



A-Z

Pocket Guidebook





AIRPORT

BASSETT AVENUE

Beechmount House

South Hill & Hartley Grove

Biomedical Sciences & Boldrewood Conference Centre

Glen Eyre Halls
Brunel House, New Courts, Richard Newitt, New & Old Terrace

Bencraft Court

A27

Swesling Sports

STONEHAM WAY

WIDE LANE

M27

Montefiore House 1, 2, 3, 4

Wessex Lane Halls

Connaught Hall

ROAD

A27

UNIVERSITY ROAD

Highfield Campus

Hampton Park Site

HIGHFIELD AVENUE

Highfield Hall

A33

SOUTHAMPTON COMMON

Avenue Campus

THE AVENUE

Portswood

ROAD

Shaftesbury Avenue Flats

WAY

THOMAS LEWIS

ST DENYS ROAD

COBDEN BRIDGE

WOODMILL LANE

RIVER ITCHEN

BULLAR ROAD

COBDEN AVENUE

BITTERN ROAD

WEST END RD

UNIVERSITY OF
Southampton

University buildings

Halls of residence

Transport Information

Airport

Railway station

St. Margaret's House

LODGE ROAD

PORTSWOOD

St Denys Station

Winchester School of Art

Winchester Campus

The Union
Winchester

The Rotunda

East Side
Studios

West Side
Studios

Reception



Welcome from Your SUSU

SUSU, the Students' Union at the University of Southampton, is one of the largest student unions in the country and is run by students for students! SUSU is here to care for you during your time at university, in a whole range of ways.

The Students' Union is run by seven Sabbatical Officers, all students democratically elected by students. Each one looks after different areas of SUSU, helping to ensure that all students' needs are met and their lives are enriched. Your Sabbatical Team for this academic year is:

SUSU President: Sam Ling (president@susu.org)

VP Academic Affairs: Sasha Watson (vpacademic@susu.org)

VP Communications: Joe Mcloughlin (vpcomms@susu.org)

VP Welfare & Communities: Frankie Fry (vpwelfare@susu.org)

VP Sports Development: Jonny Brooks (vpssports@susu.org)

VP Student Engagement: Shane Murphy (vpengage@susu.org)

VP Winchester & Sites: Simon Protheroe (vpsites@susu.org)

Find out more about your Sabbatical Team at

www.susu.org/blogs

This guide is an introduction to student life. It's intended as a reference for everything you could possibly need to know. If there's anything that has been missed out, check out the SUSU website at www.susu.org, or let us know by emailing vpcomms@susu.org

Enjoy your time at the University of Southampton, and make sure you discover everything that the local area, University, and your SUSU have to offer.

Face-to-face advice and information

The Advice Centre is the first place to go if you have any enquiries while you're at university. This can cover anything from Housing Advice to help with Academic Appeals. The Advice Centre aims to give students at the University free, independent, confidential advice and representation in a friendly, relaxed environment.

The Advice Centre offices can be found in Building 40, above The Stag's. Find out more by visiting www.susu.org/life

Winchester School of Art

We're sure you'll find a lot of our Southampton-based info helpful, but we've done our best to include useful info for WSA students too. We've highlighted these bits in yellow.

International Students

Look out for the sections of the guidebook with a blue background – they contain advice specifically for students who are not from the UK. Did we miss something important? Let us know by e-mailing vpcomms@susu.org

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Accommodation

University Halls of Residence

Most students will be offered a place in a Hall of Residence during their first year. All bedrooms in Halls of Residence have a telephone with voice mail and internet access. Some Halls of Residence have a library, music room, TV and games rooms, computer room, sports facilities and a laundrette. Most Halls also have bars where students can socialise.

Your Halls will be where you spend most of your time, so try to get to know everyone in the rooms around you, as living with friends 24/7 is one of the many perks of moving to uni.

Private Rented Accommodation

Students who need to find private rented accommodation can contact the University Accommodation Service for help. The Advice Centre booklet 'How to open the door to private rented accommodation' also gives information about choosing private accommodation.

Please make sure that you don't sign any contract until you are sure you understand what you are signing. The Advice Centre or the Accommodation Office can check your contract for you. Staff are also available during term time at Winchester School of Art if you have any questions.

Don't give your new landlord any money until you have signed a contract and make sure that you get a receipt or a note in writing that confirms how much money you have paid.

Family Accommodation

The University has a limited amount of accommodation for couples and students with families. If you're planning to bring your family with you, you may have to find private rented accommodation at some point. We advise that you come to the area before your family in order to arrange accommodation for them. You may have to stay in a guest house for a short amount of time when you arrive while you are trying to find accommodation.

Art Galleries

The city of Southampton offers a range of culture, and the nearby area offer a range of places to visit artwork. Here is a list of some of the art galleries within the city, and close to Winchester School of Art:

Southampton City Art Gallery

Civic Centre, Commercial Road

Tel: 023 8083 4563

Free Entry. Open Monday – Sunday, 10:00-17:00

www.southampton.gov.uk/s-leisure/artsheritage/sotonartgallery

John Hansard Gallery

Highfield Campus, University of Southampton

Tel: 023 8059 2158

Free Entry. Open Tuesday – Saturday

www.hansardgallery.org.uk

Wykeham Gallery

High Street, Stockbridge SO20 6HE

Tel: 01264 810 364

Free Entry. Open Monday – Saturday

www.wykehamgallery.co.uk

Bell Fine Art

67b Parchment Street, Winchester SO23 8AT

Tel: 01962 860 439

Free Entry. Open Monday – Saturday.

www.bellfineart.co.uk

Banks and Accounts

Student Accounts

Student bank accounts are useful as they offer benefits such as large interest-free overdrafts. You can find the branches of some of the larger UK banks in the Gower Building (Building 60) at Highfield Campus – Barclays, HSBC, Lloyds TSB, NatWest and Santander.

In Winchester, five banks are located on the High Street and these are HSBC, NatWest, Lloyds TSB, Santander and The Royal Bank of Scotland.

Getting a UK Bank Account from Overseas

It's important to prepare for opening a bank account in the UK before you leave home. Ask your bank in your home country for advice about moving money. You should also check if you

can withdraw money from a UK cash machine (cashpoint/ATM) using a cash card from home, and if you will be charged for this. Usually, it is more useful to open a UK bank account. Your bank at home may be able to help you do this, as they may have links with some of the British banks.

It may take time to open a UK bank account, and so you should bring enough money with you for the first few weeks of your stay. You can bring money into the UK in different ways. Your bank may be able to transfer money electronically, or you could bring travellers cheques or bankers' drafts. Your bank at home may be able to give you a cheque that can be cashed in British currency at a UK bank.

If you are an international student, we advise that you bring proof of your home address with you in order to open an account in the UK. You will also need a reference from your bank in your home country.

Opening Hours

Opening Hours for banks are usually 09.30 – 16.30, Monday to Friday. Some branches may also open on Saturday mornings.

Bedding

Students moving in to Halls of Residence will have to provide their own bedding, or buy it when they arrive at university. Ikea is located in Southampton city centre and is a good place to get bedding. ASDA also sells bedding, and there is a large superstore located in Chandler's Ford that is open 24 hours.

