

INTERNATIONAL STUDENT SUPPORT

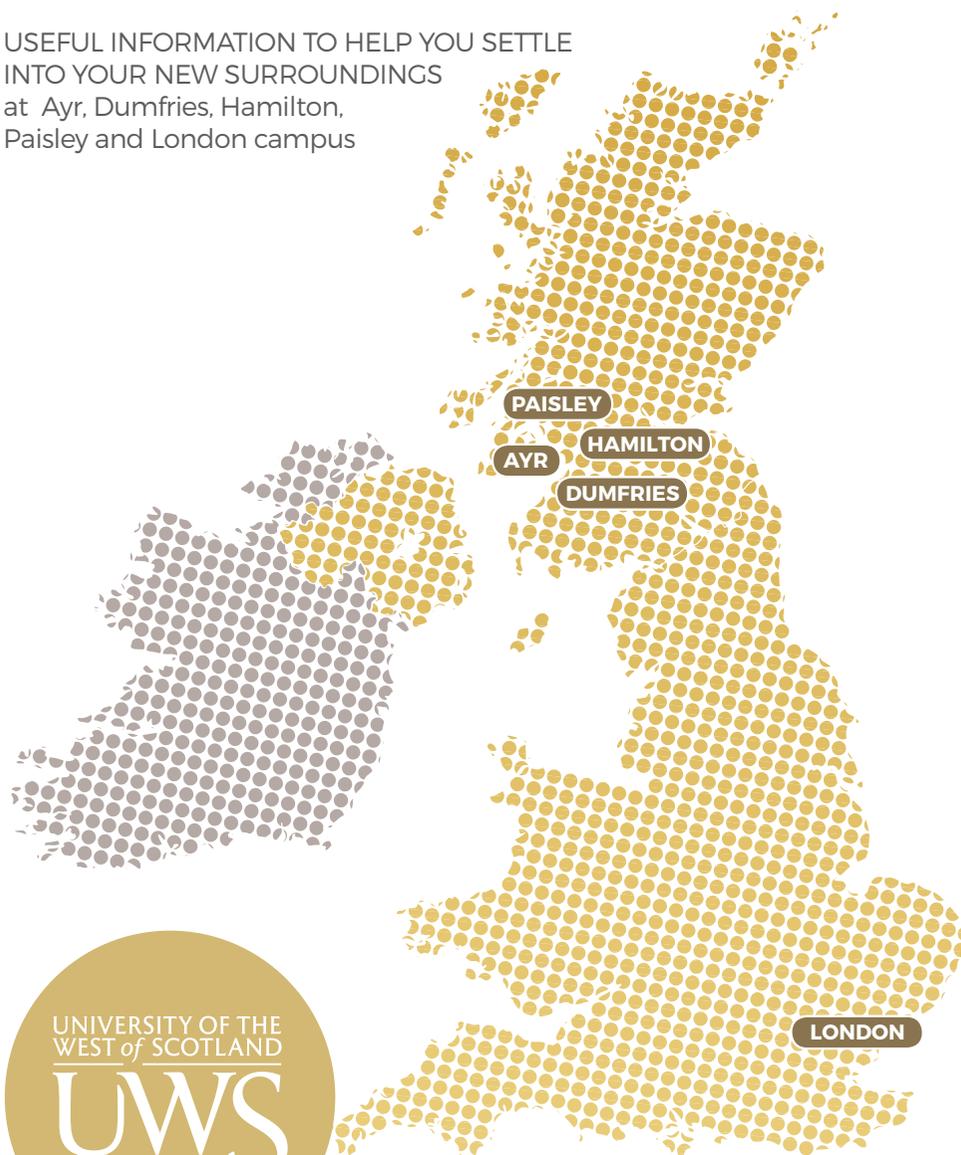
WELCOME GUIDE 2017-18

Student
Services



International Student Support

USEFUL INFORMATION TO HELP YOU SETTLE
INTO YOUR NEW SURROUNDINGS
at Ayr, Dumfries, Hamilton,
Paisley and London campus



UNIVERSITY OF THE
WEST of SCOTLAND

UWS

The International Student Support Team welcomes you to UWS!

We wish you well with your studies and hope that this guide provides you with some useful information for settling in.





The International Student Support Team

The International Student Support Team is here to support you and ensure that you get the most out of your student experience. The team offer advice and guidance in a number of areas that may be relevant to you during your studies, including:

- Immigration matters, such as complying with Tier 4 visa conditions.
- Visiting Europe for a holiday, attending conferences abroad, returning to your home country or visiting a British HOST family.
- Working in the UK during and after your studies.
- Hints and tips on settling into life in the UK and meeting local people. Bringing dependants to the UK to live with you or inviting relatives to visit you during your studies.
- Liaising with academic staff regarding your studies. Advising on ways of resolving financial issues.

