



Welcome Guide

2021–2022

Top tips for
International Students

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.

Many aspects of student life will be impacted by restrictions due to the pandemic. Businesses may be operating in different ways with limits on activities and services that can be offered. Check with venues before making plans and ensure that you comply fully with the latest UK government advice for the area that you live in.

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 student visa conditions.
- Visiting Europe for a holiday, attending conferences abroad or returning to your home country.
- 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.



5 things to do in your first week at UWS

1) Arrange a Check in and Chat appointment

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.

We would very much like to give you a call to see how you are settling in and to check you are aware of the support services within the university.

If you have not done so already, please fill out the form at this link: <https://ecv.microsoft.com/jZfOhnlkqb> so that we can arrange a 'Check in and Chat' appointment with you.

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. See the UK Council for International Student Affairs (UKCISA) website for further information – <https://ukcisa.org.uk/Information--Advice/Preparation-and-Arrival/Facing-culture-shock>

You can 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 and arrange appointments at the Hub by calling 0141 848 3800 or by emailing hub@uws.ac.uk. Virtual appointments can be arranged – please discuss your options with the Hub team when you get in contact. You can also access a range of wellbeing resources online at www.uws.ac.uk/current-students/supporting-your-health-wellbeing/counselling

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.cas.org.uk/system/files/a_guide_to_scots_law.pdf which provides guidance to people coming to live in Scotland.

2) Collect your Biometric Residence Permit (BRP) and register with the Police (if applicable)

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 the UK Council for International Student Affairs (UKCISA) website: www.ukcisa.org.uk/Information--Advice/Visas-and-Immigration/Making-a-Student-route-application-in-the-UK

You will have received an email with instructions from the Home Office on how and where to collect your BRP. If you are required to self-isolate on arriving in the UK, do not go to the Post Office until after you have observed the required quarantine period.

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.

On arrival into the UK you may have been given a stamp in your passport requiring you to register with the police. Collect your 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. For further information, see www.uws.ac.uk/international/visas-immigration-atas/information-for-prospective-students/

For up-to date information on police registration, London Campus students should check www.met.police.uk/advice/advice-and-information/ov/registering-overseas-visitor and Scottish campus students should check <http://www.scotland.police.uk/contact-us/overseas-visitor-registration-registering-with-the-police>



3) Open 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 <https://uws.topdesk.net/tas/public/login/form>. 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. With some UK banks, you may be able to open an account online with a follow-up appointment via Zoom for example rather than having to attend the branch in person. If you need to quarantine on arrival in the UK, you won't be able to visit a bank in person until after the quarantine period has ended.

There are many fully online or app-based bank accounts. For more information see www.savethestudent.org/money/best-digital-app-banks.html

Check Unidays www.myunidays.com/GB/en-GB and Student Beans www.studentbeans.com/uk for student discounts on a range of goods and services. See www.16-25railcard.co.uk and check if you qualify for discounted rail travel with the Young Persons Railcard. Full time mature students over the age of 26 can also apply for this railcard. The railcard costs £30 per year and can cut rail travel costs by up to 1/3. Note however that restrictions do apply – see the website www.16-25railcard.co.uk for full details.

Protect Your Immigration Status as a UWS Student Visa Holder

Your student immigration permission is subject to you meeting Home Office requirements in relation to your studies. It is therefore important that you fully engage with your studies, always pay your tuition fees on time, limit travel to official holiday periods only and limit working hours to 20 hours per week in term time. If you fall behind with your studies or your fee payments, you would risk being withdrawn from your course.

4) Register with a Doctor (GP)

It is important that you register with a local doctor as soon as possible – don't wait until you need medical treatment. For further information, see <https://www.uws.ac.uk/international/living-in-the-uk/health-wellbeing/>

Some doctor's surgeries may be able to register new patients without them having to attend the surgery in person and may offer a phone/video appointment to register instead. If possible, begin your GP registration process online whilst you are self-isolating.

Please note: For GP letters, Scottish campus students should e-mail: hub@uws.ac.uk and London campus students should e-mail: london@uws.ac.uk.