Bicycles

Riding a bicycle is a good way to get around at university. You can purchase one easily – either new or second-hand – and sell it when you leave. The University has special bike stores where, for a small fee, you can lock your bike. Details are available from the uni-link office, which can be found above The Shop in Building 57. The Shop also sells good quality bicycle locks. Unfortunately, bike theft is on the rise, so make sure you keep your bike safe by following a few guidelines:

- Where possible, use the secure bike stores
- Use a good quality 'D' lock for your bike
- Lock the frame as well as the wheel to the locking point
- Don't leave your bike in a public place overnight
- Make a note of the MAKE, MODEL and SERIAL NUMBER of your bike

Please also be aware that you're expected to cycle safely by law. To avoid a fine or legal action, make sure that you:

- Give way to people on a pedestrian or pelican crossing
- Always have bike lights, so you can be seen at night
- Avoid riding the wrong way up a one-way street
- Don't cycle on footpaths
- Don't ignore a Police Officer or a Traffic Warden's signal
- Remember: Be safe, be seen and wear a safety helmet – don't put yourself or others at risk

Bills

If you live in private rented accommodation, you'll have to pay the costs of electricity, gas, water and phone/internet in the house where you live. If you live with other, non-family members, you'll probably share these costs with the other people in your house. Remember to allow a minimum of £35.00 per week over the whole year towards these costs, particularly with gas and electricity prices on the rise. If you live in Halls of Residence, these costs will usually be included in the cost of your accommodation.

Books

Course textbooks can sometimes be quite expensive, with most costing more than £15.00. However, there are many places where you might be able to buy the books second-hand (used) from other students. This can usually be much cheaper. Check the classified adverts at www.sotonclassifieds.co.uk for students selling textbooks that they no longer need. You can also check noticeboards in your School or in the Staff Club for adverts from students wanting to sell their books. Second-hand books can also be found in charity shops, which can be found all over Southampton and the surrounding area.

John Smith's Bookshop is on Highfield Campus in the Gower Building (Building 60). They have many of the books that you might need and if you can't find the book that you are looking for they'll order it in for you. Don't forget that you can also borrow many textbooks from the library. You check availability at www.southampton.ac.uk/library

The British Council

The British Council aims to widen cultural understanding between Britain and other countries. It is a non-government organisation that specialises in international education and cultural opportunities.

Find out more at www.britishcouncil.org if you have any enquiries.

The British Council website contains useful information about studying in the UK if you are an international student. It can be found at www.educationuk.org

British Summer Time

On **Sunday 30 October 2011** clocks in the UK are moved back one hour, and on **Sunday 25 March 2012** they are moved forward one hour. This happens at 02:00. Between November and April, during the winter, the UK clocks are the same as Greenwich Mean Time (GMT). Between March and October, when clocks go forward by an hour over the summer, the UK is one hour ahead of GMT. This is known as British Summer Time.

Career Destinations

Career Destinations is the University of Southampton's career service. It provides students with information and help with careers and employment during their time at university.

Visit the George Thomas Student Services Building (Building 37) to find out more, or book an appointment with a member of their Careers Team.

Find out more at www.southampton.ac.uk/careers

Cinemas

There is a wide variety of cinemas around Southampton for you to choose from including Union Films, your very own student-run cinema on campus.

Union Films

Union Films show a wide range of films including British, European, Art House, Asian, and the latest Hollywood releases. They also offer the opportunity for students to learn how to project films, and get involved with running 'front of house' and 'back stage' areas in the cinema. For more information visit www.unionfilms.org

Harbour Lights Picture House

Ocean Village

Tel: 023 8033 5533

www.picturehouses.co.uk

Odeon Cinemas

Leisureworld

Tel: 0871 224 4007

www.odeon.co.uk

UGC Cinemas

Ocean Village

Tel: 0871 200 2000

www.cineworld.co.uk

The Point

Eastleigh

Tel: 023 8065 2333

www.thepointeastleigh.co.uk

Everyman Cinemas

Winchester

Tel: 0871 906 9060

www.everymancinema.com

Clothing » See 'Shopping'

Comedy

SUSU hosts a fortnightly evening of Stand-Up Comedy, 'The Laughter Lounge', at The Bridge (Level 4, The Union, Building 42). Famous comedians who have performed at The Laughter Lounge include Michael McIntyre, Russell Howard and Rufus Hound, with many more up and coming comedians set to perform this year. Find out more at www.susu.org/calendar or check out the Comedy Club Society at www.susu.org/activities

The Common

Southampton Common is 326 acres of woodland, parkland and rough grassland, located just 2 miles north of the city centre. It has ponds, wetlands, nature trails, a paddling pool, a children's play area, a model yachting pond, and a fishing lake.

The Common is used for a wide variety of community events, such as the annual Balloon & Flower Festival and Race for Life Cancer Research UK. It's also a great place to relax over the summer with some friends. You can access the common from the back of both Highfield and Avenue campus. Avoid visiting the Common at night though as some areas are poorly lit.

Community Groups

SUSU supports a wide range of different religious and cultural societies, including:

Chinese Student Society

Japanese Society

Middle Eastern Students' Society

Polish Society

Singapore Society

Thai Society

Buddhist Meditation Society

Catholic Society

Hindu Society

Islamic Society

Jewish Society (J-SOC)

Sikh Society

This is just a selection of societies you can join. To find out more, come along to the Bunfight, where most of the societies will be represented. Or, email societies@susu.org

There are also Community Groups that meet in Southampton outside of the university:

Art Asia Trust

Unit 7 Radcliffe Court, Radcliffe Road, SO14 OPH

Tel: 023 8022 6212

www.artasia.org.uk

Black Heritage Association

St Alban's Centre

Northumberland Road

Tel: 023 8036 6488

Showing Another Side of Africa (SASA)

Email: mail@sasasite.org.uk

Tel. 023 8023 2237

The Concourse

During your time at the University of Southampton, you'll probably hear the 'The Concourse' mentioned, which is usually given as a place to meet.

The Concourse is the entrance area to The Union (Building 42), which has just undergone a refurbishment project. Here you'll find the Information desk, pod areas that can be hired and a place where you can hang out and meet friends. Market stalls and fayres are held in The Concourse on a regular basis, so it's a good place to visit if you're passing by.

Outside The Concourse you will find the "Red Brick Area", which is also sometimes called "Union Square". This is where the SUSU Market is held each Thursday and where you will also find various stands and fayres throughout the year.

Conversion Tables

To convert measurements for volume, speed, temperature, distance and clothing sizes, visit www.onlineconversion.com. This website will be particularly useful for international students, as many UK measurements will be different to the ones you've used before.

The Council

Southampton City Council is the local governing body in Southampton. Councillors are elected by the public to represent local areas within the Council. Your Council is the place to contact first if you want to find out about any of the following:

- Council Tax
- Registering to vote
- Contacting your MP
- Registering a complaint about your local area

To find out more, visit www.southampton.gov.uk

Council Tax

This is the tax collected from every household by its local Council. It is used to pay for local services such as libraries, the police service and rubbish collections.