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Campus maps can be found online at:
[www.uws.ac.uk/about- uws/campuses](http://www.uws.ac.uk/about-uws/campuses)

Settling in to your New Surroundings

Adapting to a New Culture

You will hopefully find that your time studying and living in the UK will be a rewarding experience which you look back on with good memories. It may take time to settle in, especially if this is your first visit to the UK, and you will probably experience some aspects of 'culture shock' – the impact of moving from a familiar culture into an unfamiliar one. Culture shock can have a significant effect on your emotions. Initially, you may feel excited and be keen to learn about the University and about living in the UK. However, as you become more aware of the differences between life in your home country and life here, you might start to feel more unsettled, especially if you are feeling homesick or missing familiar aspects of life back home.

For further information, see www.uws.ac.uk/about-uws/services-for-students/international-student-services/

You can also contact the Counselling Service or International Student Advisers if you would like to come and talk about anything that's bothering you. You can access these services at the Hub/Student Link on our Scottish campuses or at London campus reception.

There may also be differences in the laws governing your home country compared to the laws in the UK. See the government website www.gov.uk/browse/justice for information on UK law. See the Guide to Scots Law at www.nclanarkshire.ac.uk/news/a-guide-to-scots-law-gets-produced-in-10-more-languages which provides guidance to people coming to live in Scotland.

HOST UK Visits

HOST UK is a voluntary organisation which offers international students the opportunity to visit a UK home for a day, weekend or for a few days at Christmas. The purpose is to provide a unique experience of UK life as well as an opportunity for cultural exchange between the student and host. Visit www.hostuk.org for further information.

Meeting Local People

The University Buddy Project gives new students the opportunity to get in touch with students who have been studying at the university for a year or two. It is designed to help you settle into life at university better by having a contact you can ask questions or get help finding your way around your campus or local area. To request a Student Buddy email: buddies@uws.ac.uk or call 01698 894463. For more information go to www.uws.ac.uk/buddyproject.

If English is not your first language, you'll have a lot of fun learning new words as you meet new people. Another way of practising your English is listening to 'Elementary Podcasts'. You can listen to them on your computer, or download

them to your mp3 player or smartphone: www.learnenglish.britishcouncil.org/en/elementary-podcasts.

Translations

Google Translate <https://translate.google.co.uk> can translate words from any language - helpful as you will meet people from all over the world! The app for mobiles and tablets allows you to talk into a device in your own language before giving the translation. You can also use a device's camera to take pictures of text in books or on street signs which the app will then translate into your chosen language. Be careful though as it's not always 100% accurate and some translations can be very amusing!

Living in the UK

Post Offices & Post Boxes

Use the Post Office Branch Finder to find your nearest branch and to check their opening times - www.postoffice.co.uk/branch-finder. Further information, including prices of sending mail overseas, is available online at www.postoffice.co.uk.

Post boxes in the UK are bright red – you can't miss them! You will find details of the collection times on the box. Stamps can be bought from the post office and many shops. Within the UK you can use first or second class stamps.

Public and Bank Holidays

See www.gov.uk/bank-holidays for confirmation of public and bank holidays in the UK. On these days, banks and public buildings will close and transport services such as trains and buses operate reduced services. There are local and national differences in some public holiday dates so check before travelling.

Telephone Calls

Telephone calls from private and public landline telephones are normally cheaper between 6pm and 8am and at weekends. International calls can be expensive, however, services such as Skype, Fring, WhatsApp and Yahoo Messenger allow you to make free or discounted phone calls over the internet. If you need to make an international call from a landline, you can call the international operator on 155 and they will be able to tell you how much your call will cost you before you call. If you are using a mobile phone to call overseas, check how much it will cost first, as charges vary between companies.

Television Licenses

If you are staying in university accommodation, you should have received an information leaflet on TV licenses with your accommodation contract. If you are not staying in university accommodation, you can pick up a TV license leaflet from the UWS Accommodation Office. For full current information, visit the

website www.tvlicensing.co.uk and click on 'students'. From 1 September 2016, you need a TV license to watch the BBC iPlayer on any device.

Council Tax

For full current information on Council Tax see the UKCISA webpage www.ukcisa.org.uk/Information--Advice/Fees-and-Money/Council-Tax. For Council Tax Exemption, If you are in a Scottish Campus you can apply for Council Tax Exemption through Self Service Banner at www.ssb.uws.ac.uk and then from the 'Student' tab, select the link 'Council Tax Exemption Request'. If you are a student at the London campus you must email london@uws.ac.uk to request an exemption letter. For further information, please visit the Hub/Student Link or London campus reception.

Driving in the UK

For information on driving in the UK see the UKCISA webpage <https://www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Driving>.

Working in the UK

For full information on working in the UK during and after your studies, including looking for work, how to get a National Insurance number, paying tax and workers' rights, refer to the UKCISA webpages www.ukcisa.org.uk/Information--Advice/Working/Can-you-work and www.ukcisa.org.uk/Information--Advice/Working/Working-after-studies. The University's Careers and Skills team provide advice and support including career planning, graduate recruitment, placement, part-time work, summer jobs and volunteering. See www.uws.ac.uk/careers for more information.

