



# UNIVERSITY OF STIRLING



## Welcome!

What better place to begin your degree pathway than at the University of Stirling, in the historic centre of Scotland. At the University's International Study Centre you can follow preparatory courses designed to lead on to a wide variety of Undergraduate and Postgraduate Degrees. Whilst studying, you also have full access to all of the excellent facilities at what is one of the UK's most beautiful University campuses.

Academic excellence is the reason that students are attracted to Stirling. The University is a multi-cultural centre known for the quality of the student experience, its success in getting its graduates into employment and for the significant contribution made to research and scholarship by its academic departments.

The magnificent campus, originally a castle and its grounds, was recently voted one of the safest in Europe. We have our own loch as well as the castle (which now forms part of the University), yet are only minutes from the centre of the city of Stirling and less than an hour from Scotland's two main international airports.

There is plenty to do on campus thanks to the excellent social and entertainment programme provided by Stirling's award-winning Students' Association and the impressive MacRobert Arts Centre which offers theatre and cinema. Sports facilities are outstanding and include a golf course, 50 metre swimming pool, and an ultra-modern fitness centre. In fact, whatever you may want to do, you can do it here in Stirling.

The International Study Centre offers students small classes and lots of individual attention and support to ensure the best possible preparation for your Degree studies. Please don't hesitate to get in touch with us if you have any queries. I hope you choose Stirling and look forward to your joining our special pathway programmes at the Centre. You can expect a very warm welcome from the ISC team.

David Silbergh - Head of Centre  
University of Stirling International Study Centre

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## Key Facts

Head of ISC:	David Silbergh
Address of ISC:	International Study Centre 1A Cottrell Building University of Stirling Stirling FK9 4LA Scotland
Telephone Number of ISC, for use during office hours:	+44 (0)1786 467811
Fax Number:	+44 (0) 1786 467806
Emergency Contact Number, for use out of office hours:	+44 (0)7825 747258

## Useful Websites

If you would like to learn more about life at the ISC, The University of Stirling, the local area and other information, the following websites may be useful.

Visit Britain	<a href="http://www.visitbritain.com">www.visitbritain.com</a>
UK Maps	<a href="http://www.streetmap.co.uk">www.streetmap.co.uk</a>
BBC Weather Centre	<a href="http://www.bbc.co.uk/weather">www.bbc.co.uk/weather</a>
Stirling ISC 'Frequently Asked Questions' link	<a href="http://www.studygroup.com/isc/stirling/faqs.aspx">www.studygroup.com/isc/stirling/faqs.aspx</a>
Visit Stirling	<a href="http://www.visitstirling.org/">www.visitstirling.org/</a>



## Join us on Facebook

The ISC is now on Facebook. Connect with other new and current students at The University of Stirling ISC - see photos, ask questions, leave messages.

### *Not a member of Facebook?*

It's free to join but you will need to click the "Sign up for Facebook" link: [www.facebook.com/r.php?](http://www.facebook.com/r.php?)

Follow the instructions on screen, and register your details.

You will then need to check your email and click on the link confirming your email address.

Once you are registered go to:

[www.facebook.com/group.php?gid=5692656177](http://www.facebook.com/group.php?gid=5692656177)

To join, simply click 'Join this Group'.

## What to pack/bring

Essential items to bring with you include: your passport and visa, your enrolment and accommodation documents, passport sized photographs, photographs of friends and family to brighten up your new room, a towel, essential toiletries and medications and an alarm clock - for those early starts!

## Arriving in the UK

Your accommodation should be available 24 to 48 hours prior to the start of your course. Please see the attached Accommodation Guide for specific arrival dates.

Please ensure the International Admissions Centre (IAC) have been advised of your expected arrival details in good time, on Telephone +44 (0)1273 339333 or Fax +44 (0)1273 339334.

### *By plane*

Most international students fly and are met by a taxi, which will transfer them from the airport to the University. If you are being collected by taxi, it will be waiting for you in the arrivals hall.

The taxi driver should know which accommodation you are staying in, but it is a good idea to have the details of where you are staying to hand.

