets off the alarm with their early morning burnt toast. 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 they can phone one of their flatmates if they've just been forgetful, or they could be 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 2024), 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, fewer 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 [page 60]. 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, Broomhill 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.

The City Centre districts which include the Merchant City, Garnethill and Cowcaddens are often quite full up with Strathclyde and Glasgow Caledonian students but can be worth a look. 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 but still commutable locations for students include Castlemilk, Easterhouse, Sighthill, Possilpark, Drumchapel, Govanhill, Bridgeton and around football stadiums such as Ibrox or Parkhead.

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 55]. 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.

If you're struggling with Council Tax issues you can always reach out to the SRC Advice Centre for support: glasgowunisrc.org/advice.



HOW TO FIND A FLAT

Finding a flat can often be a bit tricky, but there are a few things you can try. Word of mouth, especially from more experienced students, is a 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!

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 the Scottish Landlord Register. Some landlords and unofficial letting agencies are notorious for ripping off 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.

General state of disrepair.

TRANSPORT GETTING AROUND



Glasgow may be the biggest city in Scotland in terms of population but, in comparison to other major cities across the rest of the UK and Europe, it is relatively small and easy to navigate using any mode of transport. A mixture of having a small city centre, a decent enough 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 few miles 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 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. Look out for the new fleet of driverless trains launching soon.

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 £1.95 journey, however you can also pay Contactless with your debit card or the First Bus app. The buses that stop at Gilmorehill campus are First Bus numbers 4/4A, 8, and 90, whilst Garscube has the 60/60A. If you are under 22 years old you can apply for free bus travel. This is a pretty recent scheme introduced by the Scottish Government and absolutely something you should make use of. You can find out how to sign up at:

transport.gov.scot/concessionary-travel/young-persons-free-bus-travel-scheme.



GUSRC Top-Tip: The SRC Advice Centre can advise you on a variety of both public and private transport options: glasgowunisrc.org/advice/transport.

TRANSPORT GETTING AROUND

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 Station and Queen Street Station 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 travel to the 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 30 mins when paying by smart-card. If you've not got it already, get the RingGo app to make on-street parking super-easy to pay for and to avoid having to keep a pocket full of change.

Like many cities across the UK, Glasgow has recently implemented an LEZ (Low Emission Zone) which extends around the City Centre. You can check if your car is a gas guzzler or LEZ-ready online: lowemissionzones.scot/vehicle-registration-checker.

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 green OVO 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!) There are also electric Nextbikes available.

TAXIS

Taxis are great, and Glasgow has a reputation for fairly reasonably-priced taxis, though as in most cities the prices have gone up a bit in recent years. 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 and has become increasingly popular with students over the past few years. At peak times (evenings and weekends) surge pricing is common, so be sure to check estimated pricing before confirming your booking.

TRANSPORT GETTING AWAY



Though you'll undoubtedly grow to love Glasgow, there will be times when you want to escape the city boundaries for the comforts of home, some sun, sea and sand, or just to explore what Scotland has to offer. Whether you're visiting the folks, fancy a bit of 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 the holidays, 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 added every 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 £40 from the city centre; black cabs around £45. 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 which can take you all over the country and beyond; 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 £15 for a year which gives you a third off fares for a year (costs £35 for 3 years). They also have a handy app where you can check routes and book tickets.

WELLBEING

PHYSICAL HEALTH



The COVID-19 pandemic made us more aware than ever of our physical and mental health and how important it is to look after both. The Wellbeing section is all about taking care of yourself physically, mentally and sexually, and making sure that, should anything go wrong with any aspect of your health, you know where to turn.

DOCTORS

If you haven't already, you will come down with some sort of illness during your first year in Glasgow, though usually just the common cold. It's inevitable, so it's very wise to register with a GP in Glasgow sooner rather than later.