Churches, Temples, Mosques and more...

There are many churches in the UK, representing the different branches of Christianity. For information on local churches or UWS student worship groups, see the notice boards in the University and Students' Association, or visit the University's Multifaith Chaplaincy webpage <http://www.uws.ac.uk/about-uws/services-for-students/student-support/multifaith-chaplaincy/>

The following websites may also help you find a place of worship:

Hinduism: en.wikipedia.org/wiki/List_of_Hindu_temples_in_the_United_Kingdom

Islam: en.wikipedia.org/wiki/List_of_mosques_in_the_United_Kingdom

Judaism: en.wikipedia.org/wiki/List_of_synagogues_in_the_United_Kingdom

Sikhism: worldgurudwaras.com/world-gurudwaras/united-kingdom

London campus students can search the South London Inter Faith Group website www.southlondoninterfaith.org.uk for information on local inter faith events.

Our Scottish campuses have a 'Space of Contemplation' available to all members of staff and enrolled students and is a quiet space for reflection and prayer. The room is available during normal opening hours of the University.

The room can be arranged to allow both individuals and groups to use it simultaneously with moveable screens. For information on the location of this facility on your campus, please check with staff at the Hub/Student Link.

The Tibetan Peace Garden www.tibet-foundation.org/page/peace_garden is a 10 minute walk from London Campus.

UK Council for International Student Affairs (UKCISA)

The UK Council for International Student Affairs provides comprehensive advice to international students studying in the UK. See their website www.ukcisa.org.uk. UKCISA operate a telephone advice line for students. Advice is available by calling 0207 788 9214. The line is open on weekdays from 1-4pm.

Foreign Embassies and UK Immigration

Embassies and Consulates

Most embassies and consulates are based in London although some have offices in Edinburgh. Addresses and contact details are available from the Foreign and Commonwealth Office website: www.gov.uk/government/publications/foreign-embassies-in-the-uk.

Passports, Biometric Residence Permits and Passport Photographs

Keep your passport and your Biometric Residence Permit (BRP) if you have one in a safe place.

If you were granted a short stay permit to come to the UK, you will need to collect your BRP from a specified Post Office within 10 days of arrival in the UK. For further information see www.ukcisa.org.uk/Information--Advice/Visas-and-Immigration/Making-a-Tier-4-General-application-in-UK#layer-3010.

Take your letter confirming your entry clearance with you when you go to collect your BRP. Contact an International Student Adviser if you experience any issues with collecting it. It is useful to take a photocopy of the personal information and visa pages in your passport and both sides of your BRP card and keep them safe in case either is lost or stolen and you have to apply for replacements during your stay here.

If you need passport type photographs for student ID cards etc. there are 'Photo Me' photograph machines located in most large supermarkets, train stations and Post Office branches. The cost is generally around £5.00 for five photographs – you need the exact change.

Police Registration

On arrival into the UK you may have been given a stamp in your passport requiring you to register with the police. Please collect your Biometric Resident Permit (BRP) from the Post Office first and then register with the police. It is a requirement to register with the police within 7 days of collecting your BRP.

Alternatively, if you have renewed your visa from within the UK, you may have been instructed by the Home Office/UK Visas and Immigration (UKVI) to register with the police. This instruction, if applicable, will be detailed in the covering letter sent when your passport was returned to you following your visa being granted.

If you are required to register with the police, you must do so within the specified 7 day time limit. Failure to do so is a criminal offence. If you cannot register within 7 days due to illness, you will need to get a letter from your doctor to confirm this.

You will need to take the following documents with you when you go to register with the police:

- 1 x Passport
- 1 x Colour Passport Photo
- Proof of Address (contract/lease for private accommodation; letter from university for student accommodation)
- Proof of Study (unconditional offer letter or CAS letter)
- Registration Fee
- Your passport will be given back to you on the same day (you will need your passport to open a bank account).

You will be issued with a police registration certificate which will be valid for the duration of your stay in the UK. If you change address, or any of your details on the certificate change (course title, immigration conditions - including any student visa extension - marital status, occupation etc.) you must inform the police within 7 days.

Home Office/UK Visas and Immigration (UKVI)

UKVI is the government organisation responsible for securing the UK's borders and is part of the Home Office. The organisation manages the UK government's limit on non-EEA migration to the UK. Tier 4 Immigration Policy requires that all non-EEA students are continuously monitored by their sponsor to ensure that they have arrived on schedule, remain in the UK and are taking a full and active part in their program of study. Tier 4 students must comply with their Tier 4 student visa conditions. See www.gov.uk/government/organisations/uk-visas-and-immigration to keep up-to-date with immigration matters.

Tier 4 students should see the UKCISA webpage www.ukcisa.org.uk/Information-Advice/Visas-and-Immigration/Protecting-your-Tier-4-status for information on protecting Tier 4 student immigration status.