5) Connect with other students online

There are a number of ways to connect with other students when you first arrive in the UK and it is important that you take the time to do so. By speaking to other students you can ask questions or get help with finding things in your area. To meet up with other students, check out the induction events which are listed on the UWS Information Portal: www.uws.ac.uk/about-uws/student-information-portal and visit The Union at www.uwsunion.org.uk/whatson/ for information on social events. Connect with other UWS international students through the Students' Union Facebook page – https://www.facebook.com/UWSinternationalstudents/?ref=page_internal Watch out for events such as the 'Global Hangout' run by the International Student Support team which will also give you an opportunity to connect with students in an online social space.

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 a PC/laptop, or download them to your phone: <http://learnenglish.britishcouncil.org/en/elementary-podcasts>.

Knowing how to act appropriately in social situations can be difficult at the best of times, especially when you are in a new country. The UK is famous for its strict etiquette rules – see GB Mag's article for etiquette tips: <http://greatbritishmag.co.uk/uk-culture/top-ten-british-etiquette-tips/>

Different people have different ideas & experiences of personal relationships. Attitudes towards relationships in the UK might be quite different to those in your home country. For information on sexual health, see www.sexualhealthscotland.co.uk (for students in Scotland) or <https://www.nhs.uk/live-well/sexual-health/> (for students in England).

Family

If you have travelled to the UK with your family, you will be keen to help settle in your family as well whilst you are studying. Please look at the UKCISA website: <https://www.ukcisa.org.uk/Information--Advice/Visas-and-Immigration/dependants> which has useful information such as Schooling for children. This will be different depending on whether you live in Scotland or England and you are best to contact the local authority / council that you will be residing in.

UWS may also be able to offer childcare support, please check out the UWS Funding and Advice information: <https://www.uws.ac.uk/money-fees-funding/other-financial-support/discretionary-childcare-funds/>

Additional Useful Information

For information and advice on accommodation options, see the following comprehensive resources:

UWS public website – <https://www.uws.ac.uk/university-life/accommodation/>

UWS Private Rental Guide – www.uws.ac.uk/media/5230/private-rental-guide-may-19.pdf

UWS Student Union Accommodation Advice – www.uwsunion.org.uk/advice/8-accommodationadvice

It's also worth chatting to other students in your cohort and asking if they have any suggestions of where to look for a place to stay.

See <https://www.uws.ac.uk/international/living-in-the-uk/money-advice/> for advice and guidance to help you manage your money.

Non-EU students are required to register attendance with the Student Administration team twice (2 times) each academic session for Home Office monitoring purposes. Information on where & when you need to register will be sent to you by e-mail. If you are required to take your passport/ visa for checking on campus, please wait for instructions regarding this & only go to the campus if you are not in a self isolation period. You will be able to complete online enrolment prior to your passport/visa being checked.

Remember to access your UWS E-mail account!

UWS provides free e-mail accounts to all students and there are many computer labs where the internet can be accessed. E-mails from personal e-mail accounts can get blocked by the UWS e-mail system. It is therefore always better to make contact from your student Banner e-mail address whenever possible. 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. You can find PCs on any UWS Scottish campus through the UWS App.

Travel to campus

For information on travel links to your campus, see www.uws.ac.uk/university-life. Under the heading 'Campuses' select your campus location and then scroll down for information on travelling to campus.

5 things to do in your first month at UWS

1) Get to know your local area

With a friend why not visit some of the sights that are local to you. Try a new cafe, visit a park or explore the local shops. If museums, etc are able to open, visitors should wear face coverings and may need to book their visit in advance.

2) Join a society or team

The UWS Student Union runs a wide variety of societies and sporting teams open to all students. Check the Student Union website www.uwsunion.org.uk/ for further information. If you don't see anything you like, you can always set up your own society!

3) Find a place of worship

There are many churches in the UK, representing the different branches of Christianity. Search online for places of worship close to your campus/accommodation. The following websites may also help you find a place of worship. For information on local churches or UWS student worship groups, see the notice boards in the University and Students' Union, or visit the University's Multifaith Chaplaincy webpage <https://www.uws.ac.uk/current-students/supporting-your-health-wellbeing/multifaith-chaplaincy/>

The following websites and the university MyDay Multi Faith tile <https://uws.myday.cloud/pages/multifaith> may help you find a place of worship which is offering online services.

