

International Welcome Events September 2019

**The University of Strathclyde
Supports Equality, Diversity
and Inclusion**



Contents

- 1. Welcome**
- 2. Registration and induction**
- 3. Welcome to Glasgow**
- 4. Quick guide to Glasgow**
- 5. Getting to Glasgow**
- 6. Getting around**
- 7. Accommodation**
- 8. Events**
- 9. Health and Safety**
- 10. Finance**
- 11. Academic Support**
- 12. Key Dates**
- 13. Sports, Clubs, and Societies**
- 14. University Services**
- 15. Student Support**
- 16. ELT In-sessional Courses**
- 17. Tips for Tier 4 Students**
- 18. Overcoming Jet Lag**
- 19. Campus Map**

Welcome

Welcome to the University of Strathclyde. We are delighted that you will be joining us in your fresh start and new adventure. We hope you will enjoy your time here with us.

The International Student Support Team welcomes you and has prepared this Welcome Programme for you to help ease your integration and understanding of your new environment. This programme will give you a brief overview of your registration; a short guide to Glasgow; a good understanding of local transport; some interesting and fun events to attend, and even some tips on how to overcome jetlag.



Follow us

If you need help you can visit us at: <https://www.strath.ac.uk/studywithus/internationalstudents/whileyourehere/>. Alternatively, you can email your enquiries to infoandadvice@strath.ac.uk

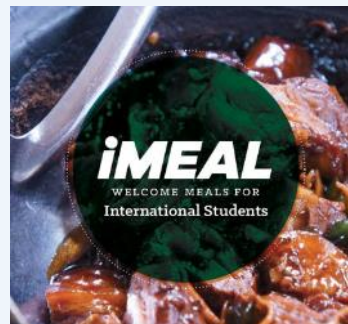


<https://www.facebook.com/AdviceAtStrath>

iMEAL

Our Colleagues at Friends International have teamed up with local churches and businesses to provide you with a proper Glasgow welcome: over a hearty meal! To enjoy one of our FREE welcome meals, please reserve your place at <https://www.eventbrite.co.uk/e/imeals-glasgow-2019-tickets-63648631771>

You can book as many times as you like!



Registration

Before you begin your journey with us, you must register. All students must register online to confirm their personal, financial and academic details. You will receive an email when your student record is created and you are valid to register.



Registration for EU Students

1. Set up your University IT Account
2. Ensure your tuition fees are paid
3. Create your student card
4. Register online
5. Collect your student card

For full details visit:

<https://www.strath.ac.uk/studywithus/registration/newstudentsfromtheu/>

Registration for Tier 4 Students

1. Set up your University IT Account
2. Create your student card
3. Register online
4. Ensure your tuition fees are paid
5. Attend your Faculty Registration Day

For full details visit:

<https://www.strath.ac.uk/studywithus/registration/newstudentsinternationaltier4visa/>

The University Chaplaincy will be hosting a welcome to students in the [Registration Hall](#) during Welcome Week from Monday 16th –Thursday 19th September. Say hello and enjoy a hot drink with us while you are complete your registration.

Faculty inductions

As a new student, it is important that you attend your Faculty induction event. This will help you ease into your new course of study and meet your Faculty staff and students. You can also ask any questions that you may have, whilst getting a taste of what's to come in the following months of study.

The following link will provide you with all the details of the Faculty inductions <https://www.strath.ac.uk/studywithus/strathlife/yourfirstfewdays/>

Student Inauguration

The Strathclyde Student Inauguration Event is where you will get to meet your course staff and other students who you are going to be spending a lot of time with throughout your course. You will also meet the Principal of the University of Strathclyde, your Faculty Dean, and also the USSA President. Held in the [Barony Hall](#) on Thursday 19th September, at the following times:

- 11.15am - Faculty of Engineering
- 12.15pm - Faculty of Science
- 1.15pm - Strathclyde Business School
- 2.15pm - Faculty of Humanities & Social Sciences

Welcome desk

If for whatever reason you find yourself stuck for answers, seek out our Welcome Desk on campus. There will be International Student Ambassadors on hand to help with any questions you have as you settle in to the University—look out for them in their purple shirts. The welcome desk will be available during the first week.