On Campus

Wi-Fi and E-mail

The University provides free e-mail accounts to all students and there are many computer labs where the internet can be accessed. You can automatically forward e-mails from your student e-mail account to your personal e-mail account so that you only have to check 1 account. For information on how to do this, see www.uws.ac.uk/studentemail. Wireless network access is provided in various locations on campus. If you have problems logging on, contact the IT and Digital Services team on your campus or call 0141 848 3999. You can access

the internet wherever you are by using a Wi-Fi finder app.

Student Support Services

If you have any problems during your stay here or are worried about something, there are many sources of help within the University. The International Student Support team can help overseas students with general welfare issues as well as visas, immigration, work and financial queries. Telephone appointments can also be arranged easily. Contact details for the team are at the back of this guide. The Counselling, Disability Support, Funding and Advice and the Multifaith Chaplaincy teams offer support to all UWS students. You can also speak to your personal tutor, doctor (GP), staff at the Students' Association and the

wardens in the University accommodation. There is a range of self-help resources at www.uws.ac.uk/counselling.

UWS Online Store

The UWS online store allows you to pay for tuition fees, accommodation fees, print credit, UWS merchandise and much more. See www.uws.ac.uk/about-uws/uws-online-store/.



Careers and Skills

For advice and support on career planning, the graduate recruitment process, job searching (placement, part time and graduate) and volunteering please go to the Careers and Skills Portal. Login via this link www.uws.ac.uk/careers and sign in with your banner ID and student password.

The Careers and Skills portal consists of resources, employer videos, interactive tests and activities to help you prepare for graduate employment and academic study. Academic study resources include reading skills, critical thinking, exams and revision, giving presentations, referencing, avoiding plagiarism, and writing essays, reports and dissertations.

This site is engaging and easy to use, with a clear dashboard and intuitively-designed sections.

Key sections to get you started:

- Start Here tile > Information for international students section.
- Popular Tools > Global Careers
- To make an appointment with a Careers or Skills adviser go to the

Appointment and Events

'GoinGlobal' is a great resource for students seeking job roles on an international scale. The website offers free student webinars where you will learn how to access and use the tools on the Going Global platform. UWS students can register a personal account with GoinGlobal at www.online.goinglobal.com/default.aspx.

Money Matters

Cash machines

You can withdraw money from cash machines with most debit and credit cards. Check the symbols on the machine to find out which cards it accepts. Some cash machines charge a transaction fee – look out for a message on the screen. To locate the nearest cash machine, see www.link.co.uk/atm-locator – there may be one on or near your campus.

Opening a UK bank account

To open a bank account, you will need your passport or identity card and a 'bank letter' from UWS. If you are studying at a Scottish campus, you can request this letter through the Hub portal at hub@uws.ac.uk. London campus students should e-mail london@uws.ac.uk for this letter. Basic bank accounts are easier to open than other types of account. If you change your address in the UK you should inform your bank immediately. Many UK banks have mobile banking apps that can help you keep track of your money.

Currency

The currency in the UK is pounds sterling. In addition to English currency, Scottish banks print their own bank notes. Both English and Scottish notes are acceptable throughout Scotland. You can get Bank of England notes from banks or the cash machines at the airport.

Credit Cards

Major credit cards (Visa, Mastercard and American Express) are accepted throughout the UK. Look for the signs displayed at shop entrances or near the pay-point.

Student Discounts

There are many student discounts in the UK to help you save money. Sign up to NUS extra www.nus.org.uk/en/nus-extra and download the app which gives you access to the latest discounts. You can also save your favourite deals and share

your money saving tips with your friends.

Budgeting

The UWS Budgeting Module is a fun, interactive module designed to help you understand your finances and plan an effective budget for university. See www.uwsfinancialcapabilitymodules.weebly.com/.

Health & Welfare

Emergencies

The emergency telephone number in the UK is 999. The call is free from any public telephone and is for immediate help. The operator will ask you which service you need – police, ambulance or fire brigade. Stay calm, describe the emergency and give the exact address if possible.

If you need emergency hospital treatment, you should attend your local NHS Accident and Emergency department. If you are unsure if you need emergency treatment, call NHS 24 on 111 for advice.

Non-urgent medical matters

For non-emergency medical help and advice contact your local doctor (known as a 'GP' or 'General Practitioner'). It is important that you register with a local doctor as soon as possible – don't wait until you need medical treatment. See the Health and Safety Services leaflet 'Register with a Local Doctor' at www.uws.ac.uk/about-uws/departments/health-and-safety/student-publications/

First Aid

Need first aid on campus? Call 2222 from any internal phone or phone 0141 848 3505 from your mobile. Check local arrangements for first aid in University residences. All accidents should be reported to the University's Health and Safety Services department and follow local safety procedures on your campus

Personal Welfare

If anything happens to you (or someone you know) such as a personal attack or theft of personal belongings, please tell us. You can contact University Security, the residence wardens, the accommodation office, the police, the Students' Association staff, Health and Safety Services staff, and/or an International Student Adviser. You do not need to inform all of these people. The University takes these incidents very seriously and information will be treated in the strictest confidence.