Students who live in Halls of Residence don't need to pay Council Tax. Students who share private rented accommodation with other students also don't need to pay. However, if you live in housing with non-students who are not in full-time education in the UK, they will have to pay Council Tax. In some of these cases, these people may be able to pay less if they live with students.

Counselling Service

A counselling service is available for all students at the University. Trained counsellors offer a range of services to help and support students if needed.

Everybody has difficulties at some point during their lives. Counselling is just one of the types of help available. It is a

confidential service which offers the chance for people to speak to someone professional to help them with any difficulties they may be having.

To find out more, visit www.soton.ac.uk/edsupport/counselling or telephone **023 8059 3719** (internal 23719).

Culture Shock

'Culture Shock' is used to describe the feeling of moving to somewhere completely different, and finding it hard to adapt to your new home.

International students may find that they are affected the most, as language, climate and food can all lead to feeling Culture Shock. However, many UK students who are simply moving away from home can also have similar feelings. They also have to cope with living in a new city in a different area, where things like the local accent may be different to what they are used to at home.

The important thing to remember is that Culture Shock is a normal part of adjusting to life away from home. You'll find that most new students take time to get used to university life, so you're not alone. Here are a few tips to help deal with Culture Shock:

- Try to see the humour in situations. Don't be afraid to ask if you don't understand a joke or conversation. Someone will always be willing to explain.
- Try to make friends with both students from the UK and home.

- It's important that you have friends from your home county, but other times it will be fun and useful to have UK student friends who can help you out in certain situations!
- Continue to improve your language skills. Language can not only improve understanding, but also your confidence.
- Think about something that you really enjoyed doing in your home country, and try to do it here. If you can't, try and find something new that you find interesting.
- Try to remember that unacceptable behaviour in one culture may be acceptable in another. People might be following a set of social rules different to your own. Don't be afraid to ask questions about social customs if you're unsure.

Dentists

Students who qualify for free NHS treatment (see section on Health for details) will usually also qualify for NHS dental treatment. However, you must be registered with a doctor to qualify. Check whether the dentist accepts NHS patients. If not, you may have to pay the full cost of the treatment.

Dental treatment under the NHS is not free, but it is cheaper than private treatment. For help in finding an NHS dentist, telephone the local Dental helpline: **0845 050 8345**.

Disabilities

The University of Southampton is one of the top ten universities in the country for disabled students, according to a previous 'Good University Guide' from The Times. The Disability Advice and Support Team are part of the University's 'Enabling Services'. They provide support to students with a wide range of disabilities or health conditions, including mental health difficulties and temporary injuries.

For disability enquiries, telephone: **023 8059 7726** (27726 internal). Or visit www.southampton.ac.uk/edusupport

Discounts

Many places in the UK offer discounts to students with a valid student identity (ID) card. Sometimes this is referred to as an NUS discount, but places in Southampton & Winchester should accept any student ID card. If they insist on an NUS card, let us know by emailing marketing@susu.org

Doctors' Surgeries » See 'GPs'

Driving

Due to limited space, first year undergraduate students aren't usually able to bring cars to Halls of Residence. The University also doesn't have the space to offer students car parking spaces at campuses, so unfortunately no one can park on site without displaying a valid permit. Student parking is usually only given to those with medical needs. Find out more at:

www.southampton.ac.uk/estates/services/carparking

If you are an International Student

Before you drive in the UK you must have a driving licence, insurance and road tax. Driving without either is against the law. The vehicle must be registered and also needs a Ministry of Transport (MOT) test certificate, if it is more than three years old. Licences issued in EEA member states are valid in the UK. Licences from certain other countries can be swapped for a full UK licence. More information can be found on the Driving and Vehicle Licensing Agency (DVLA) website at: www.dvla.gov.uk

Drugs

It's illegal to possess drugs, unless they are available from a pharmacist or on prescription in the UK. Any student who misuses drugs will have action taken against them by the University, and will be reported to the police. For more information about drugs, visit the the SUSU website: www.susu.org/life or www.talktofrank.com

Eating Out

There are several places at the University where you can eat. These include:

- The Café, Level 3, The Union (Building 42)
- The Bridge, Level 4, The Union (Building 42)
- The Piazza, Level 4, Building 42 (not run by SUSU)
- Lattes Café Bar, Level 4, Building 42 (not run by SUSU)
- Postgraduates and staff members can also use the restaurant facilities in the Staff Club (Building 38), including The Arlott Bar
- There are also coffee shops or café facilities at Avenue Campus, The National Oceanographic Centre (NOC), and Winchester School of Art

The SUSU pub, The Stag's, located in the centre of Highfield campus, also serves pizza and hot dogs throughout the day.

Southampton also offers a huge range of places to eat across the city. For more details, look out for The Freshers' Discount Magazine (FDM).

There are also many places in Southampton and Winchester that serve international foods such as Italian, Chinese, Thai and Indian.

Electricity

Most University of Southampton Halls of Residence include electricity bills in the cost of the accommodation. However, some types of private accommodation may have a 'key' meter for electricity. This is a form of pre-payment meter. The key can be taken into shops such as newsagents and any amount of money can be put on it.

If you are moving into private rented accommodation, take the latest meter readings. Find your gas, electricity and water meters and take a note of the number on the day that you moved in. Contact your gas, electricity and water companies to let them know who you are, and when you moved in. This will ensure you don't pay for the people who lived there before you.

In the UK electricity works on 240 volts/50 cycles. Sockets usually take 13 amp, three pin fused plugs. If you are bringing your own electrical equipment from home, make sure you can use it safely on this voltage. This also applies to your mobile phone charger and you may need to purchase an adaptor. These are easily available, priced at about £10.00.

Emergencies

In the event of an emergency, dial **999** for immediate help. If you would like to contact Hampshire Police about non-emergency crime, you should call the 24 hour number, 101. If you would

like to provide information about a crime that's already been committed, call Crimestoppers on **0800 555 111**.

Employment

Whilst you're studying at university it's important that part-time employment does not affect your studies. However, some students might find that they have to take up a part-time job when they are at university to help pay for their studies. As long as a job doesn't negatively affect your course, the University's 'Career Destinations' team can help you look for and apply for part-time employment.

Working if you are an International Student

Most international students who have been admitted to the UK for more than six months can work part-time during their stay. However you must not work for more than 20 hours per week during term time.

International students must make sure that their immigration status allows them to work. The sticker or stamp put into your passport by the Entry Clearance/Immigration Officer will show you whether you are allowed to find work. Overseas students with a 'RESTRICTION on work' stamped into their passport can work without a work permit. If you are not allowed to work in the UK, the wording in the passport will instruct the holder of the passport 'No recourse to public funds. Work (and any changes) must be authorised.'

For more information, contact The Advice Centre on **023 8059 2085**.

Enabling Services

Enabling Services is made up of The Disability and Support Team, The Mentoring Team, and the Ancillary Learning Support Service. Enabling Services aims to support students to take part as fully as possible in every part of university life - not just in academic work.

Information on the types of support and services available to you whilst at university can be found on their website:

www.southampton.ac.uk/edusupport/disability

Financial Difficulties

If you are having problems with money, visit The Advice Centre in Building 40 at the Highfield campus to discuss your situation with one of the advisers. It is important that you seek advice as soon as you realise that there is a problem.