International Welcome Desk

Main Entrance, [McCance Building](#)

Monday 16th September—Friday 20th September, 10am—4pm

Quick guide to Glasgow

Shopping centres

There are several shopping centres around Glasgow. The two main ones near the University are [Buchanan Galleries](#), and the [St Enoch Centre](#). Buchanan Galleries is closer to campus and is usually busier. However, if you are looking for a place to eat, then the food court in the St Enoch Centre has something for everyone. If you enjoy shopping, there are several national chain stores to choose from, as well as smaller chains and independent boutique shops. [Buchanan Street](#) is known as the Style Mile and this is where you will find upmarket boutiques and designer stores.



Banks

There are many banks in Glasgow, both national and international, to choose from. If you are thinking of opening an account, you should visit several to find out which one is best suited to your needs.

Below are some of the popular banks in the city, however, there are more you may wish to consider.

Royal Bank of Scotland: [23 Sauchiehall Street](#)

Bank of Scotland: [54 Sauchiehall Street](#)

Barclays Bank: [83 Argyle Street](#)

HSBC: [2 Buchanan Street](#)

Santander Bank: [84 Argyle Street](#)

TSB Bank: [424 Duke Street](#)

Supermarkets

For food shopping there are many supermarkets around Glasgow. The closest supermarket to campus is [Aldi](#), located on High Street. There are various convenience stores near campus too, located on [George Street](#). These stores offer snacks and a limited range of groceries. For some Asian food, OAKA Supercity is also on George Street. Babylon on [Commerce Street](#) (just south of the river Clyde) is a good source of Asian and Middle Eastern foods.



Cinema and Theatres

If you want to watch the latest film releases, Cineworld Cinema on [Renfrew Street](#) is very central. There's also the Glasgow Film Theatre (GFT) on [Rose Street](#), which shows more limited release and arthouse movies. There are also several theatres, three of which are in the city centre, close to campus: [The Tron Theatre](#), [The Kings Theatre](#) and [The Pavilion](#).

Museums

There are several museums to visit in Glasgow. The closest one to campus is the [Gallery of Modern Art](#), where you can see mostly modern art exhibitions. [The Lighthouse](#) is also nearby and has plenty on display, much of it about the history and work of Charles Rennie Mackintosh. [Kelvingrove Art Gallery and Museum](#) has an impressive collection of art and objects and is well worth a visit, as is the [Burrell Collection](#) at Pollok Country Park, which is on the south side of Glasgow. Entry to all of these museums is free.

Leisure and Recreation

If you like to exercise, [Strathclyde Sport](#) has all the facilities you would expect to find in a high quality gym and sports centre. The facility was completed in 2018 at a cost of £31m. There are many sports clubs and societies available for students to choose from, from Kendo to Ultimate Frisbee and more.

<https://www.strath.ac.uk/strathclydesport/>

Getting around

Bus

The main bus terminal in Glasgow - [Buchanan Street Bus Station](#) is located behind Buchanan Galleries.

From here you can take local buses to get around Glasgow and the surrounding areas and to many other destinations in Scotland, as well as England and Wales. If you're getting a bus from a bus stop, you need to wave at the driver or stick your hand out to let them know that you want to get on. Most Glasgow buses do not give change, although [First](#) bus and [McGill's](#) buses do accept contactless payments.

Cycling

Glasgow offers public cycle hires around the city and there are three locations near the University campus. There are two on Cathedral Street – one in front of the [Hamnett Wing](#) of the Arbutnott Building and another further along towards Glasgow Cathedral near the junction of [Catherdral Street and Collins Street](#). The third one is located in front of the [Graham Hills Building](#). In order to hire the bikes, you must sign up here: <http://www.nextbike.co.uk/en/glasgow/>. Be sure to check your routes for where you can and cannot cycle — it's illegal to cycle on a footway or a footpath unless it is designated as "Shared Use". Shared use footpaths have blue signs with a graphic of a person and a bicycle. The sign may also say "Shared Use".

If you prefer not to cycle in traffic, there is a network of cycle paths in and around the city, some of which will take you as far as Loch Lomond. See <https://www.sustrans.org.uk/> for help planning your route.