Please see the attached Accommodation Guide for more detailed arrival information.

## Making your own way

### *By train*

If you are making your own way from the airport, you can get a train to Stirling city centre then a bus to Queen's Court on campus, or a taxi directly from the railway station to your accommodation. A taxi from Stirling railway station will cost approximately £6.

Trains run regularly from 'Glasgow Queen Street' and 'Edinburgh Waverley' stations, and cost around £6 for a single ticket.

### *By car*

If you are arriving by car, you should be able to drive to the residences and unload, but then should park in one of the visitor car parks for the day.

## Accommodation

Please see the Accommodation Guide included with this pack for information about the University residences.

## Induction

During your first week of term we will help you settle into life in Britain, and at the University. Your first week will include: registration at the University, registration with our local/on-campus health services, setting up a bank account, and police registration.

### *Medical Information*

There are medical facilities located on or near to campus. Staff will ensure you are registered at the local Health Centre, and will show you where the closest pharmacy is located, where you can receive medicines on prescription.

### *Opening a bank account*

If you are coming to the UK for at least an academic year, it is recommended that you open a bank account. Before opening an account, you should check whether money can be transferred into it from outside of the UK. To open a UK bank account you will need a letter from the ISC for the bank confirming that you are a full time student. Our staff will help you with this in your first week.

Warning: DO NOT carry large amounts of cash with you or keep large amounts of cash in your accommodation.

### *Police registration*

If on entering the UK your visa is stamped with the words "Register with UK police on arrival" this must be done shortly after arrival. Staff at the ISC will help you with this. You will have the opportunity to register with the police during your first week with us. You will need your passport and a sum of money, currently in the region of £34. You will be given further information on registering with the police during the induction programme.

## The cost of being a student

Whilst in the UK, you will need to budget carefully to cover all of your living costs, which include accommodation, clothes, transport, books, food and entertainment.

It is very difficult to estimate how much money you will need over a year as this depends on individual lifestyles and circumstances. Remember, you will spend more money at the beginning of the course as you may need to buy one-off items such as kitchen equipment, books, and special equipment for your course. Small charges may also be made by some departments to cover supplementary materials or services.

More information about how to budget for your living expenses, will be discussed during your first week of term.

## Living in the UK

### *Social attitudes*

Life in Britain will almost certainly be different from what you are used to. It is difficult to define exactly what the 'British' way of life is as attitude and outlooks vary considerably according to where you are in the country. As home to residents from many different parts of the world and a variety of ethnic backgrounds, Britain has a vibrant, cosmopolitan feel.

When you first arrive you may notice differences in the way people behave compared to your own country, however, it won't take you long before you are accustomed to your new life here and are able to adapt to a whole variety of situations; everything from understanding British etiquette and mannerisms to cooking your own food and running your own bank account.



# UNIVERSITY OF STIRLING

## *Drinking*

Alcohol is available to anyone aged over 18. It's perfectly acceptable for adults to drink alcohol in moderate amounts. For many British people, drinking is an established part of social life - 'going out for a drink' is how they relax or spend time with friends. This doesn't mean that you have to drink alcohol. If you don't want to you can always ask for a non-alcoholic drink instead.

## *Smoking*

Many people in Britain smoke. However, in some ways smoking is less acceptable than drinking, and since Summer 2007, smoking has been banned in all pubs, clubs and restaurants in England. Smoking is banned in many public places including buses and the London Underground. If you smoke in these places, you have to pay a fine. Some non-smokers find smoke unpleasant and uncomfortable. If you are eating or drinking with friends - especially at someone else's house - it is polite to ask before you light your cigarette.

## *Homesickness*

To start with everything is new, exciting and different, but as time goes by you may start to wish that things were the way they were back home. Don't despair as this stage will pass - and much more quickly if you talk to someone about how you are feeling.

## *Racism*

Racism is a global problem and no society is perfect. Britain isn't free from racism and while you may meet a little of it in your day to day life, it is hoped that it is very rare in the University. The ISC and the University are committed to equality and to ensuring that you do not face discrimination whilst you are studying.