The University administers the Access to Learning Fund – or ALF – to help UK students who are having problems with money. This is to help students who have tried to cover the cost of their studies but are able to demonstrate that they are in extreme financial difficulty. If this is something you would like to apply for, please contact the Financial Information & Assistance (FIA) team on **023 8059 3287** or visit the FIA website at www.southampton.ac.uk/fia for more information.

The University also has a small fund to help international and EU students who are having problems with money because their

financial situation has changed since they started their studies. This does not include help with tuition fees or regular living costs. Contact The Advice Centre by emailing advice@susu.org to apply to this fund.

In exceptional circumstances, it may be possible to get a small emergency loan from SUSU. Contact The Advice Centre for more details.

Food » See 'Shopping'

Freshers'

Freshers' is just over a week of social events organised by SUSU for all new students at the University. Everything organised is intended to give new students opportunities to settle in, make friends and get involved with SUSU. Most students look back at Freshers' as one of the most exciting and memorable times of their lives, so make sure you enjoy it and take every opportunity that you can! Take a look at www.susu.org/fresh to find out more.

GPs (Also see 'Health')

Doctors who work at a surgery are known as General Practitioners, or GPs. Make sure you register with a GP as soon as possible – don't wait until you're ill. Seeing your GP is free if you are registered with the National Health Service (See 'Health').

University Health Service

Building 48 Highfield Campus, Southampton, SO17 1BJ

Tel: 023 8055 7531

www.unidocs.co.uk

Highfield Health

31 University Road, Southampton, SO17 1BJ

Tel: 023 8059 5545

www.highfieldhealth.nhs.uk

Linfield Surgery

7 Belmont Road, Southampton, SO17 2GD

Tel: 023 8058 5858

www.linfieldsurgery.nhs.uk

Mulberry House Surgery

38 Highfield Road, Southampton, SO17 1PJ

Tel: 023 8055 4549

www.mulberryhousesurgery.nhs.uk

Portswood Road Surgery

186/188 Portswood Road, Southampton, SO17 2NJ

Tel: 023 8055 5181

www.portswoodroadsurgery.nhs.uk

Dr Thaker & Partners

357a Burgess Road, Southampton, SO16 3BD

Tel: 023 8067 6233

www.burgessroadsurgery.co.uk

St Denys Surgery

7 St Denys Road, Southampton, SO17 2GN

Tel: 023 8055 4161

www.stdenyssurgery.nhs.uk

Stoneham Lane Surgery

6 Stoneham Lane, Southampton, SO16 2AB

Tel: 023 8055 5776

www.stonehamlanesurgery.nhs.uk

Walnut Tree Surgery

14 Carlton Road, Southampton, SO15 2HQ

Tel: 023 8033 3326

www.walnuttreesurgery.nhs.uk

Winchester: St Clements Surgery

Tanner Street, Winchester, SO23 8AD

Tel: 01962 852211

www.stclementspractice.co.uk

Gyms » See 'Jubilee Sports Centre'

Health

Moving away from home to start university can be a scary experience. A healthy diet, regular exercise and sleep means that you can reduce stress and keep yourself healthy. This also reduces your chances of catching the infamous 'Freshers' Flu'. Try to adopt a regular sleeping pattern, and eat as much fresh fruit

and vegetables as possible. If you do find that you become ill, give yourself time to recover properly. Make sure you also set aside time for yourself to relax.

The National Health Service (NHS) is a system in the UK where you can receive free hospital treatment and healthcare. International students (other than EEA Nationals) can have treatment if your course lasts for six months or longer. Your spouse and children under 16 (but no other family members) will also be entitled to free NHS treatment.

Holidays

The following days are public holidays in the UK:

- Christmas Day – 25 December 2011 (26 December substitute day)
- Boxing Day – 26 December 2011 (27 December substitute day)
- New Year's Day – 1 January 2012 (2 January substitute day)
- Good Friday – Friday 6 April 2012
- Easter Monday – Monday 9 April 2012
- May Day Bank Holiday – Monday 7 May 2012
- Spring Bank Holiday – Monday 4 June 2012
- Queen's Diamond Jubilee - Tuesday 5 June 2012
- Summer Bank Holiday – Monday 29 August 2012

Banks, many shops and most offices are often closed on Bank Holidays. Public transport is usually very limited, and the services that do run will be very busy.

Homesickness

Some new university students may experience homesickness at some point when they start university. Here are a few tips to help:

- Try and speak to other people about how you are feeling. They're probably experiencing the same feelings and it may help to know how other people are coping.
- Keep yourself healthy. Exercise, a healthy diet, and a regular sleeping pattern can make you feel better about yourself, and help reduce stress.
- Keep in contact with home but make a real effort to make new friends at uni too. Decide whether the best thing for you is to have frequent contact with home (because contact makes you feel better), or little contact (because contact makes you feel worse). Think carefully about whether or not to go home at weekends. Some students find it helps; others find the constant readjustment makes them feel worse.
- Give yourself time to adjust: you don't have to get everything right straight away.

Remember that the university wants you to enjoy your time studying at the University of Southampton. If you are feeling stressed or upset about being away from home, seek help and advice before making any big decisions.

Hospitals

There are two main hospitals in Southampton and the surrounding area – Southampton General Hospital and Royal South Hampshire Hospital.

In case of emergency, you should visit Southampton General Hospital's Accident & Emergency department at:

Southampton General Hospital

Tremona Road
Southampton
Hampshire
SO16 6YD

If you need medical help but it is not serious enough to visit Accident & Emergency, it may be better to visit an NHS Walk-In Centre. If you are not sure, call NHS Direct on **0845 4647**. There are two NHS Walk-In Centres in Southampton:

Minor Injuries Unit

Fanshawe Wing, Royal South Hants Hospital
Brinton's Terrace
Southampton
SO14 0YG
Telephone: 023 8071 65390
Opening Hours: 7 days a week from 08:00 until 21:30

Bitterne Walk-In Centre

Commercial Street
Bitterne
Southampton
SO18 6BT
Telephone: 023 8042 6356
Opening Hours: Monday-Friday from 18:30 until 22:00; Saturday, Sunday and Public Holidays from 08:30 until 22:00

Winchester also has a hospital with an Accident & Emergency department, general and specialist surgery for inpatients & day-cases, and general medical facilities:

Royal Hampshire County Hospital

Romsey Road

Winchester

Hampshire

SO22 5DG

Telephone: 01962 863535

HOST

HOST is a voluntary organisation which aims to give international students the chance to experience British life and culture with a British family. You can apply to spend a weekend or holiday (including Christmas) with a British family anywhere in the UK.

This can be a great experience, but do remember to apply in good time, as HOST visits are very popular! Application forms can be completed online or downloaded from the HOST website at:

www.hostuk.org, and submitted via The Advice Centre. HOST visits are free to students – all you need to pay for are your travel costs.

Household Goods » See 'Shopping'

Immigration

Entry Clearance

All non-EEA nationals coming to the UK for more than six months need to apply for Entry Clearance prior to arrival. If you are given a visa for the time during your course this should expire four months after the end of your course. Please seek advice from the International Adviser in The Advice Centre if this is not the case.