Trains

There are two main train stations in Glasgow: [Glasgow Central](#) and [Glasgow Queen Street](#). Glasgow Central trains go to the southern areas of Glasgow and Scotland and destinations in England. Queen Street takes you to the northern and eastern parts of Scotland, such as Edinburgh, Dundee and Inverness. [High Street](#) station is the closest station to campus. Tickets can be purchased via the station and online; prices vary depending on the distance travelled.

You can purchase tickets online before you travel at <https://www.scotrail.co.uk/>. There is also an app for your phone. <https://www.scotrail.co.uk/plan-your-journey/free-scotrail-app>

Subway

The Subway is the easiest way to get around the City Centre and West End of Glasgow. Running [every four minutes at peak times](#), it takes just 24 minutes to complete a circuit of [the fifteen stations](#) and costs from as little as [£1.55 for an adult single](#) to travel anywhere else on the system.

The closest subway station to campus is Buchanan Street, with St Enoch Station slightly further south, near the river. There are barriers at each station where you are required to scan your ticket to enter and exit.

You can take advantage of cheaper tickets with a Subway Smart Card. You can register for one here <http://www.spt.co.uk/travelcards/subway-smartcard/>

Accommodation events

Some fun and informative events to help get to know your fellow students and pick up useful information.

Arrival weekend

The ResLife Team and Strathclyde Students' Union Welcome Team will be on hand to help you to your accommodation. The team will be located in the [Lord Todd Building](#) in the centre of the Campus Village) 10am—4pm, Saturday 14th & Sunday 15th September

Pizza Night

An opportunity to meet everyone who's moved into Halls. Pizza, Games, prizes! Held at the [Lord Todd Building](#). Saturday 14th September, 6pm onwards

The Big Breakfast

Come along for a breakfast roll, juice, tea and coffee in the [Lord Todd Building](#). Sunday 15th September, 10am— 12 noon

Halls Sport

Every Tuesday. Begins on Tuesday the 24th of September, in Sports Hall 2 at [Strathclyde Sport](#) from 8:30pm-10pm. All residents are welcome and it's free with membership to Strathclyde Sport. The first Hall Sport event will be UV volley ball and dodgeball. Please wear comfortable clothing and suitable shoes.

Relationships and Consent Workshops

Join members of the Rosey Project to discuss respectful relationships and sexual consent; explore the meaning of consent and ways to communicate what's right for you in a relationship.

[Lord Todd Building](#), Tuesday 11th Wednesday 12th or Thursday 13th September 4pm—5pm

Halls of Residence Welcome Meeting

An informative and friendly introduction to life in Residence. Elect your representatives for the year! Held at the [Lord Todd Building](#). 6.30pm—8pm

Murray, Forbes, & Garnett Halls
Tuesday 17th September

Thomas Campbell Court
Wednesday 18th September

Birkbeck Court
Thursday 19th September

James Gold Hall
Monday 23rd September

Chancellors & James Young Hall
Tuesday 24th September

Andrew Ure Hall
Wednesday 25th September

Halls Ceilidh

Come and join in a real Scottish event – music, dancing and fun.

[Lord Todd Building](#).
Thursday 9th October, 8pm—11pm

Strathclyde Freshers' Week

Freshers' Week is a festival of fun events to you launch into University life. The events, which run from 8th—22nd September, are run by the [University of Strathclyde Students' Association \(USSA\)](#). This is the biggest student party of your four or more years at University. The experience will stay with you for life!

A full list of events can be found at <https://www.strathunion.com/whats-on/>

Freshers' - Welcome to Scotland Ceilidh

What better way to mark the start of your time in Glasgow than with a ceilidh? The most Scottish of dance events will see you birling and twirling the night away. Entry included with Freshers' Pass and Annual Pass. Entry on the door for £3.00 without a pass.

Saturday 14th September 9pm/Vertigo-Level 8
[The Union](#)

Freshers'-Free Brunch

Forget breakfast, we all know brunch is now the most important meal of the day!