On campus you'll find the Barclay Medical Practice, located inside the Fraser Building. All students can register for the practice, and you can even do it online, but that does mean it can get very busy and they'll more often than not recommend one of the packed drop-in sessions over offering an appointment. If you're the kind of person who 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

If you do fall ill with a more serious condition, or think that you need to see a doctor at the weekend, then your first call should be to NHS 24 on 111. They'll put you on to a healthcare



George Allison - CC License - <http://bit.ly/2NAJ0mf>

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 Queen Elizabeth University Hospital on Govan Road just the other side of the Clyde Tunnel. It is served by a number of bus routes (34, 77, 8, X19) or a quick 10 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 home 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 via the NHS. As a student, you'll probably regularly spend 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.

There are a couple of decent options nearby, including a Specsavers optician on Byres Road, as well as others scattered around the West End (some of which offer a student discount - page 126). For nice frames that don't break the bank, check out IOLLA in Finnieston.

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

SUPPORT

The first thing you should know when considering mental health issues is that you are not alone; there are a number of support systems both within the University and externally which are there to help should you feel the need to talk to someone. Don't be afraid to speak out; there's no shame in caring for your mental health, and talking can often be part of a solution.

If you're looking for support, consider the services listed here. 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. Here are a few places to turn.

COUNSELLING & PSYCHOLOGICAL SERVICES

If you are struggling, the University of Glasgow Counselling Service can support you to manage your mental health and build strategies that aim to help you successfully complete your studies.

The service is primarily designed to support those with mild to moderate needs. They do not diagnose or prescribe and are not a crisis service, although they do also offer crisis support.

Upon fully registering with them, you will be offered an initial 1-2-1 consultation. Depending on need, the support they then offer includes:

- Short term, focused blocks of therapy, subject to assessment
- Wellbeing Consultations
- Psychoeducation and group work
- Self-help resources



You can find out more about the Counselling Service on their website:

gla.ac.uk/myglasgow/counselling.

CAMPUS INITIATIVES

There are also student-led mental health initiatives worth checking out. 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 workshops, 'Mind your Mate' and 'Mind Yourself', as well as an Exam De-Stress campaign which they run in December and April/May.

Mind Your Mate and its accompanying workshop, Mind Yourself, form part of the SRC's aim to build a community of 'Mental Health Champions', reduce the stigma surrounding mental health, and cut down the barriers that prevent people from accessing the help and support they need. Both workshops are student-led, and developed in collaboration with Two

Roads CIC; an award-winning not-for-profit social enterprise that develops and delivers training to improve emotional health and safety. Find out more at: glasgowunisrc.org/workshops.

WELLBEING CHARITIES

Talking to external mental health 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 as a first step in addressing problems at an early stage.

Samaritans

116 123 (24/7)

samaritans.org/scotland/branches/glasgow

Breathing Space

0800 83 85 87

Hours: Mon-Thurs: 18:00-02:00, Fri-Sun: 24 Hours

breathingspace.scot

WELLBEING

SEXUAL HEALTH

You might think that considering your sexual health is a bit of a buzzkill but, if you're having sex, it's something you need to keep in mind, especially when you know that nearly half of all sexually active people will have contracted an STI by the age of 25 (now you know). Being responsible isn't difficult; just get to know the basics, if you don't already. 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 sooner 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. The University has a policy on Student Maternity and Adoption, which allows for you to adjust or interrupt your studies for a variety of reasons:

gla.ac.uk/myglasgow/apg/policies/student-support/maternalpolicy.

WELLBEING

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 'Let's Talk About Sexual Violence' workshops each year as part of their campaigning

to end Gender-based Violence (GBV) on campus. 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. Find out more and book a session at: glasgowunisrc.org/lets-talk.

In addition to these workshops, the SRC have also implemented an online GBV training module which all students can access via Moodle. This course is designed to complement the workshop materials.

Also, remember that all students are expected to adhere to the Code of Student Conduct whilst at the University. Not getting consent for sexual activity is a criminal offence and can be reported to the University, potentially leading to serious punishment, including expulsion. Read more on the University website:

gla.ac.uk/myglasgow/apg/studentcodes/conduct/studentconductstudents.