## *Specialist and international foods*

There are many shops and restaurants in the area which sell these types of foods. You may also find that some of the larger supermarkets stock some of the products that you require.



Thank you for deciding to take your course at the University of Stirling and for selecting residential accommodation.

The university offers 2 different types of accommodation for undergraduate students, both of which are university managed and on campus. Below is an outline of each type of accommodation available.

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#### Andrew Stewart Hall En-suite

Andrew Stewart Hall (otherwise known as ASH) is made up of en-suite single study bedrooms, and is located within a few minutes walk of the ISC.

#### A K Davidson Hall Standard

We are offering standard single study bedrooms in A K Davidson Hall. Each room has its own private washbasin, and these residences are within a few minutes walk of the ISC.

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#### Postgraduate accommodation

The university also offers postgraduate accommodation, in off campus houses. ISC pre-masters students will be housed in Lyon Crescent, which houses around 180 postgraduate students, and offers a good mix of nationalities. This site is on a direct bus route to the university. Each house accommodates 5 students, sharing the kitchen and lounge facilities, and 2 bathrooms - one with a bath, and one with a shower. The majority of houses have had a fully refurbished kitchen installed over the last 2 - 3 years. Limited background heating is provided, but students are required to pay further electricity costs via a pre-pay meter system - students should expect to budget around £7 per week for this.

Please note that other residences may be used for some intakes, such as the Union Street Development where accommodation is shared between 6 students. The residence is centrally located and on a good bus route to the university. There is a 24 hour concierge service.

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Please note: Accommodation will be allocated according to availability. This means that you may not necessarily be given the type of room you originally requested on your booking form.

#### Accommodation facilities

When you arrive we aim to help you to settle in as quickly and as smoothly as possible. We know that when you arrive at Stirling you may feel anxious that you do not know anyone. But everyone feels the same, and living in University accommodation you soon get to meet your neighbours.

All university accommodation is self-catering, with cooking facilities in communal kitchens. The colleges are equipped with telephones and each room has broadband internet access, available at a small charge, so keeping in touch with family and friends is easy. There is a launderette on campus, along with shops, health services and other essential facilities.



## Arrival

Please do not arrive more than 2 days before your course is due to start as your room may not be available.

**We expect to see you arrive on Saturday 9<sup>th</sup> or Sunday 10<sup>th</sup> January 2010**

You must ensure the International Admissions Centre (IAC) have been advised of your expected arrival details in good time, on Telephone +44 (0)1273 339333 or Fax +44 (0)1273 339334.

When you do arrive at your designated accommodation, keys to your room can be collected at the main entrance from the porter. This service is provided 24 hours a day for all undergraduate residences. To collect your keys you must provide proof of identity (your passport will be suitable).

If you arrive out of office hours and are staying in Lyon Crescent (postgraduate accommodation) the taxi should take you first to John Forty Hall to collect your key, and then drive you to your residence.

A copy of the occupancy agreement for your room will be available for collection at the ISC. This must be signed and given back to ISC staff during the first week.

### Your first day

*You will need to report to the ISC in the Cottrell Building on Monday 11<sup>th</sup> January, at 10am.*

The ISC is circled on the campus map included with this pack. You will spend the day meeting members of staff at the ISC, and completing your student registration forms. You will be given a detailed arrival handbook and your timetable, which lets you know exactly where you should be, and when. You will have plenty of opportunities to ask questions.

We really hope you enjoy your time here and have a productive, integrated and enjoyable stay with us at Stirling University.

**Postgraduate students:** Please note that your term time room will not be available for let until Monday 18<sup>th</sup> January. Therefore you will be accommodated in temporary rooms from Saturday 9<sup>th</sup> January until Monday 18<sup>th</sup> January, when you will move to your main residence.

**All students:** Please note that you may be required to move rooms for the summer term.

### Settling In

Your bedroom is cleaned every week and your bin is emptied every day. A duvet, pillows, and bed linen will be provided for you on arrival. Bed linen is laundered for you every two weeks. Candles are not allowed in bedrooms. Electrical appliances must be correctly wired and be compatible with the British national standard of 240 volts.