Sunday 15th September
The Yard/Level 3 [The Union](#)

International Students Inductions

As exciting as moving to a new country is, it can also be challenging. This session will help you make the most of your student experience by introducing you to the Union and the University.

Monday 16th September, 11am—1pm
The Debates Chamber/Level 6, [The Union](#)

The Big Quiz

Get your team together and brush up your general knowledge for a chance to win anything up to £200.

Monday 16th September/3pm-5pm Barony Bar/level 2 [The Union](#)

Freshers' White T-Shirt Party

Make your mark, and some friends, with your fellow students! By the end of the night, you will know everyone.

DJs Playing the big student anthems to the early hours Make sure you wear something white.

Sunday 15th September/10pm-1am
Barony Bar/Level 2 [The Union](#)

Freshers' Fair

This annual fair held at the Union is where you get to see your favourite clubs and societies. You can join and find clubs that you like, and also get freebies!

Tuesday 17th September, 10am—3pm
Wednesday 18th September, 10am—3pm
[The Union](#), 90 John Street

Sports Fair

The Sports Clubs are holding their annual Sports Fair at the University Centre. This is a great opportunity for you to find out about the sports club that you would like to join, and discover others that you may not have known of.

Wednesday 18th September, 10am—4pm
[University Centre](#), 347 Cathedral Street

Come and Try Sports Sessions

Alongside the Sports Fair, there are also sessions for you to try out your selected sports. This is a great opportunity for you to meet new people and make new friends who are interested in the sports that you are. The locations and times of the sessions depends on the sport. Check out the full timetable at www.strathsports.co.uk

Thursday 13th & Friday 14th September, 10am-6pm

Beach Party

Get your sunglasses looked out and your flip flops on. Throw on your best Hawaiian shirt and get beach ready because it's time to party! Rewind to the summer with cocktails and classic tunes. It's the night where everyone is looking for a lei!

Thursday 19th September Barony Bar/Level 2 [The Union](#)
9pm-midnight

Entry is included with [Freshers' Pass](#) and [Annual Pass](#), Limited £3.00 entry on the door without.

Tours and sightseeing

Coach Day Trip: Edinburgh City

Exclusively for students at the University of Strathclyde, no other tour of the Capital City is like it. Featuring two walking tours, you'll get the dark and mysterious history of the Old Town, hear the tales of the modern age including Harry Potter; as well as getting to see monuments, great views and plenty of time to yourself along the way too. We'll even throw in some good stories and legends.

Saturday 21st September, 8.45am—8.30pm (approximately)
Departs from: This will be confirmed on the ticket booking screen when you purchase a ticket
Tickets £24 (per person)

To book, go to: <https://www.eventbrite.co.uk/e/strathclyde-welcome-programme-edinburgh-day-trip-2400-tickets-62588387552>

Coach Day Trip: Harry Potter Bridge and Glencoe

See the famous rail bridge from the Harry Potter movies. Spend some time walking in Glencoe and learn about the history and the myths.

29th September 8.45am-8.30 (approximately)
Departs from: This will be confirmed on the ticket booking screen when you purchase a ticket
Tickets £26.50 (per person)

To book, go to: <https://www.eventbrite.co.uk/e/harry-potter-bridge-and-glencoe-walk-2650-tickets-62524646902>

Glasgow Myths and Legends Walking Tour

Take a walking tour of the city with your ginger Scottish guide, Gary. He'll share some myths and legends of the city as well as a few stories of his own. You'll find out the secret cafes and bars as well as the best places to tour around Scotland's largest city.

There will be two tours available for you to choose from. Tickets are free

Wednesday 18th September.
Meet at: [Rottenrow Gardens](#) in the centre at the steps 6pm—8pm

Tickets: <https://www.eventbrite.co.uk/e/glasgow-myths-and-legends-walking-tour-free-tickets-69277864959>

Wednesday 25th September.
Meet at: [Rottenrow Gardens](#) in the centre at the steps 6pm—8pm

Tickets: <https://www.eventbrite.co.uk/e/glasgow-myths-and-legends-walking-tour-free-tickets-69278021427>

Coach Day Trip: Loch Ness Monster Mythology and Highland Cows Day Trip

Tour the famous loch ness, see some highland cows and hear the stories of Nessie.