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 (glasgowunisrc.org/advice/health-and-safety/sexual-violence) which lists some useful tips for what to do and links to specialist organisations who can help you. Or if you would prefer, you can come in to the SRC Advice Centre and speak in confidence with a member of the advice team. At time of writing (August 2023) the SRC has a Gender-based Violence Counsellor working out of their Advice Centre every week. They run drop-in sessions every Tuesday, find out more and book an appointment at: glasgowunisrc.org/gbv-counsellor.

The two most useful local specialist organisations in the aftermath of a sexual assault are the Archway Sexual Assault Referral Centre, located at 6 Sandyford Place, and Glasgow &

Clyde Rape Crisis – helpline **08088 00 00 14**. Or you can contact the Rape Crisis Scotland helpline every evening from 17:00 - 00:00 on **08088 01 03 02**.

SAFETY ON CAMPUS

If you're on campus and feel unsafe, we recommend getting in touch with the UofG Campus Security team. The best way to do this is via the 'SafeZone' app. This app is monitored 24 hours a day by Campus Security, and allows you to call for help at the push of a button, whether it be on campus, at halls or anywhere in between. The main functions of the app include:

Blue button - for general enquiries / non-emergency.

Red button - for emergencies, shares your location with the security team so they can find you.

Emergency services - for when you may be out of range of Campus Security's help, this calls 999.

Green button - for first aid or if someone near you needs medical assistance.

Find out more and download SafeZone at gla.ac.uk/apps.

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 course mates or friends will most 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, and you'll find lots of clubs and societies have non-drinking events.

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 having it affect both your degree and your personal life.

If you ever find yourself questioning whether you're developing a substance dependency then get online and visit 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 processed 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 recipe generator function; you can put the ingredients you have in one end, and they will create a few recipes for you to choose from (also available as an app). 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 religious festivals 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 (AKA Big Tesco) 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 a regular supermarket. 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 branches opening all the time, and are challenging the big four on quality as well as cost. They stock everything you need at very 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 glasgowunsrc.org/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, Foot Locker and more offer discounts when you sign up to a service

such as UNiDAYS or Student Beans.

There are also quite a few local West End businesses who offer discounts when you present a valid student ID, including hairdressers, opticians, bars, dentists and more (visitwestend.com/discover/student-discount-guide).

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

STUDENT LOANS

Student loans are a common way of funding your studies. Most full-time UK 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 £27,660 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, and given the recent cost of living crisis in the UK, it will take you a while to find your financially-independent feet. Unfortunately in the past couple of years, a lot of basic day-to-day costs have increased, including in particular the price of food and fuel. These rising costs are affecting everyone, including a lot of students, but there is help and support available.

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 overspending. 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 that your financial troubles are past the point of being helped by budgeting or cutting back, 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. The University's Financial Aid Team are also a good place to contact for help, and alongside the Advice Centre they have developed a page of support specifically related to the rising cost of living: gla.ac.uk/myglasgow/students/costoflivingsupport.

Other sources of financial support include the Discretionary and Hardship Funds. The Discretionary Fund is open to all UK Home students and the Hardship Fund is for EU & International students. Find out more here: gla.ac.uk/myglasgow/registry/finance/funds/discretionarychildcare.

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 or more years and a lot of expense in gaining a degree. Always make sure this is your main priority.

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 £12,570 for financial year 2023-24. Many students won't reach this threshold as they only

work a few hours per week; perhaps on the week-end 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.

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 Student Job Hub, hosted on the SRC's website and run by the University's Career Service (glasgowunisrc.org/services/job-hub). A wide variety of employers post new positions regularly and the Careers team do their



homework to ensure they're decent positions. 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.

WAGES

At time of writing, the minimum wage rates are £7.49 per hour for 18-20 year-olds, £10.18 per hour for 21-22 year olds and £10.42 for those 23 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**.

SUSTAINABILITY

Climate change. Forest fires. Rising sea levels. They're all pretty scary, right? So, these days, a lot of us are more focused on how we can be more sustainable in our day-to-day lives. When you think of a green, ecological utopia your mind might not immediately jump to Glasgow, however, in 2021 we played host to COP26: the United Nations international climate change summit that saw researchers, diplomats and politicians from around the world descend on the Clyde to talk all things environment.