You are expected to help keep the shared kitchen clean and tidy. Chip pans and deep fat fryers must not be used at any time. You will be given a small space in a shared fridge which you can lock, plus your own cupboard for food storage.

Your bedroom has a computer network socket. The charge for connection is £15 per term, which is paid to the porter in your Hall of Residence. Network cables may be bought on campus.

All accommodation is self-catered, and kitchens are equipped with cooking facilities. You will, however, need to provide your own cutlery and pans. These can be bought cheaply from local shops.

Please see the ISC Frequently Asked Questions Page to answer any other queries you may have - [www.studygroup.com/isc/stirling/faqs.aspx](http://www.studygroup.com/isc/stirling/faqs.aspx)

Please note that tap water in Britain is safe to drink. If you feel wary of this, water filters are readily available at most supermarkets, which you could buy on arrival.

There are shops both on campus and very close to campus, which sell everything you will need. Please check with your airline before flying what you are allowed to bring on to the flight, particularly in reference to food products.

All 'Residence Information and Welcome Packs' and 'Important University Policies' can be found at the link below: [www.studentaccommodation.stir.ac.uk/docs-downloads/index.php](http://www.studentaccommodation.stir.ac.uk/docs-downloads/index.php)



Your course is due to start on Monday 11<sup>th</sup> January 2010. Please do not arrive more than 2 days before this, as your accommodation will not be ready for you. Therefore, we'd expect you to arrive on Saturday 9<sup>th</sup> or Sunday 10<sup>th</sup> January.

### Arrival

If you are arriving by plane and have asked for a taxi pick up from Glasgow or Edinburgh, the taxi driver should be waiting for you in the arrivals hall, holding a sign which will state your name. The taxi will take you directly to your accommodation, but it is a good idea to have details of where you are staying to hand.

If there is no-one waiting for you on arrival, don't panic, just ring us on 07825 747258 and someone will be able to help you.

### Induction activities

When you arrive you will be given a timetable for your first week at university. Don't worry if there are some things you don't understand, as there will be opportunities for you to ask questions about anything related to the ISC or the university on the day you arrive.

In your first week you will have both lessons and introductions to the UK and university life. There may also be a chance to get involved with social activities planned by the university. Finally you will receive information about starting your individual courses, including timetables and academic information.

The induction programme is designed to help you settle down within the university so that you can concentrate on your studies. The programme also aims to complete your registration and make sure you have all of the documentation necessary to begin your studies in the UK.

During your first week you will have a complete introduction to the UK, the university, and the ISC. You will:

- Register with the university and receive a library card
- Get set up and logged onto the university internet network
- Learn about the programme that you have registered for including information relating to progression to the university
- Learn the rules and regulations of the ISC and the university
- Open a bank account
- Register with local health services
- Ask questions about accommodation issues
- Learn about visa applications
- Register with the UK police, if necessary