Saturday 28th September 2019
Time: 0785 hours - 2030 hours
Meet: confirmed at ticket sales
Tickets: <https://www.eventbrite.co.uk/e/loch-ness-monster-mythology-and-highland-cows-2700-tickets-62447035765>

Other events

Careers Service Welcome Event

The Careers Service is there for you from your first day at University until graduation and beyond. Come along to one of our introductory sessions where our friendly staff will be on hand to welcome you, show you around our key resources and provide an overview of our services.

Wednesday 18th September 2pm and 3pm

Thursday 19th September 3.30pm

Friday 20th September 2pm

In the Careers Service, Level 6 [Livingstone Tower](#).

We will also be running our half-hour briefing sessions on topics like “Finding part-time work”; or “Preparing your CV” during Welcome Week and throughout semester.

All sessions available to book at <https://careers.strath.ac.uk> from early September.

Cyber Pub Quiz

Test your knowledge of online security and be in with a chance to win big money at the Strath Cyber Safe Cyber Pub Quiz.

First prize £200/Second prize £100

25th September, 7:30pm [Todd's Bar](#)

Glasgow Doors Open Festival

Glasgow Doors Open Days festival is an annual event taking place across the city during the 3rd week of September. Buildings open their doors and give free access to the public in order to showcase the city's buildings, architecture, and heritage. As well as open access to buildings, the week-long programme also includes bookable walks, tours, talks, special events and a dedicated children's programme.

Booking opens 1st September.

Visit <http://www.glasgowdoorsopendays.org.uk> for more information.

16th — 22nd September

Key Dates

ACADEMIC SESSION 2019-20

Semester 1 16th September 2019 – 10th January 2020

Semester 2 13th January 2020 – 22nd May 2020

The following are confirmed term dates for session 19/20:

Term 1 16th September 2019 – 20th December 2019 (14 weeks)

Term 2 13th January 2020 – 3rd April 2020 (12 weeks)

Term 3 20th April 2020 – 22nd May 2020 (5 weeks)

Student Holidays

Christmas Vacation: 23rd December 2019 – 10th January 2020
(inclusive)

Spring Vacation: 6th April 2020 – 17th April 2020 (inclusive)

University Closed

30th September 2019

24th December 2019 – 2nd January 2020

10th and 13th April 2020

4th and 25th May 2020

17th and 20th July 2020

Sports, Clubs and Societies

The University offers many activities outside of your studies, ranging from sports clubs, such as Badminton Club, to societies and associations, like the Board Game Society. The Sports Union are in charge of the sports activities organised by the sports clubs, but clubs and societies are managed by the University of Strathclyde Student Association (USSA). You will find the [Student Union](#) building at number 90 John Street and the [Centre for Sport, Health and Wellbeing](#) at 160 Cathedral Street.

Strathclyde Sport

Strathclyde Sport is located in the university's recently completed (in 2018) £31m sports centre.

The sports centre is home to a wide variety of indoor sports club activities. The wide range of available facilities are state-of-the-art and, as prices are kept low, the membership price is very good value for money.

Membership gives you access to all of the facilities and also the classes that run every week.

Visit the website for more information:

<https://www.strath.ac.uk/whystrathclyde/sport/>

Strathclyde Sports Union

Full information can be found at:

<http://strathsports.co.uk/>

USSA

No student journey is complete without the Students' Association. This is your representative body, run by students, for students. They provide support during your time at University. USSA's mission statement is "Empower students to shape, enhance and enjoy their Strathclyde experience."

With over 100 clubs and societies for students to join, there is something for everyone. There are also many sociable and fun events every week at the Union, Karaoke Night and Quiz Night to name just two. If you want a place to hang out, a place to sit down for lunch or a quiet place to contemplate, the Union has loud and quiet spaces to suit your mood.

