

## **WELCOME TO EDINBURGH**

We hope that you will enjoy your stay with us in Edinburgh and that the information provided in this guide will help you to settle into your new environment and to gain the most out of this old and lovely city.

In addition to describing some aspects of life that might differ from those of your home country, we have tried to include as many details as possible about other sources of information, where to go if you need help and what to do in an emergency.

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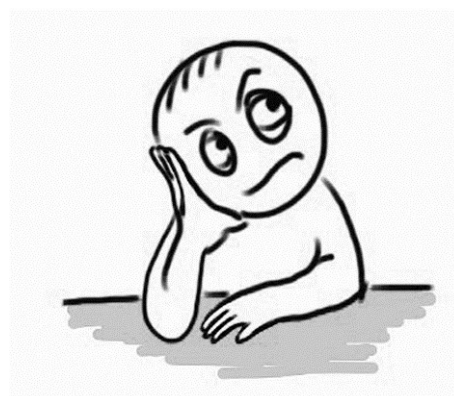
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## WHERE TO GO FOR HELP

- 1. University of Edinburgh  
International Office  
33 Buccleuch Place,  
Edinburgh EH8 9JS  
Tel: 0131 651 3185  
[www.ed.ac.uk/schools-departments/international-office](http://www.ed.ac.uk/schools-departments/international-office)**

Please keep in contact with the International Office during your time in Edinburgh.

If at any time during your studies you and your family feel stressed, under pressure or anxious about your studies, family matters, health or family illness or problems in your own country, **NEVER WORRY ALONE**. Please make contact quickly with (a) your supervisor, (b) your Head of Department, (c) the staff of the International Office, (d) the University medical staff or your registered General Practitioner (doctor), (e) any of the University of Edinburgh Advice Places. There are very few work, health or personal problems that the staff have not experienced and they can quickly direct you to the best type of support. Worries can quickly undermine studies and health. Edinburgh University has a wide range of support services for all students at any time run by highly trained staff. Just make us aware that you need some help and the University will act in a friendly, supportive and confidential manner.



- 2. University of Edinburgh,  
Accommodation Services  
Reception Centre,  
Pollock Halls of Residence  
18 Holyrood Park Road  
Edinburgh EH16 5AY  
Tel: 0131 6671971**  
  
For social activities, contact:
- 3. International Students Centre  
22B Buccleuch Place  
Edinburgh EH8 9LN  
Tel: 0131 650 4281**
- 4. Edinburgh University Students  
Association (EUSA)  
Potter Row  
Edinburgh EH8 9AL  
Tel: 0131 650 2656  
[www.eusa.ed.ac.uk/advice](http://www.eusa.ed.ac.uk/advice)**
- 5. Edinburgh University Students  
Association (EUSA)  
KB House  
West Mains Road  
Edinburgh EH8 9AL  
Tel: 0131 650 5822**

## SOURCES OF INFORMATION

### ABOUT THE UNIVERSITY OF EDINBURGH

University of Edinburgh Visitor Centre  
2 Charles Street  
Edinburgh EH8 9AD  
Tel: 0131 650 2252  
[www.ed.ac.uk](http://www.ed.ac.uk)



Provides information and booklets about University News; Concerts; Special Events; Sports Facilities etc.

### ABOUT EDINBURGH AND GENERAL

1. **The City of Edinburgh Council**  
City Chambers  
High Street  
Edinburgh EH1 1YJ  
Tel: 0131 200 2323  
[www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)

Alternative address:

**Chesser House**  
500 Gorgie Road  
Edinburgh EH11 3YJ  
Tel: 0131 200 2340

2. **Booklet Edinburgh A-Z issued by the City Council**

The above have information about all services provided by the City Council.

[www.edinburgh.gov.uk/a\\_to\\_z](http://www.edinburgh.gov.uk/a_to_z)

3. **The Citizens' Advice Bureau**

**58 Dundas Street**  
Edinburgh  
EH3 6QZ  
Tel: 0131 557 1500

This is **not** a university organisation. They offer free advice and information on a wide range of topics including welfare benefits and financial matters.

They will advise you where to go if unable to help. There are offices around the city.

## **PUBLIC LIBRARIES**

These have information about Edinburgh including council services, lists of doctors, dentists and pharmacies, bus timetables, adult and further education courses, local and community groups e.g. mother and toddler, nurseries. You have access to computers, internet, scanner and printers, fax and other electric resources. Wi Fi is available. You can download e-books and audio books.

### **Events in libraries:**

- rhyme and story time sessions
- crafts events
- art and music events/concerts

There are 3 special libraries (music, art, children's) in the city centre. All library branches have books and CDs to borrow for all ages.



### **TO JOIN THE PUBLIC LIBRARY SYSTEM**

You need to bring proof of address (e.g. gas or electricity bill, or bank statement, or flat contract). This makes you able to access e-books. Take photo identity e.g. passport or national identity card. Adults and children can join at the same time.

## **USEFUL LIBRARY ADDRESSES**

(we have a complete list)

### **EDINBURGH CENTRAL LIBRARY**

George IV Bridge  
EH1 1EG  
Tel: 0131 242 8000

### **NATIONAL LIBRARY OF SCOTLAND**

George IV Bridge  
EH1 1EW  
Tel: 0131 623 3700

### **CRAIGMILLAR LIBRARY**

7 Niddrie Marischal Gardens  
EH16 4LX  
Tel: 0131 529 5597

### **LEITH LIBRARY**

28-30 Ferry Road  
EH6 4AE  
Tel: 0131 529 5517

### **McDonald Road LIBRARY**

2 McDonald Road  
EH7 4AE 4 LU  
Tel: 0131 529 5636

### **MORNINGSIDE LIBRARY**

184 Morningside Road  
EH10 4PU  
Tel: 0131 529 5654

### **NEWINGTON LIBRARY**

17-21 Fountain Hall Road  
EH9 2LN  
Tel: 0131 529 5536

### **SIGHTHILL LIBRARY**

6 Sighthill Wynd  
EH11 4BL  
Tel: 0131 529 5569

### **STOCKBRIDGE LIBRARY**

11 Hamilton Place  
EH3 5BA  
Tel: 0131 529 5665

## HEALTH CARE IN THE UK

Health care in the UK is a two-tier system with community-based primary health care, and hospital-based specialist services. All basic or essential medical care is provided free of charge within the National Health Service (NHS).