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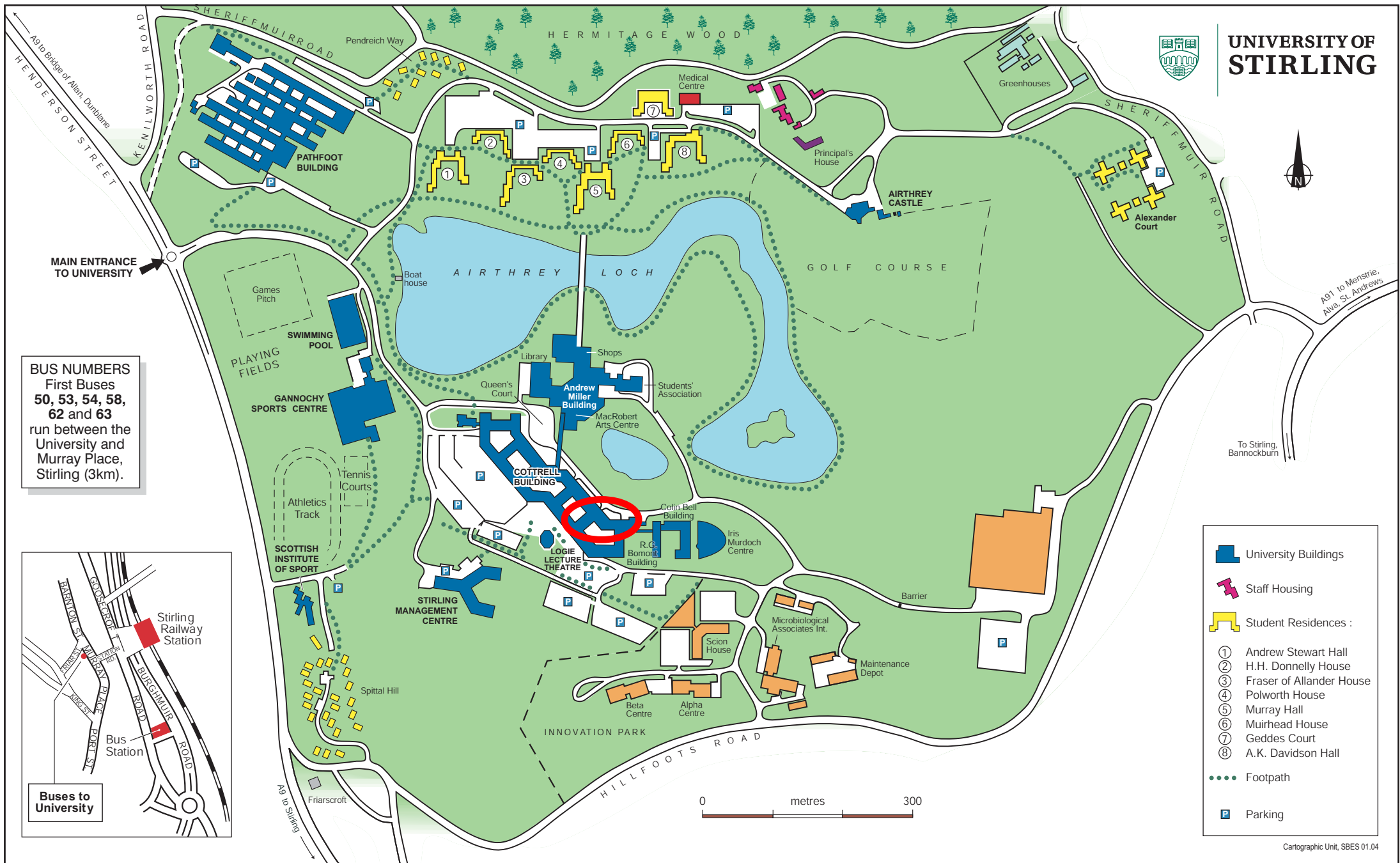
We really hope you enjoy your first weekend here and have a productive, integrated and enjoyable stay with us at The University of Stirling.

International Study Centre  
1A Cottrell Building  
University of Stirling  
Stirling  
FK9 4LA  
Scotland

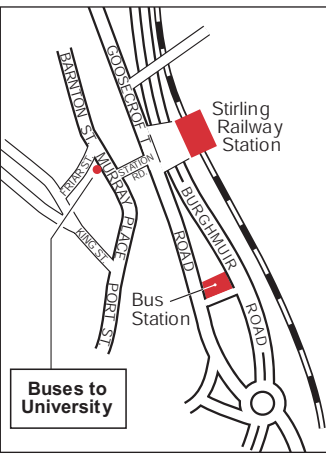
01786 467811 (during office hours)  
07825 747258 (out of office hours)



# UNIVERSITY OF STIRLING



**BUS NUMBERS**  
First Buses  
**50, 53, 54, 58, 62 and 63**  
run between the University and Murray Place, Stirling (3km).



- University Buildings
- Staff Housing
- Student Residences :
  - ① Andrew Stewart Hall
  - ② H.H. Donnelly House
  - ③ Fraser of Allander House
  - ④ Polworth House
  - ⑤ Murray Hall
  - ⑥ Muirhead House
  - ⑦ Geddes Court
  - ⑧ A.K. Davidson Hall
- Footpath
- Parking