Visit the Union website for more information:

<https://www.strathunion.com/clubs-socs/>



University Services

As a new student, you should take the time to find out about the services that are available to you. We are here to support you throughout your student journey and help with any issues that you may encounter. You can approach any member of staff for help; lecturers, cleaners, security or administrators, everyone is here to help. We also have teams within the university who are trained to deal with specific types of issues. Some of them are detailed below. For a full list of available university services, visit <https://www.strath.ac.uk/sees/>



Andersonian Library

Once you are registered and have your student card, you are automatically a member of the library. To gain access to the library, all you need is your student card. Located at the [Curran Building](#), the library is open from 7am to 12-midnight, Monday to Friday and 9am to 9pm at weekends. During exam and vacation period, these hours vary. For the most up-to-date opening hours visit the library [website](#)

Careers Service

The Careers Service is available to all students who wish to seek advice on their future. Whether you need help identifying a suitable career, or you need help updating and reviewing your CV, the Careers Service is there to help. They are located on Level 6 of the [Livingstone Tower](#).

For further information, please visit <https://www.strath.ac.uk/careers/>

Academic Support

The University offers various academic support services such as Study Skills Service and Maths Skills Support.

Study Skills work with students to enhance their learning techniques. They offer practical advice and support to help you study more effectively, through one-to-one consultations, workshops and self-access materials.

Maths Skills provide academic support to all students who are studying mathematics or who require an element of mathematics in their chosen course.

Support is available through drop-in sessions, appointments and self-access materials. Located in room LT308, [Livingstone Tower](#).

Student Lifecycle Services

Student Lifecycle Services are located on Level 1 of the [McCance Building](#), and can help students with many aspects such as admission, your student record, exams and graduation.

For further information, please visit <https://www.strath.ac.uk/studentlifecycle/>

Chaplaincy Centre

At the University Chaplaincy you'll find a social learning space where people of all faiths and none can meet, enjoy light refreshments, relax or study together. There is also a Sacred Space in the Chaplaincy Centre, which is available for use by all for worship, prayer, meditation or reflection. The Chaplains are available to talk to, and offer a programme of religious, social and cultural events throughout the year for both home and international students. Do come along and get involved. The centre is located on Level 2 of the [Graham Hills Building](#).

For further information, please visit <https://www.strath.ac.uk/chaplaincy/>

Disability and Wellbeing Service

Disability and Wellbeing is a free and confidential service for undergraduate and postgraduate students at the University of Strathclyde. The service offers support for mental and physical health, as well as specific support services for anyone with mobility or other physical issues.

Located at Room 4.36, Level 4, [Graham Hills Building](#)
50 George Street

For further information, please visit <https://www.strath.ac.uk/professionalservices/disabilityandwellbeing/>

International Student Support Team

The International Student Support Team offers guidance and information to all registered international students, especially on issues concerning immigration and personal issues. We also act as a point of contact to other support services. The team organises the University Welcome Week and a number of specific workshops throughout the academic year, as well as offering one-to-one appointments.

You can find ISST at Student Lifecycle Services Reception - Level 1 - [McCance Building](#)

For further information, please visit <https://www.strath.ac.uk/studywithus/internationalstudents/whileyourehere/>



In-Sessional General English and English for Academic Purposes Courses

The English Language Teaching unit offers a range of In-sessional English language support courses for students at the University of Strathclyde whose first language is not English. These courses aim to help you improve the English you need both for studying and for everyday communication. Students paying overseas fees for a full year are entitled to 4 hours per week of English (equivalent to two different courses per week) **FREE** throughout the academic year. We also offer 2 hours per week of **FREE** In-sessional classes (equivalent to one course per week) to EU and Erasmus students. Spouses of students, visiting scholars, research assistants, and international students taking additional classes over and above the 4 hours per week are also welcome to attend for a small fee (£50 per 5-week course).

Information on In-sessional English Language courses will be available from Tuesday 1st October 2019:

<https://www.strath.ac.uk/studywithus/englishlanguageteaching/in-sessionalgeneralenglishenglishforacademicpurposes/>

Tips for Tier 4 Students

Here are some tips for Tier 4 students to help you protect your Tier 4 visa status:

1. Attendance

It is important that you are engaged with your studies (which includes use of University facilities such as the library, and computer facilities) and that you attend your classes, tutorials, and examinations. You may receive an email from time to time asking you to visit your Department to confirm you are engaged with your studies (please check your emails regularly!). Please let your Department know if you are ill or need to miss classes for any reason.