Extending your stay as a student

Tier 4 (General) replaced the old-style student immigration rules from April 2009. The UK Border Agency (UKBA) publishes a Quick Guide for Students with details about the application process: www.ukba.homeoffice.gov.uk/studyingintheuk/quickguideforstudent

You can access more information about applying for a student visa under Tier 4 (General) at www.ukba.homeoffice.gov.uk/studyingintheuk/adult-students/apply-outside-uk

Once you have filled out an application form, and obtained your Confirmation of Acceptance of Studies (CAS) and all other relevant documents, you should contact Student Services to arrange a meeting with a member of the University's Visa Guidance Team who will help you to continue your application.

PLEASE NOTE:

The University must tell the UK Border Agency if students holding a Tier 4 (General) visa to study at the University of Southampton do not arrive. If you have a Tier 4 (General) visa you will therefore need to attend a Visa, Passport and Identity 'Check-in' with

Registry Services as soon as you arrive in Southampton (or if you are already in Southampton and are renewing your visa, as soon as you receive your renewed visa). This is in addition to the identity check your School will carry out. You can find out details about 'Check in' at www.southampton.ac.uk/tier4_check_in

Tier 1 (Post-Study Work)

The UK Border Agency introduced Tier 1 (Post-Study Work) to replace the International Graduate Scheme. Under Tier 1 (Post-Study Work) applicants can apply to remain in the UK for employment, provided they score enough points to do so.

Use the points-based calculator on the UKBA website at www.ukba.homeoffice.gov.uk/pointscalculator to calculate how many points you have.

You can then see if you will have enough points to apply for a Tier 1 (Post-Study Work) visa in order to work in the UK after your studies.

We recommend that in all cases you seek advice from the Visa Guidance Team in Student Services before making any immigration application. For more information contact the Visa Guidance Team via their website www.southampton.ac.uk/visa

Induction

Your School and Course will hold induction meetings and presentations during the first few weeks once you start university. These are important as they'll include important information about your course, such as deadlines and details about staff and your personal tutor. Make sure you try to attend as many as possible.

Insurance

Please make sure that you insure your personal possessions as soon as possible after arriving. Students living in the University Halls of Residence may be covered for some items, but it is essential that you take out additional cover for expensive items such as laptops, bicycles or musical instruments, as these will not be covered for theft from your room in Halls.

International & EU Student Welcome Programme

The International and EU Student Welcome Programme, organised and run by the University and SUSU, is designed to help international students settle in to life at the University and in the UK. It will involve both social and academic activities, and introduce new students to the people and services at the University who can help you during your stay here.

Find out more at www.southampton.ac.uk/international/welcome

Jubilee Sports Centre

The University has its own £8.5 million complex Jubilee Sports Centre, located next to The Union on Highfield Campus. It has a six-lane 25 metre swimming pool, a split-level gym with 140 fitness stations, and an eight-court sports hall.

For more information, visit www.southampton.ac.uk/sportrec

Karaoke

The Stag's has Karaoke every Thursday from 20:00.

Live Music

SUSU has played host to a wide range of well-known live acts in the last few years including Pendulum, Dizzee Rascal and Faithless, to name but a few.

Look out for The Subways and many other acts coming to SUSU this coming year. You can also keep updated with all the latest news on live acts at www.susu.org/calendar

The city of Southampton itself has a huge live music scene. Check out the back page of The Edge, your student entertainment magazine, or visit www.theedgesusu.co.uk for details of upcoming gigs in the local area.

There are also some great venues for live music in Winchester, such as the Railway Inn. Find out more at www.railwaylive.co.uk

Medicines

Although seeing a doctor may be free of charge, you'll normally have to pay towards the cost of any medicines they prescribe for you. If you're given a prescription, you'll have to pay a fixed fee (currently £7.40 per item) over the counter at a pharmacy.

You may be able to get some financial help towards the cost of prescriptions by completing a HC1 form. You can obtain this from The Advice Centre or from your GP's surgery.

Meningitis

Meningitis is a serious but rare illness which causes an inflammation of the lining of the brain, and it can be fatal. Symptoms of meningitis can include: fever and vomiting, muscle pains, a rash, severe headaches, dislike of bright lights, seizures, and feelings of confusion or deliriousness.

If you are experiencing these symptoms and are worried that you may have meningitis, you should consult your GP immediately.

If you have not already had immunisation against Meningitis C, you should ask for this from your doctor before starting your studies at the University. If this isn't possible, you'll be offered this

vaccination when registering with a local GP when you arrive. Immunisation is recommended wherever large groups of young people are working or living closely together.

Find out more about Meningitis online at www.meningitis.org.

Mobile Phones

If you have a Pay-as-you-go mobile phone, you can top up your credit at The Shop in Building 57 at Highfield Campus.

It's sometimes difficult for international students to take out contracts with mobile phone companies, particularly in the first few weeks as you may not have a UK bank account or proof of your UK address. 'Pay as you go' mobile phones, which you can top-up with money as you need it, offer a simple alternative, whilst helping you to keep track of your spending. All the major UK networks offer a pay as you go service. A basic phone will cost as little as £15.00 including a SIM card.

Money

If you want money exchanged into foreign currency, the University has its own Post Office, located near the banks in the Gower Building (Building 60) of Highfield Campus.

The UK currency is known as 'Sterling' and is based on pounds (£) and pence (p). One pound is equivalent to 100 pence. There are bank notes (£50, £20, £10, £5) and coins (1p, 2p, 5p, 10p, 20p, 50p, £1, and £2).

Mumps

Recently in the UK there has been an outbreak of mumps in young people. We recommend that you ensure that you have received two doses of The Measles, Mumps and Rubella (MMR) vaccination before you arrive. If this isn't possible, you'll be offered this vaccination when you register with a local GP after you arrive.

National Insurance

If you're working for an employer in the UK you'll be asked for your National Insurance number. UK nationals are issued with this number when they reach the age of 16, but international students will need to register. If you want to register, you'll need to contact the Southampton Office of the Department for Work and Pensions on **023 8071 3600** to make an appointment.

News

If you want to keep up to date on all student news at the University of Southampton, look out for The Wessex Scene, a student-led news magazine published every three weeks. There is

also an accompanying online version at www.wessexscene.co.uk.

If you would like to get involved with The Wessex Scene, email editor@wessexscene.co.uk.

For entertainment news there's The Edge, which is a student-run entertainment magazine containing the latest news, reviews and interviews. This can also be read online at www.theedgesusu.co.uk.

Daily and weekly newspapers are available to read free of charge in the Hartley Library and the Staff Club. You can also order newspapers from The Shop, but you'll need to pay in advance. Please speak to the manager for more information.

Southampton's local paper is called 'The Daily Echo' and can be bought in most local shops and newsagents.

Websites such as www.onlinenewspapers.com will provide you with links to all well-known international newspapers.

Nightline

Nightline is a confidential listening and information service for members of the University of Southampton. Nightline is a voluntary group affiliated with SUSU and the National Nightline Association. Their phone lines are staffed overnight from 20:00 to 08:00 during term time.