If you experience or witness an incident that you perceive to be motivated by prejudice, you are strongly encouraged to report it to the police. No matter how trivial or unimportant you may think it is, the police will take your complaint seriously.

You can report a non-emergency incident to the police by calling the non-emergency telephone number 101 or online at www.scotland.police.uk/hate-crime for incidents in Scotland or www.beta.met.police.uk/true-vision-report-hate-crime for incidents in England. REMEMBER – ALWAYS CALL THE POLICE ON 999 IF YOU NEED IMMEDIATE HELP.

Study

Studying in the UK

The teaching styles, ways of learning, assessment methods and expectations universities in the UK have of their students may be very different to what you are familiar with in your home country. Adapting to these new ways of doing things may require you to approach your studies in a very different way. See the UKCISA webpage www.ukcisa.org.uk/Information--Advice/Preparation-and-Arrival/Study-skills-for-success for study tips and information on UK academic culture. If you need help with study methods, speak to your course supervisor or personal tutor in your School, or an International Student Adviser. Contact details for the International Student Advisers are at the back of this guide. Read & Write Gold software is available on all PCs on campus and can provide a valuable resource to boost your academic skills and independent learning. Flashcard apps are available for mobiles and tablets. You can use these apps to create exam revision flashcards to store keywords, research, formulas, images and video wherever you are.

Moodle

The virtual learning environment used at UWS is called 'Moodle' – see www.uws.ac.uk/current-students/study/moodle. It allows you to access learning materials for your course and view university announcements. Additionally, the International Student Information module provides information and updates on relevant matters including immigration and social events.

Leisure

Transport

Travel on public transport is more expensive during peak times. Peak times tend to be from 7.30 – 9.00am and from 4.30 to 6.00pm, however, this can vary depending on the local area and the travel company.

Local buses

Some bus companies don't give change so if you are paying your fare to the driver, try and make sure you have the correct change. A range of tickets may be available that could save you money (return/daily/weekly/monthly tickets) and some of these tickets may be available to purchase from the bus company's

website. Bus tickets issued by different companies are not interchangeable so, for example, if you buy a return ticket you must use the same bus company on the return journey or pay another fare. Check the bus company's website for information on ticket prices and timetables – some companies have apps for mobiles/tablets.

Local Trains

If possible, buy your ticket at the train station before you board the train. Sometimes you can buy your ticket on the train but you could pay more. Barrier checks are generally in operation as you enter and exit platforms, therefore it is important you do not discard your ticket on the train. Failure to provide a ticket for a barrier inspection could result in you having to purchase a second ticket.

For information on public transport in the UK, see <http://www.traveline.info/>.

For national bus enquiries call National Express on 0871 781 8181 or visit their website www.nationalexpress.com.

For train enquiries throughout the UK, call National Rail Enquiries on 08457 484950 or visit their website www.nationalrail.co.uk or download their app.

Travel Opportunities

You have a great opportunity to travel around the UK, Europe or beyond during official university holiday periods. You must plan travel around your course and must not take time out of your studies to travel for any reason.

If you are a Tier 4 Visa holder, it is important that you download our Travel Guide from www.uws.ac.uk/about-uws/services-for-students/student-support/international-student-services/travel-advice/ or from our Moodle module before you make plans to travel. The guide has information on travelling in the UK and overseas, including information on travel insurance.



Tourist Information and Local Attractions

For information and ideas on what to do and see in the UK, see the Visit Britain Tourist Information website www.visitbritain.com/gb/en#IRE32TldM56uHsGL.97. See www.glasgowleadingattractions.com for information on attractions close to our Scottish campuses as well as information on tour operators that offer day trips and short breaks to many popular destinations throughout Scotland. Search online for attractions in London. For money saving and discount passes for attractions and travel in Scotland see www.scotlandwelcomesyou.com/money-savers/.



Ayr Campus

Catering

Catering services operate from the Atrium and the Student Union as well as vending machines in the Atrium. For further information including opening hours for the canteen facilities, see www.uws.ac.uk/about-uws/facilities/catering

Entertainment

The 'Odeon' multi-screen cinema is a short walk from the campus. See the website www.odeon.co.uk for advance bookings and 24 hour programme information. The Gaiety Theatre is a multi-purpose venue with a range of performances including, plays, live music and the traditional pantomime at Christmas time. The popular restaurant, Stage Door Cafe, is on site. Full information can be found at www.ayrgaiety.co.uk Local newspapers will have details of local events and 'The List' www.list.co.uk has details of what's on throughout the UK. Glasgow city centre is 45 minutes from Ayr by train and is one of the most vibrant and popular cities in the UK. There is a lot to do and see – cultural events, museums, art galleries, parks, monuments, live music, cinema, theatre and a lively night life. See www.peoplemakeglasgow.com/ for information on attractions and events in Glasgow.