International students and their husbands/wives and children are eligible for care under the NHS if they are enrolled for a course of study lasting more than six months. However, students from European Community countries or countries with reciprocal health agreements, who are exempt from charges for most forms of treatment, are liable for charges for the treatment of pre-existing conditions, e.g. pregnancy, diabetes, physical disability. For a list of these countries and information about health insurance for students who are in this country for less than six months, please consult the EUSA International Students Handbook or contact your Embassy or funding body.

## ACCESS TO GENERAL MEDICAL CARE

Each person is required to register with a **General Practitioner** (doctor) who has a health centre in the neighbourhood in which they live. There will usually be more than one group of doctors to choose from. A list is available at the library, or ask your neighbours.

**It is important that you register with a doctor soon after your arrival.**

You will be asked to fill in an application form, and most probably be asked to attend for a brief medical examination. You may be asked to produce your passport as proof of identity.

All practices provide basic medical care. This includes contraceptive services; pregnancy care; well baby clinics; asthma clinics. If you need further specialist care your G.P. will refer you to the appropriate department or specialist. In this case you will have to wait for the hospital to send you an appointment telling you when and where to attend.

**If you are ill in any way you should go first to your GP**

On contacting the doctors' practice you will be given an appointment time. You may have to wait a few days for this, so if your problem is urgent you must tell this to the receptionist so that you can be seen that day.

## OUT OF HOURS EMERGENCY SERVICE

[www.nhs24.com](http://www.nhs24.com)

If you need to see a doctor after your doctors' practice is closed there is an emergency service. The telephone number is **08454 24 24 24**.

If you telephone your own doctor after closing time you will be transferred to this number.

### INTERPRETERS

If you would like to have an interpreter with you when seeing a doctor and don't know anyone suitable you can arrange for one by telephoning **0131 242 8181**. Arrange this well in advance, if possible, to ensure availability.

### EMERGENCIES

In general all medical needs are dealt with by your GP either at his/her surgery, or through the Out of Hours Service.

If you have an accident or severe medical emergency you should go to hospital. If you are too ill or injured to go to the hospital yourself then call for an **ambulance. Dial 999. This is free.**

Be prepared to give the telephone number from which you are calling and the address where help is needed. Also try to explain the kind of injury, e.g. a broken leg, a very sick child.

### Accident and Emergency Services are open 24 hours a day at:

**Adults**      **Royal Infirmary of Edinburgh  
Little France  
Old Dalkeith Road  
Edinburgh  
Tel: 0131 536 1000**

**St. Johns Hospital  
Howden West  
Livingston  
West Lothian  
EH64 6PP  
Tel: 01506 419 666**

**Children**      **Royal Hospital for Sick Children  
9 Sciennes Road  
Edinburgh  
Tel: 0131 536 0000.**

For minor Injuries go to:

**Western General Hospital  
Crewe Road South  
Edinburgh EH4 2XU  
Tel: 0131 537 1000**

### Pharmacy out of hours service

Pharmacies are NOT a 24 hour service.

#### **BOOTS**

**48 Shandwick Place**

**EH2 4SA,**

**Tel: 0131 2256757**

Open Monday to Friday 07:30 - 20:00,

Saturday 08:00 - 18:00,

Sundays 10:30 - 17:00.

## TO CALL THE EMERGENCY SERVICES Dial 999



If you have an emergency such as a fire, an accident, an incident such as an attack, or robbery then **CALL THE EMERGENCY SERVICES OF Police; Fire; Ambulance; Coastguard.**

To do this Dial **999** and state which service you need: Police, Fire or Ambulance. Be prepared to give your name, the number from which you are calling and the address of the place where help is needed. Also what has happened and what help you need.

## OTHER MEDICAL SERVICES

### MEDICATION

If you need a medicine your doctor will give you a prescription which you must take to a dispensing chemist/pharmacy who will make it up for you. Prescriptions are **FREE** for everyone.

Some medicines are cheap bought over the counter e.g. aspirin, paracetamol, cough medicines, etc. Your GP or pharmacist will help you. Own brand medicines from Boots, Asda, Tesco, Sainsburys etc. are also cheaper and of good quality.

If you require regular medication for an existing condition e.g. diabetes, asthma etc., then try to bring details of your current treatment to help medical staff here to continue your care.

### FAMILY PLANNING AND WELL WOMAN CLINICS

The majority of general practitioners provide a comprehensive family planning service (they are identified by a 'C' after their name in the list of family doctors available in public libraries, etc.).

Many doctors' practices also offer facilities for Well Women screening (i.e. cervical smears, breast examination, blood pressure checks) during normal surgery hours or at special clinics. In addition, Lothian Health Board runs Family Planning and Well Women Clinics throughout the community. Services for all these clinics are completely free and confidential. For more information about clinics in your area please contact:

**Chalmers Sexual Health Centre**  
**2A Chalmers Street**  
**Edinburgh**

**Tel: 0131 536 1070**

[www.lothiansexualhealth.scot.nhs.uk](http://www.lothiansexualhealth.scot.nhs.uk)

You can phone 0131 536 1070 between 9.00 and 16.00 to book an appointment or, if you feel that the problem is urgent and can't wait, you may go to the centre's walk-in clinic. The walk-in clinic is open 8.30am-10.00am The centre offers a wide range of contraception, and testing and treatment for sexually transmitted infections (STIs). They also provide a range of specialist gynaecological services for women.



## EYES

**(In Scotland there is no charge for a standard eye test).**

If you require eye testing for spectacles or contact lenses, you should see an optician (Optometrist). Many are listed in the Yellow Pages of the phone book and places like **Boots** have a respected service. Children under 16 years of age (under 19 if in full-time education) do not have to pay for their spectacle lens, but have to pay for their frames. Most opticians have a low cost range of frames; adults pay for both spectacle lens and frames.