Whether you're a full blown eco-warrior or just doing your bit where you can, here are some tips on leading a sustainable life while you're studying at the University.

ON CAMPUS

The University takes sustainability and climate change pretty seriously. Visit gla.ac.uk/myglasgow/sustainability to find out a whole range of research projects, strategies and policies that the Uni has in place to try and be more eco. This includes "Glasgow Green: The University of Glasgow's response to the climate emergency" which sets out their plans to achieve 'net-zero' carbon emissions by 2030. COP26 had a big impact on the city and the University, and there's a lot of money being invested into ensuring a strong legacy of the climate summit.

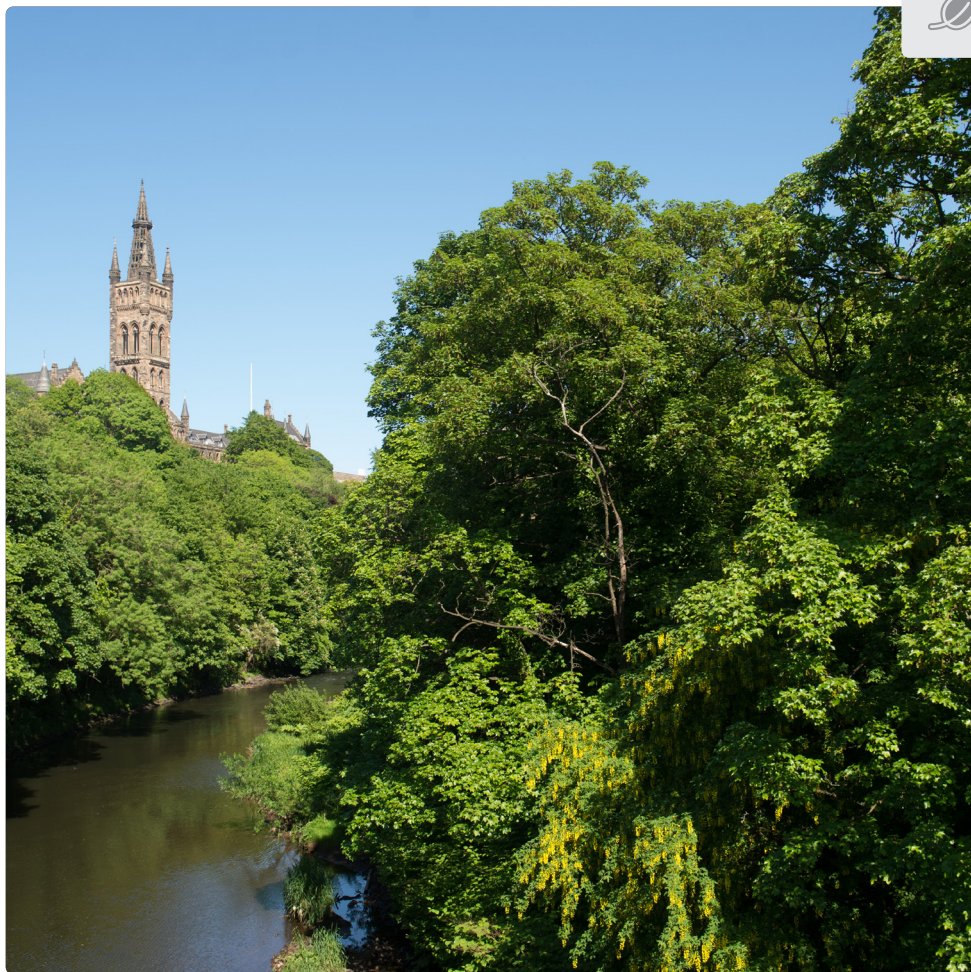
For a more student-led approach to sustainability, be sure to check out one of the SRC's many environmental clubs and societies. These include UofG Extinction Rebellion, UofG Evergreens and others such as the Sea Society, GU Fashion Revolution, and the Environmental Law Society. The SRC also have an elected Environmental Officer on council, and there are often a lot of environmental volunteering opportunities available through their SRC Volunteering service [page 34].