Shopping

Ayr town centre has a wide range of shops including specialist independent stores and national retailers. The Kyle Shopping Centre is in the town centre at 203 High Street, KA7 1QT (telephone 01292 610100). Or, visit Ayr Central, a covered shopping area adjacent to the train station at 14 Ayr Rd, Ayr KA7 1TP (01292 290328)

Every Sunday a large well established market is held at Ayr Racecourse. Stall holders sell clothing, food and household items at reasonable prices. As well as the traditional market, there is also a large 'Car Boot Sale' where second hand goods are sold. See www.south-ayrshire.gov.uk/business/markets for more information.

Food Shopping

For general food shopping, the nearest supermarkets are 'Morrisons' adjacent to the train station and 'Tesco' on Whitlets Road. Budget supermarket 'Lidl', Aldi and the mainly frozen food stores 'Farmfoods' and 'Iceland' are also close to the campus. The larger supermarkets may offer a delivery service in your area – check online.

A 'Farmers Market' is held on the first Saturday of each month (except January) in the car park of the Kyle Centre shopping centre. Local farmers sell their produce including a variety of good quality organic food. Expect to pay more for some items. See www.whatsonayrshire.com/directory_whatson_featuredevents_craftantiquefairsbootsales.html for more information.

Most supermarkets sell vegetarian and vegan food. There are a number of local butchers and bakers selling fresh produce. Local supermarkets and shops sell some world food items. Search online for details of specialist stores.

Sport & Fitness

The Students' Association runs a wide variety of sporting clubs open to all students. Check at the Students' Union or email sp@sauws.org.uk for an up to date list of teams and societies. There is a fitness suite on Ayr Campus in room 2.090 just off the atrium. For further information including membership, charges and opening times see www.uws.ac.uk/about-uws/facilities/sports/.

The Citadel Leisure Centre on South Harbour Street, KA7 1JB in the seafront area has a swimming pool, spa facilities and also offers a range of indoor sports. See www.south-ayrshire.gov.uk/leisure/citadel-leisure-centre for details. Check out The HUB Ayr, promoting active travel www.activetravelhubayr.org/news



Dumfries Campus

Catering

There is a Costa Coffee outlet, a food court and a shop in the Dumfries and Galloway College Building with a further coffee bar located in the Rutherford McCowan Building. There are vending machines throughout the campus.

Entertainment

Dumfries has all of the facilities enjoyed by students in larger towns and cities but on a smaller scale. There is a variety of pubs and clubs – check with other students which ones are popular. For more information visit www.visitscotland.com/destinationsmaps/dumfries-galloway/ and see local newspapers for details of local events. The Stove Network www.thestove.org/ in the centre of the High Street is an artist-led organisation which has many connections with the local community and regularly hosts cultural and artistic events. Glasgow city centre is 1 hour 40 minutes from Dumfries by train and is one of the most vibrant and popular cities in the UK. There is a lot to do and see – cultural events, museums, art galleries, parks, monuments, live music, cinema, theatre and a lively night life. See www.peoplemakeglasgow.com/ for information on attractions and events in Glasgow. 'The List' www.list.co.uk has details of what's on throughout the UK. To visit a town nearer the campus, Carlisle is approx. 40 minutes by train.

Shopping

Dumfries has a range of shops on the High Street and in the Loreburne Shopping Centre (DG1 2BD). See www.loreburneshopping.co.uk. Carlisle is a short train journey away and has a selection of stores. Alternatively, travel into Glasgow city centre by train or bus.

Food Shopping

For general food shopping, the nearest supermarkets to the campus are 'Morrisons' and budget supermarket 'Lidl'. There are also 2 'Tesco' stores on the outskirts of Dumfries at the Cuckoo Bridge Retail Park, DG2 9BF (www.cuckoobridge.co.uk) and the Peel Centre in Lockerbie Road, DG1 3PF. Most supermarkets sell vegetarian and vegan food. There are a number of local butchers and bakers selling fresh produce. Local supermarkets and shops sell some world food items. Search online for details of specialist stores.

Sport & Fitness

The Dumfries and Galloway College building has sports facilities including games hall, gym and fitness studio which are free to university students and staff after an induction. DG One leisure complex (Loreburn Hall, Dumfries, DG1 2HT) has a fitness suite, classes and games hall. For further information see www.dgone.co.uk. DG One at the Ice Bowl has a swimming pool and is located in its temporary home of the Ice Bowl car park, King Street, DG2 9AN. The Ice Bowl itself has facilities for ice- skating, curling and ice hockey matches. There are also opportunities locally for mountain biking, running, walking and golf.

Hamilton Campus

Catering

There are a range of cafes on campus offering a selection of hot and cold food and drinks. They are all well sign-posted within the Campus. The main canteen is on Level 1 of the Almada Building. There are vending machines throughout the campus.