## EDINBURGH UNIVERSITY HEALTH CENTRE

**Tel 0131 650 2777**

**[www.health.service.ed.ac.uk](http://www.health.service.ed.ac.uk)**

If you live near the university you may wish to make use of the wide range of services provided by the university's own health centre, the Richard Verney Health Centre, which is situated in Bristo Square. You are eligible to register with one of the doctors there if you are connected with the University (including husband / wife and children) and live within 3 miles of the Health Centre.



## EDINBURGH UNIVERSITY PHARMACY

**Tel: 0131 650 2525**

The Edinburgh University Pharmacy is on the ground floor of the Richard Verney Health Centre and provides all the usual services of a pharmacy.

### **Opening hours**

**Monday- Friday**

**8.45am to 5.45pm in term time.**

**8.45am to 5.00pm in the vacation.**

## CHILDCARE AND EDUCATION

[http://www.edinburgh.gov.uk/info/827/education\\_and\\_learning](http://www.edinburgh.gov.uk/info/827/education_and_learning)

### PRE-SCHOOL AND NURSERY CLASSES

These are provided by Edinburgh Council and are free for children aged 3 to 5 years. The children go to the Nursery for two and a half hours Monday to Friday, morning or afternoon. Parents can look for a Nursery near to where they live and can contact the Nursery staff before the child is 3 years old, can apply to more than one Nursery, but as there are waiting lists it is not always possible to get a place of one's first choice. Council Nurseries have the same holidays as schools.

See the list below of Nurseries in the areas with university accommodation. Edinburgh Council has information on their website or by telephone no. **0800 032 0323**

### COUNCIL NURSERIES

#### **Cameron House Nursery School**

Cameron House Avenue,  
Edinburgh EH16 5LF  
Tel: 667 5117

#### **Grassmarket Nursery School**

1/15 The Vennel, Grassmarket,  
Edinburgh EH1 2HU  
Tel: 0131 229 6540

#### **Hope Cottage Nursery School**

Cowans Close,  
East Crosscauseway,  
Edinburgh EH8 9HF  
Tel: 0131 667 5795

#### **Liberton Nursery School**

Mount Vernon Road,  
Edinburgh EH16 6JQ  
Tel: 0131 664 3155

#### **Lochrin Nursery School**

West Tollcross,  
Edinburgh EH3 9QN  
Tel: 0131 229 7743

#### **St. Leonard's Nursery School**

6 West Adam Street,  
Edinburgh EH8 9SY  
Tel: 0131 667 4674

### NURSERY CLASSES IN PRIMARY SCHOOLS

#### **James Gillespie's Primary School**

Whitehouse Loan,  
Edinburgh EH9 1BD  
Tel: 0131 447 1014

#### **Liberton Primary School**

229 Gilmerton Road,  
Edinburgh EH16 5UD  
Tel: 0131 664 2337

#### **Royal Mile Primary School**

Canongate,  
Edinburgh EH8 8BZ  
Tel: 0131 556 3347

#### **St. Peter's Roman Catholic Primary School**

10 Falcon Road,  
Edinburgh EH10 4AH  
Tel: 0131 447 5742

#### **South Morningside Primary School**

116 Comiston Road,  
Edinburgh EH10 5QN  
Tel: 0131 447 5446

#### **Tollcross Primary School**

117 Fountainbridge,  
Edinburgh EH3 9QG  
Tel: 0131 229 7828

## **PRIVATE DAY NURSERIES**

### **The University of Edinburgh Arcadia Nursery**

63 West Mains Road  
Edinburgh  
EH9 3JE  
Tel: 0131 650 7007  
[www.arcadianursery.co.uk](http://www.arcadianursery.co.uk)

### **Cowgate Under 5's Centre (Early Years Centre)**

172 High Street  
7 Assembly Close,  
Edinburgh EH1 1QX

### **Uni-Tots, University of Edinburgh Department of Psychology**

7 George Square,  
Edinburgh EH8 9JZ  
Tel. 650 3448

## **PLAYGROUPS AND PART-TIME NURSERIES**

### **Bruntsfield Community Nursery**

12 Montpelier,  
Edinburgh EH10 NA  
Tel: 0131 228 1526



### **Duncan Street Pre-School Playgroup**

Baptist Church Hall  
Duncan Street,  
Edinburgh EH9 1SR  
Tel: 0131 667 8097

### **Holy Corner Community Group**

Christ Church Hall  
Morningside Road,  
Edinburgh EH10 4DD  
Tel: 0131 228 2768

## **MOTHER AND TODDLER GROUPS, PLAYGROUPS**

Libraries and Health Centres have information about local Groups for children under 3 years. Mother and Toddler Groups are run by the parents and usually expect you to attend with your child. They are very good places for getting to know other mothers. They often use Community Centres or rented church halls, but are not connected with any church and are open to all.

## **TODDLER GROUPS**

**Southside Community Centre,  
117 Nicolson Street,  
EH8 9ER  
Tel: 0131 667 0484**

**Cameron House Community Centre,  
34 Prestonfield Avenue, EH16 5EU  
Tel: 0131 667 3762**

**St. Peter's Church Hall,  
14 Lutton Place, EH8 9PE.  
Tel: 0131 662 9171**

**Central Mosque,  
50 Potterrow, EH8 9BT.  
Tel: 0131 667 1777**

Your Health Centre may know of other Parent and Toddler groups in your area. Ask at Reception. Libraries sometimes have activities for young children – ask for a programme.

## **COMMUNITY CENTRES**

Many neighbourhoods have Community Centres, offering information and classes. Some are in former churches and classes are often held in church halls, but the Community Centres have no religious connection – they are run by and for their local community.

The nearest ones to the University with an excellent range of classes and facilities are at:

**Southside Community Centre  
117 Nicolson Street,  
Edinburgh EH8 9ER  
Tel: 0131 667 0484  
e-mail: [joininedinburgh.org.southside](mailto:joininedinburgh.org.southside)**

You pay £5 for membership for one year. Most classes such as art, yoga, Cookery, cost £1 per session. You do not have to book a course or set of classes. This Centre is housed in an former church nearly opposite Tesco.