RECYCLING

For those unfamiliar with the recycling system in the UK, we tend to have separate bin collections for glass, mixed recycling (paper, plastic types 1 & 2, card, aluminium tins/cans) food waste, batteries and general waste. Glasgow City Council oversee recycling in the city, and you should have access to each of these bins either in your building, or a short walk away in the case of glass and food waste. If you're living in University or private halls, it's worth asking the accommodation provider what their rules are on recycling as these can differ slightly depending on what bins are available.

REFILL SHOPS

If you're looking for a more sustainable shopping solution than buying everything at Big Tesco, there are lots of refill shops and organic supermarkets scattered around the city. One franchise you'll find dotted around is Locavore. They have a refill shop down in Partick where you can go with your own container to get a range of dry foods such as pasta, rice, nuts and spices at pretty decent



prices. A lot of the other produce can be pretty pricey, especially if it is organic, but you can often find some good bargains if you hunt around.

FIGHTING FAST FASHION

One of the big contributors towards climate change is the fast fashion industry. The mass production of cheap, poorly made clothing has a huge impact in terms of CO2 emissions. A good way to fight back against this is to explore some of Glasgow's amazing charity shops, vintage shops and vintage clothing sales. Each of the Unions will likely host vintage clothing sales during the year, some where you can buy clothes by the kilo for as

little as £20. For more on shopping visit page 87.

GROW YOUR OWN

Food waste is another big culprit in the list of polluters. Growing organic and sustainable fruit and veg is a great way to combat your emissions, and to get involved you should look no further than Glasgow University Food Co-Op. This student-led society provide locally grown veg boxes from as little as £5. These can be collected from the QMU - to find out more and sign up, visit their Facebook page: [facebook.com/glasgowunifoodcoop](https://www.facebook.com/glasgowunifoodcoop).

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. 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.



Postaff - CC License - <http://bit.ly/2nXT67t>

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: glasgowuniscrc.org/clubs.

WIDER COMMUNITY

Glasgow has a wide variety of religious institutions and organisations with diverse and welcoming faith-centric communities within each. 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.

LGBTQ+

The University of Glasgow is a fully inclusive, safe and supportive environment for people of all gender identities 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's 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 regularly on campus during term time and can be found on Facebook [@GULGBTQplus](https://www.facebook.com/GULGBTQplus).



PRIDE

The official Glasgow Pride was back this year and takes place in June. 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 which this coming year will take place in July. If in doubt about what Pride to go to, look 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

For info on LGBTQ+ nightlife check out the **YOUR CITY** section, page 83.

GLOSSARY

CAMPUS REDEVELOPMENT

The University is 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 parts of the campus look like a building site.

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.

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' / WELCOME HELPER

A current student volunteering during Freshers' / Welcome 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.

GLASGOWUNISRC.ORG

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.

GUARDIAN

The University's student newspaper [page 32].

GUM

The University's student magazine [page 33].

GUSA

Glasgow University Sports Association [page 16].

GUU

Glasgow University (student) Union [page 12].

HUNTERIAN

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

JMS / THE JIMMY

The James McCune Smith Learning Hub - fancy new building on University Avenue. Lots of escalators.

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 (famous local architect).

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.

RECTOR

Head of University Court, elected by students every three years. Currently held by The Hon Lady Rita Rae KC.

REGISTRY

Admin legends: registering students, examinations, distribution of grant and loan cheques, financial aid, tuition fees and graduations.

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.

SRC

The Students' Representative Council - the representative body for students registered at the University & publishers of this Guide [page 10].

SRC VOLUNTEERING

Part of the SRC. Offers volunteering opportunities to students.

SUBCITY

Radio station based at the University [page 30].

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.