2. Working During Study

If you want to work during your studies, please make sure you understand the conditions of your visa. Your conditions should be written on your visa and are normally 10 or 20 hours during term-time. Working more than your permitted hours can have very serious consequences for your visa and you can find more information here: <https://www.strath.ac.uk/studywithus/internationalstudents/whileyourehere/workingduringstudies/>

3. Police Registration

If you are required to register with the Police (this applies to certain nationalities only), you must keep your Police Registration Certificate up-to-date. This means you must update it every time you change address, change your visa or get a new passport <https://www.strath.ac.uk/studywithus/internationalstudents/whileyourehere/police/registration/>

4. Address

The University holds a record of your address on PEGASUS and it is important that you keep this up-to-date. If you change your address, please login to PEGASUS and update it (via your "Personal" tab).

5. Visa Extensions

If you need to do further study with the University of Strathclyde (if you have not completed your course or you want to study on a new course with us) you may need to make a visa extension application. Please start preparing your visa application about 2 months in before your visa expiry date and check <https://www.strath.ac.uk/studywithus/internationalstudents/whileyourehere/visaextensionsintheuk/> for more information.

6. Study Changes and Visa Implications

Please be aware that if there are changes to your course of study (if you finish your studies early, withdraw, take a break from study or change your course) this may have implications for your visa.

7. Travel during study (Schengen)

If you want to travel to Europe during your studies you may have to apply for a Schengen visa and you can find information on what you need to do here <https://www.strath.ac.uk/studywithus/internationalstudents/whileyourehere/schengenvisa/>

8. Inviting Family and Friends

If you would like to invite family or friends to visit you in the UK, you will find more information (plus a sample invitation letter) at <https://www.strath.ac.uk/studywithus/internationalstudents/beforeyouarrive/visasimmigration/> If you are returning home before you travel back to the UK for your graduation, please ensure you print and carry proof that you have registered to graduate.

9. Working after Study

If you want to work in the UK after you complete your course you can find information on work visas on this website www.ukcisa.org.uk. Please also visit <https://www.strath.ac.uk/studywithus/internationalstudents/whileyourehere/doctorateextensionscheme/> for information on the Doctorate Extension Scheme.

Overcoming Jetlag



What is jetlag?

Jet lag is when your normal sleep pattern is disturbed after a long flight. Symptoms usually improve within a few days as your body adjusts to the new time zone.

What causes jetlag?

Jetlag is caused by the disturbance of natural biological cycles, like sleep and eating times.

The more time zones which have been crossed, the more disrupted these cycles become.

Fortunately, the human body is very adaptable and it does not take long to readjust. For example, if eleven time zones have been crossed, it can take from two days to two weeks for sleep patterns to adjust thoroughly. Heart rate, which is normally faster in the day than at night, can take from five to six days to synchronise.