**Nelson Hall Community Centre  
5 Spittalfield Crescent,  
Edinburgh EH8 9QZ  
Tel: 0131 557 8838  
e-mail: [cld-nelsonhall@ea.edin.sch.uk](mailto:cld-nelsonhall@ea.edin.sch.uk)**

The Centre is nearly opposite the Queen's Hall concert hall and works closely with the Southside Centre.

## PRIMARY AND SECONDARY EDUCATION



### CITY OF EDINBURGH COUNCIL WEB-SITE:

[www.edinburgh.gov.uk/  
internet/learning/schools](http://www.edinburgh.gov.uk/internet/learning/schools)

Education in Britain is compulsory for children between 5 and 16 years and is free. If you are in Britain for at least 6 months the Education Authority will give your child/children a place at a school near your home.

You may contact the school personally to apply for a place for your child or contact the City of Edinburgh Council, Children and Families, School Grants, Awards & Placements, Waverley Court 4 Market Street, Edinburgh EH8 8BG, tel. 0131 469 3471. You can email [school.grants@edinburgh.gov.uk](mailto:school.grants@edinburgh.gov.uk)

Please note that this is for Edinburgh residents only. If you live outside the city, please contact your local Council. Take your passport with you when you visit the school or the Education Department so that they can check the validity of your visa and length of your expected stay in the country.

### STARTING SCHOOL

Primary (5 – 12 years)  
Secondary (12 – 16/18 years)  
Tel: 0131 469 3033  
Tel: 0131 469 3032

### ENGLISH AS AN ADDITIONAL LANGUAGE SERVICE (children)

**EAL:** All schools in Edinburgh have regular contact with language teachers who help a child from another country learn English within his or her school. You should discuss this with your child's class teacher. If you need further information, please telephone this Service on **0131 469 2890**.

### AFTER SCHOOL CLUBS AND HOLIDAY PLAY SCHEMES

There are a number of such facilities throughout the city. They vary in cost depending on whether they are completely private or subsidised in any way. Ask at your local school, nursery, community centre, leisure or sports centre, or local library.

### PRIVATE EDUCATION

There are several fee-paying schools in Edinburgh, both single sex and mixed. For information about these schools please contact:

**Scottish Council of  
Independent Schools**  
**21 Melville Street,**  
**Edinburgh EH3 7PE**  
**Tel: 0131 220 2106**  
**[www.scis.org.uk](http://www.scis.org.uk)**

## FURTHER AND ADULT EDUCATION

A wide range of adult education courses are available at various costs. Subjects may be studied for interest and relaxation or to gain further qualifications

### THE CITY OF EDINBURGH ADULT EDUCATION PROGRAMME

Find out about this at [www.edinburgh.gov.uk/adult](http://www.edinburgh.gov.uk/adult) courses, at your local library or at South Bridge Resource Centre, Infirmary Street, Edinburgh. These courses usually start during August and early September and programmes are available from Infirmary Street Centre by mid-August. There may also be places available in January when courses start again after the Christmas holiday.

### THE UNIVERSITY OF EDINBURGH OFFICE OF LIFE-LONG LEARNING

Paterson's Land  
Holyrood Road  
Edinburgh, EH8 8AQ  
Tel. 0131 650 4400  
[www.lifelong.ed.ac.uk](http://www.lifelong.ed.ac.uk)

The Centre offers a very wide range of courses including 'Access' to help you prepare to re-enter full time education, several diplomas, foreign language classes, creative writing and a huge number of subject classes. The cost of these courses vary, enquire by phone.

### LEARNING ENGLISH AS A FOREIGN LANGUAGE

Edinburgh is a major centre for language schools and some, including Edinburgh and Napier Universities, offer specialised courses for those in industry, business, science, law, banking, and so on. These are intensive courses, taught in very small groups or one to one, using very up-to-date tapes, videos and computer-assisted learning to back up the qualified teachers.

Courses are available which include full accommodation, often with local families, and excursions and run for 3-4 weeks. Fees start at £250 per week for tuition and £128 per week for accommodation with families, including breakfast + use of kitchen for other meals.

Local libraries will have up-to-date information, or on **0131 650 6200**.

### EDINBURGH UNIVERSITY WOMEN'S CLUB INTERNATIONAL GROUP

<http://www.ed.ac.uk/studying/international/student-life/womens-club>

18 Buccleuch Place, 1<sup>st</sup> floor,  
Edinburgh EH8 9LN  
Tel: 0131 650 4296

This support group is for the wives and partners of international students studying at Edinburgh University, and their children. The Group meets every Tuesday in term time and provides contact with other young women and informal classes in English, taught by qualified teachers. Small children are

## **EDINBURGH COLLEGE COMMUNITY BASED ENGLISH**

**Tel:** 0131 535 4630

[Caroline.Battes@edinburghcollege.ac.uk](mailto:Caroline.Battes@edinburghcollege.ac.uk)

[www.edinburghcollege.ac.uk](http://www.edinburghcollege.ac.uk)

Teaching of English is reserved for incomers wishing to settle in Edinburgh and the fees are very low. There are occasional places for people coming for a shorter stay. Classes take place in various locations in the city mornings, afternoons, or evenings. No crèche for children.

## **THE WELCOMING**

**Tollcross Community Centre,**

**117 Fountainbridge,**

**Edinburgh EH3 9QG**

**Tel: 0131 221 9756**

[www.thewelcoming.org](http://www.thewelcoming.org)

[info@thewelcoming.org](mailto:info@thewelcoming.org)

English is taught at various levels on several days a week. Classes are free and take place in different locations in the city. No crèche. For a programme, write to the Centre or e-mail above.

## **PRIVATE LANGUAGE SCHOOLS**

### **EDINBURGH SCHOOL OF ENGLISH**

**271 Canongate,**

**The Royal Mile**

**Edinburgh EH8 8BQ**

**Tel. 0131 557 9200**

[www.edinburghschoolofenglish.com](http://www.edinburghschoolofenglish.com)

Fee for part-time course for one week, mornings 8.45 – 13.00: £287

For full time courses, fees start at £441 and vary with length of study.

welcome. The cost is £1 per day.