Entertainment

Hamilton has all of the facilities enjoyed by students in larger towns and cities but on a smaller scale. There is a variety of pubs and clubs – check with other students which ones are popular. The Students' Association runs a wide variety of events for all students on campus – see the website www.sauws.org.uk. The 'Vue' multi-screen cinema complex is located at the Palace Grounds area. See the website www.myvue.com for advance bookings and 24 hour programme information or call 08712 240240. Hamilton Town House Theatre (103 Cadzow Street ML3 6HH) and Motherwell Concert Hall and Theatre (Civic Centre ML1 1AB) host a variety of events. 'The List' www.list.co.uk has details of what's on at both of these venues as well as other venues throughout the UK. Local newspapers will also have details of local events. Hamilton Park Racecourse (Bothwell Road ML3 0DW) hosts regular racing events throughout the season and is good for a day out. See www.hamiltonpark.co.uk for details. Strathclyde Country Park is within walking distance of the campus. It has a range of activities available including sailing, walking, cycling and running. Located within Strathclyde Park is M&D's Theme Park with lots of rides and attractions. See www.scotlandsthemepark.com for details. Glasgow city centre is 20 minutes from Hamilton West by train and is one of the most vibrant and popular cities in the UK. There is a lot to do and see – cultural events, museums, art galleries, parks, monuments, live music, cinema, theatre and a lively night life. See www.peoplemakeglasgow.com/ for information on attractions and events in Glasgow.

Shopping

There are 4 main shopping areas in Hamilton, all within easy walking distance of the campus. The Regent Shopping Centre (ML3 7DZ) www.theregentcentre.com has many high street chain stores and Quarry Street has independent shops. The town square shopping area and the Douglas Park Retail Park have many large stores as well as restaurants and leisure facilities.

Food Shopping

For general food shopping, the nearest supermarkets to the campus are 'Morrisons' and 'Sainsbury's' in the Douglas Park Retail Park and 'Asda' in Palace Grounds Road. Large supermarkets may offer a delivery service in your area – check online. Most supermarkets sell vegetarian and vegan food. There are a number of local butchers and bakers selling fresh produce. Local supermarkets and shops sell some world food items. Search online for details of specialist stores.

Sport & Fitness

The Students' Association runs a wide variety of sporting clubs open to all students. Check at the Students' Union building or e-mail sp@sauws.org.uk for an up to date list of teams and societies. The centre has a well equipped fitness studio with a wide range of cardiovascular and strength resistance machines plus a variety of free weights and plasma screens for integrated entertainment. There is also a games hall and changing facilities, including disabled changing and shower area. For further information including membership, charges and opening times see www.uws.ac.uk/about-uws/facilities/sports/.

Hamilton Water Palace has a 25m swimming pool, fitness studio and health suite. A variety of fitness classes are run at the centre which is across the road from the campus. For further information, see www.sleisureandculture.co.uk/info/161/hamilton_water_palace.

There are outdoor 5-a-side football pitches at Hamilton Palace Sports Ground (Motehill ML3 6BY). For information see www.southlanarkshire.gov.uk/SLLC/info/38/outdoor_sport.



London Campus

Catering

The campus has the advantage of being surrounded by lots of places to eat including Lower Marsh Market (one of London's best loved markets which is just 15 minutes from campus), The Artworks www.theartworks.london/which has a variety of different restaurants and many other restaurants in the local area which include Dragon Castle (Dim Sum), Mamuska (Polish restaurant, with special lunch deals), Nandos, Tia Top Mein (noodle bar).

Entertainment

The campus is located close to some fantastic attractions and activities. Southwark Playhouse Theatre is just a 3 minute walk from the campus. Visit southwarkplayhouse.co.uk to see what is on.

The Artwork's Elephant www.theartworks.london/elephant is a hub for food and drinks outlets, small business and studios. The second floor is also home to the Newington Temporary Library which is open daily and has activities for adults and children.

The London Palace Superbowl www.palacesuperbowl.com/london.php, the Imperial War Museum www.iwm.org.uk and the Cinema museum www.cinemamuseum.org.uk are popular local attractions.

The Southbank Centre www.southbankcentre.co.uk has lots of information on exhibitions, festivals and what to do in the area.

There are some great walks to be enjoyed close to the campus. Take a walk along the River Thames and see Big Ben, The London Eye and St. Paul's Cathedral.

Shopping

There are loads of fantastic places to go shopping in London including Oxford Street, Carnaby Street, Covent Garden, Harrods department store and Westfields shopping centre. For places to get student discounts, check out www.studentbeans.com.

Food Shopping

The closest supermarkets to the campus are Co-op Food (136 Southwark Bridge Road, SE1 0DG), Iceland (300/304 Elephant and Castle shopping centre), Morrisons (264 Walworth Road, SE17 1JE), Tesco Metro (326/328 Elephant Castle shopping centre) and Tesco Express (44-46 Borough Road).

Sport & Fitness

There are many different gyms and sport centres close to the campus. 'The Gym' www.thegymgroup.com/exclusive-student-offer offers a student discount and is a 10 minute walk from the campus on Waterloo Rd, Baron's Place, SE1 8UX.