You can reach them on 023 8059 5236, or if you're in Halls you can call them free on 25236.

Opening Hours

Opening hours for all SUSU buildings can be found online at www.susu.org.

Pharmacies

Some of the pharmacies nearest to Highfield campus and the surrounding area are:

Highfield Pharmacy

29 University Road, Southampton, SO17 1TL

Boots Pharmacy

357a Burgess Road, Southampton, SO17 2NF

Boots Pharmacy

233 Portswood Road, Southampton, SO17 2NF

Pharmacy Direct

93 Gordon Avenue, Southampton, SO14 6WB

You can find the following pharmacies located in Winchester:

Lloyds Pharmacy Ltd

155 High Street, Winchester, SO23 9BA

Boots Pharmacy

35-39 High Street, Winchester, SO23 9BL

Portswood

Portswood is a largely residential area in Southampton which is around a 10-15 minute walk from the Highfield campus. Portswood Road offers high street stores as well as a Post Office and pharmacy. A large number of students choose to live in the Portswood area because it's close to lots of shops, bars and nightclubs.

Postal Charges

Depending on the size of the letter you are sending, inland postal charges are from 46p to send a small letter by first class that weighs less than 100g.

To find out more about postal charges, visit www.royalmail.com.

First class stamps are widely available in shops and newsagents throughout the UK. The nearest Post Office to the University is situated in the Gower Building (Building 60) on the Highfield

Campus. Here, you can buy foreign currency, TV licences and postal orders. You can also pay bills including gas, electricity and water rates.

Public Transport

Buses » See 'Uni-link'

Taxis

Always use a reliable taxi company that you've used before and trust. It's also good to try and memorise their telephone number in case of an emergency. Reliable taxi companies will use clearly identifiable vehicles but always make sure that you sit behind the driver. If you're in any doubt as to whether a vehicle really is a taxi, don't get in.

Taxis are identified by the name of the company, which is usually written clearly on the car. All taxis must also have a licence displayed by the driver inside the car. In the UK you should never get in a taxi or car unless it is clearly identified as a licenced taxi. To get a taxi you should either ring a taxi company, or find a taxi rank – a line of taxis queuing up – usually near most night clubs and train stations.

Taxi companies local to Southampton:

ATS: 023 8022 2222

Radio Taxis: 023 8066 6666

Streamline Taxis: 023 8022 3355

West Quay Cars: 023 8099 9999

Taxi companies local to Winchester:

Wessex Cars: 01962 877 749

WinTax: 01962 878 727

National Rail

You can find out details about train times and fares in the UK by looking online at www.nationalrail.co.uk.

Coaches

Check out www.nationalexpress.com/coaches to find out about coach times and fares in the UK.

Pubs

Southampton offers a wide range of places to socialise after a day of lectures. The Stag's is located in the centre of the Highfield campus, and there are many pubs located in the surrounding Highfield and Portswood areas. All pubs have a wide range of soft drinks available and most also sell food, so you don't have to drink alcohol if you don't want to.

Look out for this year's Fresher Discount Magazine which contains all the latest deals that can be used in many local pubs.

Radio

Surge is your award-winning student radio station, bringing new music, news, and entertainment over the airwaves.

Tune in online at www.surgeradio.co.uk, and look out for Surge at the Bunfight to find out how you can get involved.

Registering with the Police

If you are an international student staying in the UK for longer than 6 months, and your visa requires it, you must register with the police within 7 days of arrival in the UK. If you do not, you will be breaking the law. If this applies to you will have 'Required register/report to the Police' stamped on your visa or Identity Card.

If you arrive at the University in September or October you will be able to register with the Police on the Highfield Campus. Those required to register must attend in person. To register you will need your passport, two passport size photographs, a letter of acceptance from the University, and the fee of £34.

If you are not able to register at the beginning of the academic year, go to the Police Headquarters (HQ) at Winchester. Please consult The Advice Centre's publication 'International students: Registration with the police' or visit www.southampton.ac.uk/sais/visa/policereg.html if you need to find out more.

Religion and Places of Worship

Singh Sabha Gurdwara, Cranbury Avenue
Gurdwara Nanaksar, Peterborough Road
Gurdwara Tegh Bahadur Sahib, St Mark's Road
Shri Guru Ravidass Temple, Northumberland Road
Vedic Society Hindu Temple, Radcliffe Road
Southampton Jamia Mosque, Northumberland Road
Southampton Medina Mosque, St Mary's Road
Southampton Hebrew Congregation Shul, Mordaunt Road

There's a Muslim prayer room in the West Building (SUSU Building 40). The entrance is beneath the outer staircase, below the West Refectory.

The University also has a Chaplaincy on campus. Visit www.chaplaincy.soton.ac.uk to find out more. For a list of a wide range of Churches and places of Christian worship, take a look at the Christian Union website at www.sucu.org.uk

Rubbish Collections

You can access details of waste collection days online at:
www.southampton.gov.uk/s-environment/householdwaste

Safety

If you follow a few simple rules, you can make sure that you keep yourself safe whilst you're at university.

Out and About – Tips

- Avoid going out alone at night. If you need to go out at night, it is safest to use a licensed taxi or bus.
- If you're on your way back from a night out, travel home with a friend.
- If you do have to walk at night make sure you carry a personal attack alarm and stay to areas which have lots of street lighting and people nearby.
- Never walk through quiet and dark areas on your own at night. Avoid alleys and The Common at night.
- If someone tries to take your bag, it's safer to let them than to try and fight them.
- If you think that someone is following you, cross the street. If the person also crosses the street then walk to the nearest place with lots of people. When you are safe, tell the police by phoning them on **999**.
- Do not accept lifts from people that you do not know.
- Don't walk at night whilst using your mobile phone. It is best that you have your full attention on where you are and what's going on around you.
- The University Security can also be contacted in an emergency on **023 8059 3311**.

Public Transport

- Always carry enough money to pay for a taxi if needed. If you know what time you will be returning home, you can book a taxi before you leave to go out.
- When you get a taxi, always sit behind the driver.
- When you have used a taxi you feel safe with, you can keep their number and use the same company next time.
- Make sure the taxi is a registered one. This means that it is safe to use. You can ask the driver to see their card if you want to check.
- Avoid dark, quiet bus stops that do not look busy.
- When you are travelling on a bus, sit behind the driver.
- When you are travelling on a train, sit near other people.

SUSU can also help you stay safe away from campus:

- Our 'Safety Bus' can take you home from Highfield campus in the evenings. It costs £1.50 and you can find the bus stop outside The Shop.
- Personal Safety alarms can be bought from The Shop.

You can contact The Advice Centre for more information on staying safe by emailing advice@susu.org

Remember: although crime and violence do happen, don't be scared of having fun. As long as you follow these simple rules and think sensibly, you can make sure your time at university is as safe as possible.

Local Advice

Avoid walking down 'Lovers Lane' at night. This is a path on the edge of Southampton Common where you can walk between the Highfield and Avenue campuses. If you do need to travel between the two campuses after dark, then you should take an alternative route through well-lit residential areas. You can take the residential route from Hawthorn Road, which you can access from behind the Geography Building. This then leads you on to Highfield Lane where you can join Highfield Road to get to Avenue campus and avoid 'Lovers Lane'.