### **BASIL PATERSON COLLEGE OF ENGLISH**

**66 Queen Street**

**Edinburgh EH2 4NA**

**Tel. 0131 225 3802**

[www.basilpaterson.co.uk](http://www.basilpaterson.co.uk)

For current fees please contact the Centre. No crèche.

### **BERLITZ EDINBURGH**

**14 Frederick Street**

**Edinburgh EH2 2HB**

**Tel.0131 226 7198**

[www.languagecentres.com](http://www.languagecentres.com)

For current fees please contact the Centre. No crèche.

### **INLINGUA**

**40 Shandwick Place**

**Edinburgh EH2 4RT**

**Tel. 0131 220 5119**

[www.inlingua-edinburgh.co.uk](http://www.inlingua-edinburgh.co.uk)

List of fees is available on the website. No crèche.

### **KAPLAN SCHOOL OF ENGLISH**

**9 Albyn Place,**

**Edinburgh EH2 4NG**

[www.kaplan.com](http://www.kaplan.com) (Edinburgh)

List of fees is available on the website

### **UNIVERSITY OF EDINBURGH ENGLISH LANGUAGE TEACHING CENTRE**

**Paterson's Land,**

**Holyrood Road**

**Edinburgh EH8 8AQ**

**Tel: 0131 650 6200**

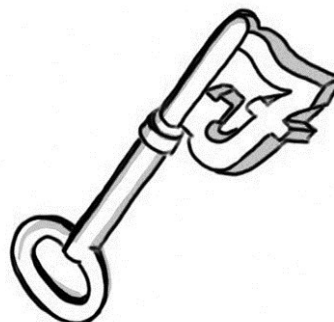
[www.eltcedinburgh.co](http://www.eltcedinburgh.co)

Fees vary according to length of courses, but a deposit of £300 must be paid when a student registers, and is part of the fee. Specialist teaching in English for Medicine, Banking, Science, and Law is available. No crèche.

## FINANCE

### MONEY

Coinage is the same throughout Britain. Notes in Scotland are different from those in England. The Bank of England produces notes which are used throughout Britain. Three of the big Scottish Banks produce their own notes which all have different pictures on them and are different from the English notes. **However, they are all legal tender throughout the British Isles.**



### BANKING

The banks in the University area are used to handling student affairs and some of them have staff specially trained to help with the financial affairs of international students. The Royal Bank of Scotland on Forrest Road and The Bank of Scotland in the Students Union have such staff. They should be able to help you with investing any large grants or awards that you receive.

Barclays, HSBC and Santander have many branches worldwide and may be in your country.

For further information please see the International Office's website - [www.ed.ac.uk/staff-students/students/new-students/money/banking](http://www.ed.ac.uk/staff-students/students/new-students/money/banking)

### INSURANCE

It is advisable to insure your possessions against theft, loss or damage whilst you are here. There are many companies providing insurance and they will give you quotes.

For further information please see the International Office's website - [www.ed.ac.uk/staff-students/students/new-students/health-insurance/personal-insurance](http://www.ed.ac.uk/staff-students/students/new-students/health-insurance/personal-insurance)

### DRIVING IN UK

For further information please see the [www.ukcisa.org.uk/International-Students/Study-work--more/Other-useful-information/Driving/](http://www.ukcisa.org.uk/International-Students/Study-work--more/Other-useful-information/Driving/)



## **BUYING A CAR**

If you are thinking of buying a car you will find relevant information from the **DRIVER AND VEHICLE LICENSING AGENCY Swansea, SA6 7JL**

The local office is at  
**DEPARTMENT OF TRANSPORT**  
**Saughton House,**  
**Broomhill Drive,**  
**Edinburgh, EH11 3XU.**  
**Tel: 0870 850 0007**  
**www. dvla.gov. uk**

The Automobile Association (**AA**) or the Royal Automobile Club (**RAC**) will, for a small fee, check a car before you buy it, as will a garage (car repair shop).

## **COUNCIL TAX**

Normally international students do not pay Council Tax. EUSA (Edinburgh University Student Association) have staff who can answer your questions.  
[advice@eusa.ed.ac.uk](mailto:advice@eusa.ed.ac.uk)

## **WELFARE BENEFITS**

Normally international students receive their entry permits / visas to study on the understanding that you can fully support yourself without recourse to UK Public Funds. So you are not entitled to any benefits such as Income Support, or Housing Benefit.

## **WORKING AND WHAT YOU NEED TO KNOW**

The rules governing working whilst studying in Britain or living here as the spouse of an International student are constantly changing. You can seek advice on this from

**THE INTERNATIONAL OFFICE**  
**33 Buccleuch Place,**  
**Edinburgh EH8 9JS**  
**Tel: 0131 651 3185**  
**immigration@ed.ac.uk**

## GETTING AROUND

The centre of Edinburgh and the University area is compact and therefore easy and pleasant to explore on foot. Maps can be found at the Tourist Office and in most bookshops.

### TRANSPORT

There are good bus services to most parts of Edinburgh. Most routes go to and from the centre of the city. There is now a tram service too.

Trains as well as buses will take you to the small towns outside Edinburgh and to other parts of Scotland and the UK.

### GETTING THE BUS

If you are the only person waiting at a stop put your hand out as the bus approaches to indicate that you wish the bus to stop.

### TICKET COST

Please note: you must pay the exact charge on the bus. No change can be given. Ticket costs are listed on many bus stops, on the front of buses and on the websites below.

### BUS COMPANIES

**LOTHIAN REGION TRANSPORT** is the main company serving the Edinburgh Area. Buses are maroon and cream in colour. Route maps and timetable information available at: [www.lothianbuses.com](http://www.lothianbuses.com)  
**Tel: 0131 554 4494**

### FIRST BUS

This company mainly serves the towns outside Edinburgh. In colour the buses are white pink and purple. See <http://www.firstgroup.com>  
**Tel: 0870 6082 608**  
City link desk at St. Andrews Square Bus Station.