The Castle centre www.everyoneactive.com/centre/the-castle-centre is also a 10 minute walk from the campus at 2 Gabriel Road, SE1 6FG. It has gym facilities as well as a swimming pool.

The Academy of Sport at London Southbank University www.lsbu.ac.uk/academy-of-sport is open to the general public. For information see their website.

Fit4less www.f4l.ac.uk/sotuhwark is located close to the campus at Moonraker Point, 1 Pocock Street, London, SE1 0FN.

If you are a resident of Southwark, you are entitled to use the swim and gym facilities free in six of the borough's leisure centres, operated by Everyone Active in partnership with Southwark Council. See www.everyoneactive.com/southwarkfreeswimandgym for information.



Paisley Campus

Catering

There are a range of cafes on campus offering a variety of hot and cold food. The campus is only a 5 minute walk to the town centre which also has a wide choice of cafes, restaurant and takeaways. There are vending machines throughout the campus.

Entertainment

The Students' Association runs a wide variety of events for all students on campus – see the website www.sauws.org.uk or visit the Student Union building on Storie Street.

The 'Showcase' multi-screen cinema complex is located at Phoenix Retail Park, Linwood Road, Paisley. See the website www.showcasecinemas.co.uk for advance bookings and 24 hour programme information or call 08712 201 000. Buses leave from Paisley Cross for Linwood Road. There are also multi-screen cinemas at Braehead and Silverburn shopping centres. Paisley Arts Centre in New Street, PA1 1EZ and Paisley Town Hall, in Abbey Close PA1 1JF host musical and theatrical events. For tickets and information see www.boxoffice.renfrewshire.gov.uk/PEO/default.asp.

Local newspapers will have details of local events and 'The List' www.list.co.uk has details of what's on throughout the UK.

Paisley also has a variety of pubs and clubs – check with other students which ones are popular. Glasgow city centre is 10 minutes by train and is one of the most vibrant and popular cities in the UK. There is a lot to do and see – cultural events, museums, art galleries, parks, monuments, live music, cinema, theatre and a lively night life. See www.peoplemakeglasgow.com/ for information on attractions and events in Glasgow.

Shopping

Paisley town centre has a range of shops. See www.paisleycentre.co.uk and www.piazzapaisley.co.uk for more details. A greater selection of stores can be found nearby at Braehead Shopping Centre www.intu.co.uk/braehead and Silverburn Shopping Centre www.shopsilverburn.com. Buses run from Paisley to Braehead and Silverburn regularly throughout the day. Alternatively, travel into Glasgow city centre by train or bus.

Food Shopping

The nearest supermarkets to UWS student accommodation are 'Morrisons' at Anchor Mills or Falside Road, 'Tesco' at East Lane and 'Asda' at Phoenix Retail Park on Linwood Road. Budget supermarket 'Aldi' is also on Neilston Road and on Ferguslie Main Road. These supermarkets are located on bus routes with buses leaving from Paisley town centre. Tesco and Asda may offer a delivery service to your area – check online.

'Marks and Spencers' in the Paisley Centre sells quality food but expect to pay higher prices here.

There is a Food Hall in the Paisley Centre which has a variety of shops which sell fresh food, including a butcher and a fishmonger. It might be better value to buy fruit and vegetables from a greengrocer rather than from a supermarket. There are greengrocers in the Paisley Centre, on Paisley High Street, Wellmeadow Street and Neilston Road. Most supermarkets sell vegetarian and vegan food. The health food store 'Holland and Barrett' at Paisley Cross, PA1 2AS stocks a selection also.

A 'Farmers Market' is held on the second and the last Saturday of each month in County Square (outside Gilmour Street Train Station). Local farmers sell their produce including a variety of good quality organic food. Expect to pay more for some items.

Local supermarkets and shops sell some world food items. Search online for details of specialist stores.

Sport & Fitness

The Students' Association runs a wide variety of sporting clubs open to all students. Check at the Students' Union building in Storie Street or email sp@sauws.org.uk for an up to date list of teams and societies.

The Robertson Sports Centre at Thornly Park offers facilities which include a gym, courts for basketball, netball, volleyball and badminton and table tennis, martial arts clubs, five-a-side football/hockey pitches and a tennis court. For information, see www.uws.ac.uk/about-uws/facilities/sports/paisley-sports-centre.

The Lagoon Leisure Centre, 11 Christie Street, PA1 1NB has a swimming pool and a fitness suite. Various fitness classes are also held there. For further information see www.renfrewshireleisure.com/centre/lagoon.

Pure Gym offer 24 hour gym access, over 50 fitness classes per week and no contract membership. The gym is located a 15 min walk from campus Renfrew Road PA3 4BX. See www.puregym.com/gyms/paisley for more information.

We aim to be accessible to all users. If you require support to access any of our services, please let us know. We are happy to make this publication available in an alternative format.





How to Contact the International Student Support Team

Email: internationaladvice@uws.ac.uk
Phone: 0141 848 3800 (The Hub)

Web: www.uws.ac.uk/internationalstudentsupport

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