CONTACTS

SRC COUNCIL (FILLED POSITIONS)

SRC PRESIDENT:

Hailie Pentleton-Owens | president@src.gla.ac.uk

VICE PRESIDENT (STUDENT ACTIVITIES):

Mariama Bah | vp-activities@src.gla.ac.uk

VICE PRESIDENT (EDUCATION):

Ross Whip | vp-education@src.gla.ac.uk

VICE PRESIDENT (STUDENT SUPPORT):

Tony Anderson | vp-support@src.gla.ac.uk

UG COLLEGE CONVENOR - MVLS:

Pak Su | ug-mvls@src.gla.ac.uk

UG COLLEGE CONVENOR - SCIENCE & ENGINEERING:

Heri Busquier Cerdan | ug-scieng@src.gla.ac.uk

UG COLLEGE CONVENOR - SOCIAL SCIENCES:

Irene Libelli | ug-socsci@src.gla.ac.uk

AGE EQUALITY OFFICER:

Suzanne Blackburn | ae-officer@src.gla.ac.uk

CHARITIES OFFICER:

Angelica Wilson | ccs-officer@src.gla.ac.uk

DISABILITY EQUALITY OFFICER:

Irene Alvarado Reinos | disability-officer@src.gla.ac.uk

ENVIRONMENTAL OFFICER:

Charlotte Michel |
environmental-officer@src.gla.ac.uk

GENDER EQUALITY OFFICER:

Valeria Palomar Conesa |
gender-officer@src.gla.ac.uk

INTERNATIONAL STUDENTS OFFICER:

Kavya Srinivasan | int-officer@src.gla.ac.uk

LGBTQ+ OFFICER

Pablo Moran Ruiz | lgbtqplus-officer@src.gla.ac.uk

MENTAL HEALTH EQUALITY OFFICER:

Maia Piermattei | mhe-officer@src.gla.ac.uk

RACE EQUALITY OFFICER:

Omar Saleh | race-officer@src.gla.ac.uk

WIDENING PARTICIPATION OFFICER:

Amy Hutchison |
widening-participation1-officer@src.gla.ac.uk
Tia Shillito-Radicic |
widening-participation2-officer@src.gla.ac.uk

BUSINESS SCHOOL REP:

Claudia Prime | schoolrep-business@src.gla.ac.uk

SCHOOL OF COMPUTING SCIENCE REP

Jakub Jelinek | schoolrep-compsci@src.gla.ac.uk

SCHOOL OF CULTURE & CREATIVE ARTS REP:

Niamh Mary McLaughlin |
schoolrep-cca@src.gla.ac.uk

SCHOOL OF EDUCATION REP:

Freya Brown | schoolrep-edu@src.gla.ac.uk

SCHOOL OF ENGINEERING REP:

Hugh Southall | schoolrep-eng@src.gla.ac.uk

SCHOOL OF GEOGRAPHICAL & EARTH SCIENCES REP:

Nicolas Scholten Flecha |
schoolrep-geoeearth@src.gla.ac.uk

SCHOOL OF HUMANITIES REP:

Freya Dinning | schoolrep-human@src.gla.ac.uk



GUSRC Top-Tip: Spotted a Vacant position that you'd like to fill? Look out for the GUSRC Elections in October 2023 and March 2024!



SCHOOL OF INFECTION & IMMUNITY REP:

Fern Girvan |
schoolrep-infection-immunity@src.gla.ac.uk

SCHOOL OF LAW REP:

Isabelle John | schoolrep-law@src.gla.ac.uk

SCHOOL OF MATHEMATICS & STATISTICS REP:

Joseph Lismore | schoolrep-mathstats@src.gla.ac.uk

SCHOOL OF MEDICINE, DENTISTRY & NURSING REP:

Carys Nield | schoolrep-med@src.gla.ac.uk

SCHOOL OF MOLECULAR BIOSCIENCES REP:

Khachonphat Leesahatsawat (Daniel) |
schoolrep-molecularbiosciences@src.gla.ac.uk

SCHOOL OF PHYSICS & ASTRONOMY REP:

Olivia Simon | schoolrep-physastro@src.gla.ac.uk

SCHOOL OF PSYCHOLOGY & NEUROSCIENCE REP:

Valentina Soares | schoolrep-psych@src.gla.ac.uk

SCHOOL OF SOCIAL & POLITICAL SCIENCES REP:

Emma Murray | schoolrep-socpolsci@src.gla.ac.uk

SRC COUNCIL (VACANT POSITIONS)