Hinduism:

https://en.wikipedia.org/wiki/List_of_Hindu_temples_in_the_United_Kingdom

Islam:

https://en.wikipedia.org/wiki/List_of_mosques_in_the_United_Kingdom

Judaism:

https://en.wikipedia.org/wiki/List_of_synagogues_in_the_United_Kingdom

Sikhism:

<https://www.worldgurudwaras.com/>

4) Take part in our Global Hangout event

This event is your chance to meet the International Student Support Team and to connect with other students globally. You'll receive an e-news update with further information on the event plus it will be advertised on UWS social media and on 'MyDay'. Also look out for further events throughout your time at UWS such as an 'Introduction to UK Culture' which will also be posted on 'MyDay' and on UWS social media. Alternatively, e-mail internationaladvice@uws.ac.uk to find out about upcoming events.

5) Find out about the different ways UWS can support you

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 or video call appointments can also be arranged easily. Contact details for the team are at the back of this guide.

The Counselling, Disability, Funding and Advice teams offer support to all UWS students. You can also speak to your personal tutor, doctor (GP), staff at the Students' Union and the Residence Life team in the University accommodation. There is a range of self-help resources at

<https://www.uws.ac.uk/university-life/student-support-wellbeing/>

Council Tax is set by local authorities to pay for local services they provide, such as schools, roads and refuse collection. You can apply for a council tax exemption if you are a full-time student and you are living on your own or with other students. See <https://www.uws.ac.uk/media/2147/how-to-apply-for-council-tax-exemption.pdf>

Now is a good time to familiarise yourself with the various UWS and Students' Union social media accounts. The main ones are:



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



<https://en-gb.facebook.com/uwsstudents/>



<https://twitter.com/UniWestScotland>



<https://twitter.com/uwsstudents?lang=en>



<https://www.instagram.com/uniwestscotland/>

5 things to do in your first term at UWS

See www.16-25railcard.co.uk for information on the 16-25 railcard for discounted train travel. Full time students who are over 25 may also qualify for this rail card.

1) Go on a day trip with friends

Make the most of your time in the UK and get together with other students to explore somewhere new in the UK and learn about British culture.

Most cities have a local tourist information centre where you can get ideas on where to visit or what to do at the weekend and in the holidays. You can either go on an organised tour or arrange your travel independently. See <http://www.tourist-information-uk.com/>

2) Enhance your academic skills

Get academic advice, guidance and resources from the UWS Academic Skills Team. This support is designed to help enhance your academic and practical skills for success at university and beyond. All UWS students are automatically registered to access the Online Careers & Skills Centre, which you can log into by clicking on the Academic Skills & Careers tile in MyDay, or by visiting <https://uws.careercentre.me/Members>

Academic study resources hosted in the Online Careers & Skills Centre include reading skills, critical thinking, exams and revision, giving presentations, referencing, avoiding plagiarism, and writing essays, reports and dissertations.

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 Academic Skills Adviser. Read & Write Gold software is a valuable resource to boost your academic skills and independent learning, and is available to all UWS students. For more information on this, and other useful study tools, visit the **Study Support Tools page** (<https://uws.careercentre.me/Resources/CustomPage/6316>) in the Popular Tools Menu of the Online Careers & Skills Centre.

3) Get to know the UK

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. Please be mindful of the coronavirus travel restrictions which may impose a self-isolation period after you have travelled. Arrivals from certain countries will be exempt. Full information can be found online <https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors> here for students studying at London Campus and <https://www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders/pages/exemptions/> here for students studying at any of our Scottish campuses. If you are a Tier 4/student visa holder, it is important that you download our Travel Guide from www.uws.ac.uk/international/visas-immigration-atas/information-for-current-students before you make plans to travel. The guide has information on travelling in the UK and overseas, including information on travel insurance.

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#IRE32TldM56uHsGL97. Search online for attractions in London at: <https://www.visitlondon.com/>

Use review sites such as Trip Adviser www.tripadvisor.co.uk to find out about popular visitor attractions close to your campus. For money saving and discount passes for attractions and travel in Scotland see <http://scotlandwelcomesyou.com/money-savers/>.

4) Think about your future career

The UWS Careers Team is here to support you with advice and support on career topics such as career planning, recruitment processes, job searching and volunteering. All UWS students are automatically registered to access the Online Careers & Skills Centre, which you can log into by clicking on the Academic Skills & Careers tile in MyDay.