### TRAMS

Edinburgh is now also served by a tram line that runs from York Place to Edinburgh Airport. Tickets should be purchased before you board the tram. A single ticket is £5, a return is £8.  
For more information: [edinburghtrams.com](http://edinburghtrams.com)

### TAXIS

Taxis in Edinburgh are mainly black cabs. They can either be ordered by telephone, picked up at one of the designated taxi ranks or they can be 'flagged down' in the road, but only if the yellow "TAXI" sign is lit up, indicating that the taxi is available. Your journey will be metered and the cost is standard. There may be additional charges for extra passengers, excess luggage or for crossing the city's boundary and out of social hours.

**CITY CABS (Edinburgh) Ltd.**  
**Tel: 0131 228 1211**

**CENTRAL TAXIS**  
**Tel: 0131 229 2468**

## HOME ORGANISATION

### REPAIRS OR ALTERATIONS

If you live in rented accommodation you must always consult your landlord or the management agency through whom you rented the property before carrying out any repairs or making any alterations.

### CALLERS AT THE DOOR

Any one who calls at your door, e.g. gas and electric meter readers, must carry an identity card which you can ask to see. If you are unhappy about anyone ask them to return later when you can have someone with you.

### TELEVISION AND RADIO

If you have a television you must have a licence. The licence covers your household whether you have one or more televisions. You buy the licence at any shop displaying the PayPoint sign and at Post offices.

[www.tvlicensing.co.uk/pay/payment-methods](http://www.tvlicensing.co.uk/pay/payment-methods)

### MOBILE PHONES

Most of you will own mobile phones in your home country. You can often arrange a reasonable priced tariff and contract with your home company so you can use your phone in Scotland. Alternatively you can buy a local SIM card for your mobile.

### UTILITIES: GAS, ELECTRICITY, WATER

If you live in a University flat, gas and some of the electricity is included in the rent, but you will pay for the rest of the use of electricity.

If you are in private accommodation you will receive regular bills, often four times a year.

Each house or flat has a meter for gas and electricity. A representative from the company providing gas or electricity will call to read the meter in your flat. If you are not in when the meter reader calls you will be sent an estimated bill.

It is advisable to set up a monthly account with the gas and electricity suppliers so that you pay a regular sum instead of getting large bills in the winter.

### GAS LEAK

If you smell gas in your flat or stair call the emergency service at once and do not stay indoors:

**Tel: 0800 111 999**

## LIVING IN SCOTLAND

### CLIMATE

[www.weather.com](http://www.weather.com)  
[www.weather.co.uk](http://www.weather.co.uk)  
[www.bbc.co.uk/weather](http://www.bbc.co.uk/weather)

Our climate is usually described as moderate with defined seasonal changes. However, the most noticeable features to newcomers are the frequent changes of temperature, often happening in the same day, and the cold winds. Our winters are cold and damp, but we do not often have snow in the city of Edinburgh. Summers tend to be cool. In winter you will need a warm coat and even in summer you probably need a light jacket or cardigan. Our midwinter days are short. It can be dark as early as 3.30 in the afternoon. Our midsummer days are correspondingly long and it is light until 10.00pm or 11.00pm and dawn comes again at 3.00am to 4.00am.

### INVITATIONS

Invitations are often casual. Don't be afraid to ask for more details of place and time if these are not clearly stated.

### FORMAL INVITATIONS

If the invitation says **RSVP**, a prompt reply is expected (i.e. within 3 days).

**7.30 pm for 8.00 pm** means that drinks will be served before the meal, which is planned to start at 8.00 pm or soon after. You can arrive a little later than 7.30 pm but should aim to be there at 7.45 pm at the latest.

**'Dress - Black Tie, or Formal'** means that gentlemen should wear a Dress Suit with white shirt and black bow tie, or a kilt. The ladies may wear short or long evening dresses or their national dress suitable for a festive occasion. Check with your host or a departmental colleague.

**'Dinner'** means a sit-down meal at which you will be served, while a **'Reception'** will be drinks and perhaps a small buffet type meal where you will help yourself, or perhaps have a small snack. Remember you can always ask for a soft drink, e.g. fruit juice and mineral water.

### BRITISH WOMEN

British women play an active role in society. They may choose to stay at home and bring up a family or go out to work, continue with further education, take part in sports or other leisure activities or carry out voluntary work. It is perfectly acceptable for women on their own or groups of women to meet in public places such as cafes, restaurants, pubs, theatres and museums and also to travel on their own.

## PERSONAL SAFETY

Please note, that although Edinburgh is generally a very safe place to live, it is not advisable to walk on your own after dark in certain areas of Edinburgh or in deserted areas of the city. Keep away from parks, especially the Meadows, at night. Stick to main roads that are well-lit and avoid short-cuts. Some of the disused railway tracks which have been turned into public walkways are best avoided, even in daylight, if alone. Keeping near other people is usually a sensible precaution.

## YOUR CHILDREN'S SAFETY

Make sure that at all times you know where your children are. Young children should not be left without a responsible person to care for them. This is usually taken to mean someone at least 16 years old.



## TIPPING

### Hotels

Often the hotel bill will include a service charge of between 10% and 15%

### Restaurants

10% of your bill

### Taxi

10% of fare

If the service you received is much better or worse than you expected, you can vary your tip. In cinemas, theatres and petrol stations a tip is not required.

## SHOPPING

Standard shop opening hours in Scotland are:  
Monday to Saturday 9.00am to 5.30pm.  
Late night shopping is Thursday to 7.30pm. However there are many exceptions to these times.

### SUPERMARKETS

Usually stay open till about 8.00pm and many much later on Thursday and Friday. They all stay open on Sunday, and there are one or two which are open 24 hours.

### CORNER SHOPS

Small local shops selling groceries and other products may also stay open late. Many of those in the University area where students live are open late and again you will find some 24hr ones.

### ARGYLL PLACE

This is a street in the Marchmont Area which has a number of greengrocer shops selling inexpensive fruit and vegetables including more unusual varieties. Also, you can purchase many ingredients for international cooking.