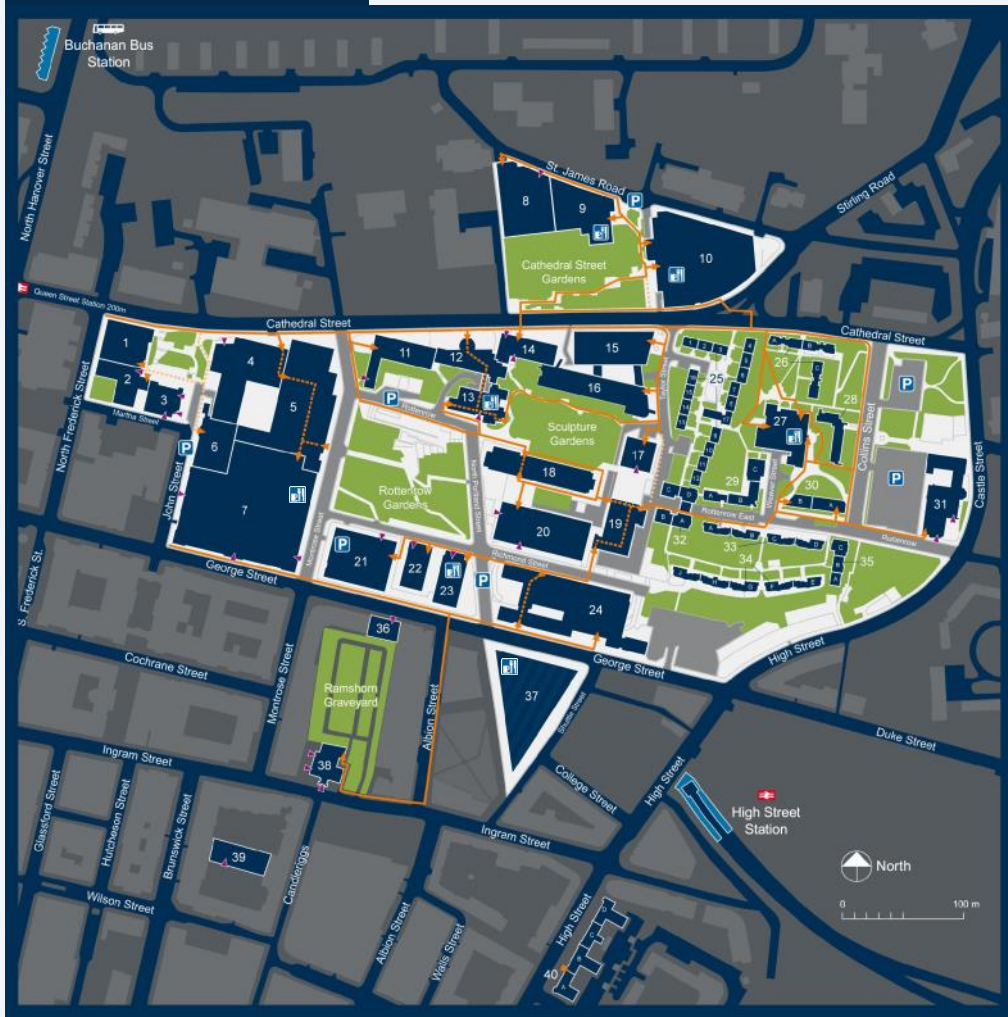
The main symptoms are sleep-related. They include:

- difficulty sleeping at bedtime and waking up in the morning
- tiredness and exhaustion
- finding it difficult to stay awake during the day
- poor sleep quality
- concentration and memory problems

Jetlag can also be associated with indigestion, constipation, diarrhoea and bloating.

Content from <https://www.nhs.uk/conditions/jet-lag/>

Campus Map











Campus Buildings

Alexander Turnbull 36
 Andrew Ure Hall 40
 Arbutnott (Hamnett Wing) 15
 Arbutnott (Robertson Wing) 16
 Architecture 18
 Barony Hall 31
 Birkbeck Court 25
 Chancellors' Hall 32
 Collins 22
 Colville 20
 Curran (Andersonian Library) 10
 Estates Services 8
 Forbes Hall 29
 Garnett Hall 26

Graham Hills 24
 Henry Dyer 11
 James Blyth Court 34
 James Gould Hall 30
 James Young Hall 35
 James Weir 5
 John Anderson 19
 Livingston Tower 23
 (Security Control)
 Lord Hope 9
 Lord Todd (Village Office) 27
 McCance 21
 Murray Hall 28
 Patrick Thomas Court 39

Ramshorn Theatre 38
 Royal College 7
 Sir William Duncan 13
 St Paul's 3
 Stenhouse 14
 Strathclyde Business School 12
 Students' Union 6
 Technology and Innovation Centre 37
 Thomas Campbell Court 33
 Thomas Graham 4
 University centre 2
 Wolfson Centre 17

Key

-  University Buildings
-  Accessible Routes Extremal
-  Accessible Routes through Buildings
-  Accessible Buddy routes
-  Accessible Entrance
-  Non-Accessible entrance
-  Public car Park
-  Catering Outlets



**Produced by the
International Student Support Team
2019**

**[https://www.strath.ac.uk/studywithus/internationalstudents/
whileyourehere/](https://www.strath.ac.uk/studywithus/internationalstudents/whileyourehere/)**