The Online Careers & Skills Centre hosts a wide range of careers resources, employer videos, interactive tests and activities to help you prepare for graduate employment. There is also a web page with specific Information for International Students, <https://uws.careercentre.me/Resources/CustomPage/5525>. Student Circus is an additional resource for our International Students who are looking for work in the UK. The portal provides job and internship advertisements with licensed UK employers sponsoring the UK work visa and has a section providing resources on working in the UK. Log in at uws.studentcircus.com.

5) Look for volunteering opportunities

Volunteering is a great way to gain valuable experience, meet new people and enhance your CV. Voluntary work can be recognised by UWS through an award. Register on Self Service Banner for the UWS Voluntary Recognition Award at <https://ssb8sso.uws.ac.uk>. For further information, e-mail recognition@uws.ac.uk.



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/current-students/campus-life/study-space-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 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 1 hour 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. Ayr Central (www.ayrcentral.com/shopping) is a covered shopping area adjacent to the train station. There are also shops in the town centre.

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 <http://www.ayr-racecourse.co.uk/conferences-events/the-sunday-market/> for more information.

Food Shopping

For general food shopping, the nearest supermarkets are 'Morrisons' adjacent to the train station and 'Tesco' on Whitletts Road. Budget supermarkets '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) at the bottom of the High Street. Local farmers sell their produce including a variety of good quality organic food. Expect to pay more for some items. See <https://www.whatsonayrshire.com/> 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' Union 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 <https://www.uws.ac.uk/university-life/sports-social/>. 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/citadel-leisure-centre for details. The HUB Ayr promotes active travel - e-mail activetravelhubayr@gmail.com for information.



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. There is a cinema and restaurant in the Robert Burns Centre – see www.rbcft.co.uk for details. The Lonsdale Cinema in Annan is about 15 minutes by train from Dumfries – see <http://lonsdalecitycinemas.co.uk/annan/now/>. The Vue Cinema in Carlisle is around 40 minutes by train from Dumfries – <https://www.myvue.com/cinema/carlisle/whats-on>. For more information visit <https://www.visitscotland.com/destinations-maps/dumfries/see-do/> and see local newspapers for details of local events. The Stove Network <https://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 2 hours 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 <http://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. Additionally, the city of Carlisle is only 40 minutes by train from Dumfries.

Shopping

Dumfries has some 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 (<https://www.nrr.co.uk/portfolio/properties/cuckoo-bridge-retail-park>) 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. Neuros Spa offers discounts for students and includes a swimming pool – see www.easterbrookbistro.co.uk/swimming-pool-and-spa/ for further details. DG One leisure complex (Loreburn Hall, Dumfries, DG1 2HT) has a fitness suite, classes, a games hall and swimming pool. For further information see www.dg1leisure.co.uk. There are also opportunities locally for mountain biking, running, walking and golf.



Lanarkshire Campus

Catering

Lanarkshire campus has numerous catering outlets as well as vending machines available for drinks and snacks 24 hours a day, 7 days a week.

Entertainment

There is a range of entertainment options in various towns close to Lanarkshire campus and in nearby Glasgow. Check with other students on what the popular options are locally. The Students' Union runs a wide variety of events for all students on campus – see the website www.uwsunion.org.uk.

The 'Vue' multi-screen cinema complex is located at the Palace Grounds area. See the website www.myvue.com for information. 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 <https://hamilton-park.co.uk/> for details. Strathclyde Country Park 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 can be reached by public transport from the Lanarkshire area 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 <http://peoplemakeglasgow.com/> for information on attractions and events in Glasgow.

Shopping

There are many shopping areas in Lanarkshire and in Glasgow. 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, there are many supermarkets in the Lanarkshire and Glasgow areas including Asda, Morrisons, Sainsbury's and Tesco. Search online for stores near your accommodation. 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' Union 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. Lanarkshire campus has a fitness studio. For further information see www.uws.ac.uk/university-life/sports-social. Hamilton Water Palace has a 25m swimming pool, fitness studio and health suite. A variety of fitness classes are run at the centre. 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

For information on the new London Campus, please see the dedicated website www.uwslondon.ac.uk.

If you live in a London borough, see the Transport for London website <https://tfl.gov.uk/fares/free-and-discounted-travel/18-plus-student-oyster-photocard> for information on the student Oyster card for discounted travel in London. Catering.