For students travelling between Highfield campus and Glen Eyre Halls of Residence, make sure that you also avoid cutting through the edge of The Common at night. You should access campus from Burgess Road by walking past the petrol station and past the banks in the Gower Building.

The quickest way to get from Highfield campus to Wessex Lane Halls is via Burgess Road – this is the route that the uni-link bus takes. If you are travelling home after a night on campus then make sure that you stick to the well-lit main road and don't travel alone.

Schengen Visas

If you're a non-EEA national student and you want to visit some other European countries during your stay in the UK, you'll need a visa. The Schengen Visa allows you to visit all the countries in the Schengen area (currently 15 countries) in one trip lasting up to 30 days without having to apply for a separate visa for each country. You should normally apply to the Embassy of the country where you plan to spend the most time. For more information, contact the Students Services Centre, Building 37.

Sexual Health

If you are sexually active it's really important that you look after your sexual health. Make sure that you know how to protect yourself against sexually transmitted infections (STIs) and understand the facts about different types of contraception. Visit www.susu.org/life to find out about forms of contraception. You can also pick up condoms for free from SUSU Reception.

Find your nearest sexual health clinic online here:

www.protectyourself.nhs.uk

There are a lot of myths surrounding sex at university, but you should never feel pressured into anything you don't want to do. Visit The Advice Centre or call Nightline on **023 8059 5236** (internal 25236) between 20:00 and 08:00 for free and confidential support.

Shipping

Make sure you consider the following when choosing a shipping company:

- Insurance to cover your possessions
- Whether collection and delivery is door to door
- Security packaging and labelling
- Any 'extra' storage costs at either end
- Student discounts

The Shop

Situated on the Highfield campus in Southampton, The Shop has a range of everyday goods available for purchase at student friendly prices. Here you'll find food, files and stationery, newspapers, magazines, cards, confectionary and more.

Opening Hours (term time)

Monday - Friday: 08:30 - 18:00

Saturday: 10:00 - 16:00

Sunday: 11.15 - 15.15

Shopping

Southampton is home to one of the largest shopping malls in the South of England – West Quay. It's also a large city with many high streets, including Portswood which is just a ten minute walk from the Highfield Campus.

Food

Portswood High Street has several supermarkets for a variety of budgets, including: Waitrose, Aldi, Iceland, Co-Op and Farmfoods. Large ASDA supermarkets can be found in Southampton city centre, and a short bus ride away in Chandler's Ford.

Winchester has a Sainsbury's, Iceland and M&S located in the city centre, as well as a large Tesco store in Winnall.

Check with individual stores for opening times. You can also do your shopping online from most of the major supermarkets and have it delivered to your door for a fee of around £5.00.

Here's an idea of what you can expect to pay for groceries: Large loaf of bread: £1.30. Six large eggs, £1.60. A pint of milk (1/2 litre): 55p. 1kg of rice: £1.50. 1kg of potatoes: £1.40.

Some supermarkets also stock international food. Southampton is a multi-cultural city, and the following specialist shops may be useful if you need ingredients for Asian, Afro-Caribbean, or Chinese cooking:

- Yau Bros & Co, Princes Street, Northam
- Asian Cash and Carry, 53 St Mary's Road, Southampton,
- Ram's Stores, 65 Derby Road, Southampton
- Banga Food and News, 155 Derby Road, Southampton
- Portswood Halal Meat Centre, 114A Portswood Road, Southampton
- International Foods, 174 Portswood Road

You can get Japanese, Korean and Thai food in most of these stores too.

Clothing

There are a couple of shops on Portswood High Street where you can buy clothes, however for most high street brands and stores you should visit West Quay shopping centre, which is open until 20:00 on weekdays.

For more details about opening times and the stores at West Quay, check out their website: www.west-quay.co.uk.

Furniture and Household Goods

Southampton has an Ikea right in the city centre, next to West Quay shopping centre, which sells reasonably priced furniture and household goods that you may need.

Many of the larger chain stores have very competitive prices, but it is also important to shop around. Household goods can be purchased cheaply at a wide variety of stores. Some of the markets and market-style shops in Portswood and Shirley have very low prices compared to the shops in the city centre.

Charity Shops

There are many second-hand shops in Portswood, where the money spent there goes to charity. Many people buy clothing, books and furniture here, but be careful about buying gas or electrical appliances.

Second-Hand

Many students sell their possessions before they return home, so it's worth checking out the classified advertisements at www.sotonclassifieds.co.uk, as you can pick up some real bargains. Car boot sales and jumble sales can be even cheaper than second-hand shops, and you will find advertisements for these in the Daily Echo on Fridays.

Discounts

Many stores will offer discounts to students when they show a valid student ID card, so make sure you take it with you when you go shopping.

Sports Facilities

The University of Southampton is famous for its sporting culture, and the Athletic Union (part of SUSU) has over 80 different sporting clubs for you to choose from. The Jubilee Sports Centre on Highfield Campus opened in February 2004 and has a 25m 6-lane swimming pool, an 8 court sports hall and a 140-station fitness suite. See 'Jubilee Sports Centre'.

The Stag's

There is a pub right in the centre of the Highfield campus. The Stag's is a great place for a few drinks with friends, and has a range of events as well as big screens showing live TV.

Student Services

Student Services offers support to students across the University of Southampton. The Student Services Centre (Building 37) is located opposite the Jubilee Sports Centre on the Highfield Campus. Student Services should be the first place to go for all enquiries related to accommodation, ID cards, financial information, visas and education support. Take a look at the website for more info: www.soton.ac.uk/student-services.

SUSU Market

The SUSU Market is held on the Red Brick Area outside The Union (Building 42) every Thursday 10:00 – 16:00, and offers a range of fruit, vegetables, bread, and many other foods and local produce.

Sun Cream

Make sure that you're protected from harmful UV rays by purchasing sun cream at The Shop. We also recommend a hat and plenty of water in the height of summer, when it can (sometimes!) get really hot.

Tax

Income Tax

You will only have to pay tax on any earnings from part-time work if you earn more than £7,475.00 for the tax year 2011-2012. The Tax Code and the Pay As You Earn (PAYE) system spread any tax due across the year as evenly as possible. In this way, if you work throughout the year, you will pay the right amount of tax. If you give up work part way through the year, a rebate may be due. If you think you may be due a tax rebate, ask your employer for the contact details of the tax office that they use. It is your responsibility to apply for a rebate directly to the appropriate tax office.

Teaching and Learning Styles

Teaching and learning styles at university may be different to what you've been used to previously. Teaching methods include:

- Lectures – a traditional style of teaching, where the lecturer speaks to many students on a particular subject.
- Seminars – smaller groups where students discuss ideas with their lecturer and each other.
- Tutorials – a meeting with your tutor, either one-to-one, or in a small group.

The ways of teaching and learning will vary depending on the type and level of the course you are studying. The University of Southampton has a study skills website where you will find

information and tips on a range of topics including written assignments and essays, time management, presentations and note taking.