### FARMERS MARKET

Takes place on Castle Terrace on top of the multi-storey car park. This is held every Saturday between 9am and 2pm.

### MAIN SHOPPING AREAS

Princes Street and city centre. Mainly clothes chain stores and book shops, e.g. Marks and Spencer, House of Fraser, Gap, Monsoon, Waterstones etc. There are more exclusive and expensive shops on George Street.

### SHOPPING CENTERS

Closer to the city centre:

#### Cameron Toll Shopping Centre

There are also a number of shopping centres around the city bypass:

#### Fort Kinnaird

#### The Gyle

**Straiton Retail Park** and **Ikea** close to this retail park. Bus numbers 47, 62, 67

### MATERNITY AND SMALL CHILDREN

**Toys R Us** at Fort Kinnaird stocks nursery and baby equipment, also toys and games for all ages.

**Boots** (Princes Street, North Bridge and St James Centre) and various out of town branches hold nursery and baby equipment, clothes, toys and baby foods.

**H&M** and **Next**. The branches of these two stores at Fort Kinnaird and Princes Street have a range of up to date and stylish maternity wear and children's clothes.

Most larger **supermarkets** also cater for the needs of babies and young children.



### TOYS

**Supermarkets and Charity Shops** have good used toys and books at reasonable prices.

**John Lewis** in the St. James Centre.

**The Early Learning Centre** in the St. James Centre.

**Jenners** on Princes Street

**Toys R Us** at Fort Kinnaird.

## FOOD AND DRINK

There are a number of shops which sell the food of many different countries. Also those which cater for Vegetarians, a number of which can be found in the central University area and Marchmont. Nicolson Street and Leith Walk also have a variety of such shops including Halal Meat Butchers. Restaurants are also very cosmopolitan and you will find ones specialising in food from all parts of the world.

Public Houses (**Pubs**) are popular places for socialising. They serve alcoholic and non-alcoholic drinks. Many now serve tea and coffee and also meals. However, many pubs only serve food at lunchtime.

## BOOKSHOPS

There are a number of bookshops in the centre of Edinburgh mostly along Princes Street and George Street. You will also find Blackwells and small independent shops around the central University area. There are a number of second-hand bookshops in Edinburgh. Do ask colleagues about specialist lists for your subject areas.

## CHARITY SHOPS and ORGANISATIONS

Clerk Street (beside Tesco) and Morningside Road are two areas where there are a lot of charity shops selling good quality second hand goods quite cheaply.

There are charities and organisations that sell second hand baby and children items. Two of the larger ones include:

### **National Childbirth Trust**

[www.nct.org.uk/branches/edinburgh-south](http://www.nct.org.uk/branches/edinburgh-south)

### **Polwarth Children's Nearly New Sale**

<http://nearlynewsale.org.uk/>

## CLOTHES SIZING

The sizing of clothing and shoes is sometimes confusing and the following conversion chart may be useful:

### **Dresses, Knitwear, Underwear:**

<b>British</b>	10	12	14	16	18	20
<b>European</b>	38	40	42	44	46/48	50

<b>Inches</b>	32/34	34/36	36/38	38/40	40/42	42/44
<b>Centimeters</b>	81/86	86/91	91/96	96/102	102/107	107/112

The numbers in inches and cm (e.g. 32/34) refer to bust and hip measurements respectively

### **Women's tights and socks:**

<b>British</b>	8	8½	9	9½	10	10½	11
<b>European</b>	0	1	2	3	4	5	6

### **Men's shirts (collar sizes):**

<b>British</b>	14	14½	15	15½	16	16½	17	17½
<b>European</b>	36	37	38	39	40	41	42	43

## USEFUL ORGANISATIONS

### **Edinburgh University Students' Association (EUSA)**

These are “drop-in” centres with confidential and independent advice on money and tax issues, accommodation, academic matters, health, legal problems and many other issues.

**Advice Place Central Area.**  
Potterrow,  
Bristo Square EH8 9AL  
Tel: 0131 6509225

**Advice Place King's Buildings**  
King's Buildings House,  
West Mains Road EH9 3JG  
Tel: 0131 6505822

## PLACES OF WORSHIP

The National Church in Scotland is the Church of Scotland but many other religious denominations and faiths are represented in Scotland. We have listed below some to help you. For additional addresses and telephone numbers refer to the Yellow Pages under “Places of Worship” and “Religious Organizations”.

**Charlotte Baptist Chapel**  
13 South Charlotte Street  
Edinburgh EH2 4AS  
Tel: 0131 2254812

**St. Paul's and St. George's**  
10 Broughton Street  
Edinburgh EH1 3RH  
Tel: 0131 556 1335

**Edinburgh University  
Chaplaincy Centre**  
1 Bristo Square  
Edinburgh EH8 9AL  
Tel 0131 6502595  
[www.chaplaincy.ed.ac.uk](http://www.chaplaincy.ed.ac.uk)

### **A FURTHER LIST OF PLACES OF WORSHIP OF MANY FAITHS:**

**Church of Scotland Offices**  
121 George Street  
Edinburgh EH2 4JN  
Tel: 0131 225 5722

The University has honorary chaplains in the following faiths:

**Church of Scotland, Anglican,  
Baptist, Congregational,  
Methodist, Orthodox,  
Roman Catholic and Jewish.**

**St. Mary's Roman Catholic  
Cathedral House**  
61 York Place  
Edinburgh EH1 3JD  
Tel: 0131 556 1798

All are there to meet the needs of all members of the University community.