There are many restaurants, cafes and coffee shops close to London Campus with plenty of places to get a wide range of high-quality food and refreshment.

Entertainment

There are many small, independent music venues close to the campus as well as much larger venues such as the O2 Arena. London is also home to five permanent symphony orchestras and many iconic classical music venues such as the Royal Albert Hall, Wigmore Hall and the Royal Opera House.

If you enjoy eating out, Covent Garden is the place to go if you like a wide range of different types of food. From pop-up BBQ and burger stalls, to Japanese, Spanish and Peruvian restaurants, there is something for everyone.

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.

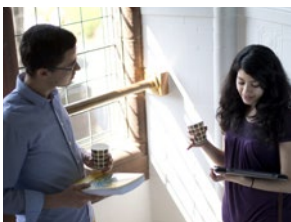
Food Shopping

There are a number of small independent shops and supermarkets near the campus so you will never be too far from everything you need to feel at home.

Sport & Fitness

London campus features a wealth of calming spaces, including a water garden and lake.

You can also take advantage of the on-site gym or grab a hire bike and cycle around London.



Paisley Campus

Catering

Catering facilities can be found in the Hub and at the Atrium and offer 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 including at the Neuk, selling drinks and snacks.

Entertainment

The Students' Union runs a wide variety of events for all students on campus – see the website <https://www.uwsunion.org.uk/union/contactus/> 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 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.whatsonrenfrewshire.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.

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 <http://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.braehead.co.uk 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 Pheonix Retail Park on Linwood Road. Budget supermarket 'Aldi' is also on Neilston Road and on Ferguslie Main Road and 'Lidl' is located on Renfrew 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.

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' Union 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 gym on level 3 of the Students' Union building is free to all UWS students and has a wide range of equipment. 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 <https://www.uws.ac.uk/university-life/sports-social/>.

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 <https://www.renfrewshireleisure.com/lagoon-leisure-centre/>.

Pure Gym offer gym access and fitness classes and no contract membership. The gym is located a 15 min walk from campus Renfrew Road PA3 4BX. See <https://www.puregym.com/gyms/paisley/> for more information.



Top tips for coping in self-isolation

Connect Online – Keep in touch with friends and family through Social Media and video calls.

Do something you enjoy

– Now's a great time to learn a new language, get creative or start a new vlog!

Keep Moving – Try an online fitness class or dance along to your favourite music!

Stay Positive – Your isolation period will soon be over and you have an exciting chapter ahead at UWS!

Set a schedule – routine is important at this time so set regular mealtimes and bedtimes.

If you require support contact hub@uws.ac.uk to be put in touch with the relevant Student Support Services.

In the event of any immediate emergency, the Emergency services such as the Police, Fire Brigade and Ambulance can be reached by phoning 999. (After dialling 999, if you are in too much danger to speak, dial 55). To contact the Police – Non-Emergency Number, dial 101.

Contact the International Student Support Team:

Web: www.uws.ac.uk/internationalstudentsupport

Telephone: 0141 848 3800 (the Hub)

To join a Q & A online drop-in session (10-minute slot) or arrange a 30-minute appointment with an International Student Adviser, call the Hub team on 0141 848 3800 (Monday to Friday 9am – 5pm) or e-mail hub@uws.ac.uk.

Q & A sessions are held every Monday, Thursday & Friday from 1.30 – 2.30pm UK time by Zoom/Teams. Students are admitted one by one (10-minute slot). Appointments are 30-minutes and are available Monday – Friday by Teams, Zoom or phone.

Follow us on Social Media:

Twitter: @UWS_IntSupport

Instagram: www.instagram.com/uwsstudentservices

Term Dates 2021/2022

Term 1

Monday 6 September 2021 – Saturday 18 December 2021

Official Vacation Period

Monday 20 December – Sunday 9 January 2022

Term 2

Monday 10 January – Saturday 2 April 2022

Official Vacation Period

Monday 4 – Monday 18 April 2022

Term 2 continues

Tuesday 19 April – Saturday 7 May 2022

Term 3

Monday 9 May – Saturday 20 August 2022

Official Vacation Period

Monday 22 August – Saturday 3 September

Postgraduate research courses

Full-time work and travel are only permitted during vacation periods authorised by your supervisor. Authorised vacation periods can be verified with a fully completed Change of Circumstances form.



Student
Services



International Student Support