UG COLLEGE CONVENOR - ARTS

PG COLLEGE CONVENOR - ARTS

PG COLLEGE CONVENOR - MVLS

PG COLLEGE CONVENOR - SCIENCE & ENGINEERING

PG COLLEGE CONVENOR - SOCIAL SCIENCES

PG RESEARCH CONVENOR - ARTS AND SOCIAL SCIENCES

PG RESEARCH CONVENOR - MVLS AND SCIENCE & ENGINEERING

HOME STUDENTS OFFICER

SCHOOL OF BIODIVERSITY, ONE HEALTH & VETERINARY MEDICINE REP

SCHOOL OF CARDIOVASCULAR & METABOLIC HEALTH REP

SCHOOL OF CHEMISTRY REP

SCHOOL OF CRITICAL STUDIES REP

SCHOOL OF INTERDISCIPLINARY STUDIES REP

SCHOOL OF MOD LANGUAGES & CULTURES REP

STUDENT BODIES

GUU PRESIDENT:

Lina Leonhard | president@guu.co.uk

GUSA PRESIDENT:

Mario Killmann | gusa-president@gla.ac.uk

QMU PRESIDENT:

Dan Rogers | president@qmunion.org.uk

UNIVERSITY

UNIVERSITY PRINCIPAL:

Profssor Sir Anton Muscatelli |
principal@glasgow.ac.uk

UNIVERSITY RECTOR:

The Hon Lady Rita Rae KC |
rector@glasgow.ac.uk

CREDITS

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

EDIT

Jamie Small - sprooter design

PROJECT MANAGEMENT

Bob Hay

COPY

SRC Team, Jamie Small

PHOTOGRAPHY

All photos by Jamie Small, excluding:

- p. 1, 9, 13, 19, 21, 24, 25, 37, 39, 49, 50, 55, 57, 91 - UofG
- p. 11, 29, 31, 35, 45, 47, 53, 56, 135 - SRC
- p. 14 - Clark James / GUU
- p. 17, 23 - GUSA / UofG Sport
- p. 27 - Dance4Water
- p. 28 - © Sean / Adobe Stock
- p. 61 - Adam Marikar / Unsplash
- p. 62 © Alan Davidson / Adobe Stock, © Maha / Adobe Stock, Adam Wilson / Unsplash
- p. 63 © David Russell / Adobe Stock, © susanne2688 / Adobe Stock, © David Russell / Adobe Stock, Wikimedia Commons
- p. 69 - Giorgio Trovato / Unsplash
- p. 71 - Drag 101, The Diversity Quota, The Gilchrist Postgraduate Club
- p. 88 - © iris / Adobe Stock
- p. 92 - Mojo Barber
- p. 93 - © Joan Vadell / Adobe Stock
- p. 95 - Artur Kraft / Unsplash
- p. 103 - Mat Reding / Unsplash
- p. 104 - George Kourounis / Unsplash
- p. 108 - pcruciatti / Shutterstock
- p. 114-5 - George Allison - CC License
- p. 119 - Gary Ellis / Unsplash
- p. 121 - Jurga Kalinauskaitė
- p. 123 - Volodymyr Hryshchenko / Unsplash
- p. 127 - Josh Appel / Unsplash
- p. 132 - Postdlf - CC License

DESIGN & LAYOUT

Jamie Small - sprooter design

Cover photo - © HawkAye

Icons - © treter / Adobe Stock

PROOF

Louise Cameron, Thomas Killean

THANKS

Gladstone Media (printing), Marissa, The Trimble & The Smalls

All work ©2023 its authors. The views expressed in this document do not necessarily represent the views of GUSRC or the University of Glasgow. Any errors or inaccuracies are the responsibility of the editor.

Glasgow University Students' Representative Council is a registered charity; Scottish Charity Number: SC006970



50% OFF

WHEN YOU SPEND £40 OR MORE

WITH CODE

APPUNI50

**ONLY ON THE
DOMINO'S APP**

T&Cs Apply.



WE'RE HIRING

FOR MORE INFORMATION VISIT

[JOBSATDOMINOS.CO.UK](https://www.jobsatdominos.co.uk)

WE GOT THIS



Domino's

Domino's

Domino's