You will also find guides to help you become a more effective learner and develop research skills that will help you during your studies and in the future. The guides can be downloaded and topics include reading academically, writing effectively, referencing your work, giving a talk and preparing for exams, among others. You can find more here: www.studyskills.soton.ac.uk

The Advice Centre has also produced a booklet on studying successfully and managing revision and exams. You can download the booklet from their web site: www.susu.org/life

Television Licences

If you watch television whilst you're at university you will need a TV licence. If you live in a Hall of Residence which has a TV room, the Hall's licence does not cover TV sets in bedrooms. Even if you don't have a TV set, you will need a TV licence for any devices that you may use for watching live television, such as a laptop or mobile device.

If you live in a shared house where the rent is split, you will normally be considered as one household, and so will only need one licence. The licence will have to be in one person's name, and if they leave the house they can take the licence with them.

A colour TV licence costs £145.50 (2011 prices) and can be paid monthly in a number of ways. The maximum fine for not having a TV licence is £1,000, so it is really important that you arrange this.

You can buy or renew a TV licence online by visiting www.tvlicensing.co.uk, where you will also find information on other ways you can pay.

Theatres

The University of Southampton is lucky enough to have The Nuffield Theatre right in the middle of the Highfield campus, which regularly shows a range of productions for students and the general public. Take a look at their website to find out more: www.nuffieldtheatre.co.uk.

The Turner Sims Concert Hall is also located on Highfield campus. Hosting over 60 concerts a year, it attracts internationally renowned performers such as Hayley Westenra, Courtney Pine, Jamie Cullum, guitarist John Williams and pianist Alfred Brendel. Have a look at www.turnersims.co.uk for more information.

You can also find a larger venue, The Mayflower theatre, in Southampton's City Centre. Commonly showing touring west-end productions, it's a popular choice for a night out. Take a look online to see what's on: www.mayflower.org.uk.

Uni-link

The University of Southampton and Blue Star operate a joint bus venture in Southampton called uni-link. This links the main University teaching and residential sites with each other and the rest of the city. If you're living in Halls of Residence, the cost of the pass will be included in your residence fee. For those in privately-rented accommodation, uni-link offer discounts to both students and staff. Visit www.unilinkbus.co.uk for more information and for links to websites of other bus companies in and around Southampton.

If you would like to catch a bus in the UK, you usually have to put your arm out to show this, as buses do not always automatically stop at bus stops.

Value Added Tax (VAT)

VAT is a tax added for certain goods in the UK. Currently the rate of VAT is 20%.

Students may bring goods into the UK without paying VAT on them, provided such goods are for personal use, and they leave the country with you at the end of your studies. If you wish to send goods by post you will need an international customs declaration form obtainable from any Post Office.

If you are leaving the country for 12 months or more, it is possible to buy new goods to take out of the UK, VAT free. The goods must

be bought through a retailer who can arrange for their dispatch. Goods must leave the country within 12 weeks of purchase.

Visa Guidance Team

The Visa Guidance Team are experienced in supporting students and their dependants in successfully applying to extend their visas in the UK, and offering comprehensive advice on immigration issues.

Their advice is free and confidential, and they can help with a range of things, including:

- Offering dedicated immigration advice to international students, and their immediate dependants.
- Advising recent alumni who want to remain in the UK to work after they have completed their programme of study.
- Checking supporting documents and application forms submitted in the UK under Tiers 1, 2 and 4 and those of points-based dependents before they are sent to the UK Border Agency.
- Sending Tier 4 visa extension postal applications on your behalf and managing the application process for you.

The advisers operate on an appointment basis, and students can book an appointment to see an adviser face-to-face, either by calling in to the Student Services Centre in person, by emailing ssc@soton.ac.uk, or by telephoning the Student Services Centre on: **023 8059 9599**. Please note that all appointments to see an adviser must be booked through Student Services.

The Visa Guidance Team is situated within Building 37 (Student Services Centre) on the Highfield Campus. You can check out their website at www.southampton.ac.uk/visa.

Volunteering

As well as being a great way to have fun and meet new people, volunteering looks great on your CV and will make you stand out from the crowd. Whether you're looking to build on your media and marketing experience, gain mentoring skills, work with children or practice your language skills, a few hours a week can really enhance your job prospects.

The Community Volunteering department is open to all students and staff at the University of Southampton. Whatever your level of interest, or however full your timetable, there is a volunteer opportunity for you.

Take a look at susu.org/cv or e-mail volunteering@soton.ac.uk to find out more.

Voting in Elections

Most students aged 18 or over can vote in general and local elections in the UK. If you want to vote in the constituency you are staying in during your time in Southampton, instead of at your home address, you can do this easily when you register to vote. To find out more about how to register your vote, visit www.aboutmyvote.co.uk.

Student Elections

Each year the student body votes to elect Student Leaders, Union Councillors, Trustees and Sabbatical Officers who will help to run SUSU for the next year. There are seven full-time Sabbatical Officer positions, as well as various part-time positions. Find out more at www.susu.org/elections.

Running for a position at SUSU is a great way to get involved at university, is lots of fun, and is also a great way to enhance your CV. Campaign Week, the week leading up to the Elections Results Nights, are some of the biggest weeks in SUSU's calendar, with campuses, halls and Portswood filled with campaign teams trying to win your votes. Last year we broke the voter turnout record, so the challenge this year is to do it again!

Washing Clothes

Most Halls of Residence have laundrettes where you can wash and tumble-dry your clothes for a small charge. If you are in private accommodation, your landlord will probably supply a washing machine. There are also laundrettes in Market Buildings, Swaythling, in Bitterne Park, and in Portswood, as well as in Winnall in Winchester.

Winchester

Winchester is a historic cathedral city located about 12 miles outside of Southampton and is home to the Winchester School of Art. With Winchester Castle, Winchester Cathedral and Jane Austen's House, the city boasts a wealth of history and culture.

Visit the city's Christmas Market during winter, or check out the annual Hat Fair each summer – Britain's longest running Festival of Street Theatre and Outdoor Art.

Winchester also has a wide range of cafes and tea-rooms, here are just a few to get you started:

Cafe Monde – 22 The Square.

The Forte Tearooms – 78 Parchment Street.

Ginger Two – 29 St. Thomas Street.

The Cathedral Refectory – 1 The Close.



Need Help & Advice

The Advice Centre is here to help you.

We aim to provide you a service that is independent, free, confidential and impartial.

We offer advice on Finance, Housing, Academic Hearings, Fitness to Practice & Consumer Rights.

You can find us above The Stag's on Highfield Campus.

Contact Details

T: 023 8059 2085
F: 023 8059 5235
E: advice@susu.org
W: www.susu.org/life

Opening Times

Mon 09:00 - 17:00
Tue 09:00 - 17:00
Wed 11:00 - 17:00
Thur 09:00 - 17:00
Fri 09:00 - 17:00

Vacation Times

09:00 - 15:00 everyday
except Wed 11:00 - 15:00





The Advice Centre

Opening Times

Mon-Fri: 09:00 - 17:00

Wed: 11:00 - 17:00

Sat-Sun: Closed

Contact Details

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Find Us

Above The Stag's

Building 40

Highfield Campus