**Two City centre churches** that organize particular activities to welcome and befriend International students, Christian and non-Christian alike, are:

**Society of Friends  
Quaker Meeting House**  
7 Victoria Terrace  
Edinburgh EH1 2JL  
Tel: 0131 2254825



**Iman Mosque and Islamic Centre**

50 Potterrow  
Edinburgh EH8 9BT  
Tel: 01316670140  
www.edmosque.com

**Sikh Temple**

1 Mill Lane, Leith,  
Edinburgh EH6 6ZZ  
Tel: 0131 5537202

**German Speaking****Protestant Congregation**

1 Chalmers Crescent  
Edinburgh, EH9 1TW  
Tel: 0131 667 1619

**Roman Catholic Chaplaincy**

23/24 George Square  
Edinburgh, EH8 9LD  
Tel: 0131 6500904

**St Mary's Metropolitan RC Cathedral**

61 York Place  
Edinburgh EH1 3JD  
Tel: 0131 556 1798

**Synagogue Chambers**

4 Salisbury Road  
Edinburgh, EH16 5AB  
Tel: 0131 6673144

**Tibetan Centre**

Eskdalemuir  
Nr. Langholm  
Dumfriesshire DG13 0QL  
Tel: 013873 73232

**Pakistan Association Community Centre**

43-45 Annandale Street  
Edinburgh, EH7 4AZ  
Tel: 0131 556 1226

**Edinburgh Hindu Mandir**

St Andrew Church  
St Andrew Place  
Edinburgh, EH6 7EG  
Tel: 0131 5550140

**Mayfield Salisbury Parish Church**

Mayfield Road  
Edinburgh, EH9 1TQ  
Tel: 0131 667 1522  
(This Church has **Chinese and Korean**  
Church links)

**Nicolson Square Methodist Church**

25 Nicolson Square  
EH8 9BX Edinburgh  
Tel: 0131 662 04 17  
This church has an excellent  
daytime cafe.

## **OUT AND ABOUT, EDINBURGH AND ITS SURROUNDINGS**

### **Ideas for Enjoying our Lovely City and Region**

#### **GENERAL COMMENTS**

The following sheets contain a selection of places of interest to visit - things to suit all ages and all tastes, active and passive. Some are free; some have entrance charges but offer half a day or more of varied interest. Most of the suggestions within greater Edinburgh are easily accessible by bus. Several churches and museums are within easy walking distance of Princes Street. If you are planning a whole day out or an out-of-town visit, it is usually wise to telephone the place you plan to visit a day or two beforehand to check opening days and times. Some castles and museums are closed on one day a week.

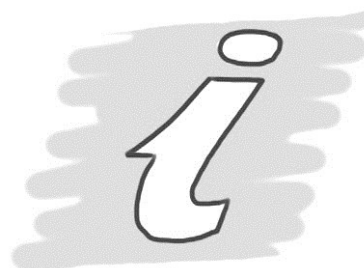
From 1 April until about mid October there are large numbers of half day and full day tours, both within Edinburgh and to places up to 100 miles away by coach, often with a guide. These offer good value and enable visitors without their own car to get out and about.

Most places you visit should have easily accessible toilets and many can store buggies. Nowadays galleries, museums, theatres, houses and exhibitions, leisure and sports centres have excellent refreshments and many have postcards and a small gift shop. For comprehensive lists and detailed information see the Edinburgh A-Z magazine section. You will find information about Edinburgh's many festivals, places of interest, castles, palaces and stately homes, museums and galleries. Below are some places to visit.

#### **TOURIST INFORMATION**

[www.visitscotland.com](http://www.visitscotland.com)  
[www.eltb.org](http://www.eltb.org)

**Edinburgh and Scotland  
Information Centre  
3 Princes Street  
Edinburgh EH2 2OP  
Tel: 0845 225 5121**



You can find this centre on top of Princes Mall at Street level and next to the Balmoral Hotel. Staff have information about the whole of Scotland and can book accommodation, transport and tickets for tours.

#### **BUREAU DE CHANGE**

1. In the Tourist Information Centre as above
2. In Marks&Spencer, Princes Street.
3. Several Post Offices.

## LEISURE CENTRES

Edinburgh has a number of good leisure and swim centres. See Edinburgh A - Z for a list of them and the facilities they have to offer.

**The University of Edinburgh  
Sports Facilities at  
The Pleasance Sports Complex,  
46 The Pleasance  
Tel: 0131 6502585**

All students and staff may join for a fee. Spouses and families may join for a higher fee. There is a very wide range of indoor and outdoor sports available at all levels of skill, ranging from soccer and rugby to squash and aerobics, sailing, mountain walking, rowing, hockey, and athletics, to name only a few. Expert tuition and classes are available plus a fitness clinic, sports injury clinic, well equipped gyms and a swimming pool.

**University Sports Facilities Firth  
Loch Tay in Perthshire  
Tel: 0131 650 2585**  
(Pleasance Sports Complex,  
telephone for all enquiries.)

There are courses in a variety of sports and activities during term time and also during vacation for students. Others may also attend if there are any spaces. During the summer vacation, family weeks are run when there are a number of land and water based activities on offer. Ask for full details at the Pleasance Sports complex (see above).

## PLAYGROUNDS FOR CHILDREN

**Tel: 0131 529 7977**  
for your nearest one

**The Meadows Playground**  
Close to Melville Drive and  
the University

**Scotland Yard Playground**  
Eyre Place, Canonmills

**South Morningside Park**  
Balcarres Street

**Princes Street Gardens**  
West end, near to the fountain

**Balgreen Park**  
Saughton Road

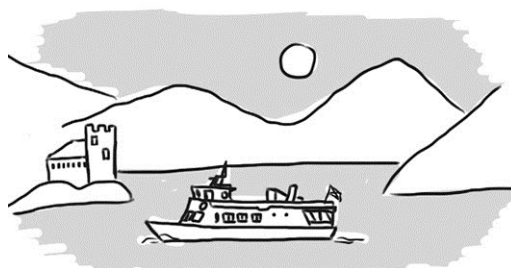
**Montgomery Street Playpark**  
Between Easter Road and Leith Walk

## PLACES TO VISIT INDOORS IN EDINBURGH

### EC=ENTRANCE CHARGE

- Free **National Museum of Scotland**  
- Chambers Street
- Free **St.Giles High Kirk** - High Street
- Free **StMary'sCathedral** -  
Palmerston Place, West End
- Free **St John'sChurch** - corner of  
Lothian Road (good for music  
during the Festival)
- EC **Edinburgh Castle** -  
top of Royal Mile
- EC **Holyrood Palace** - bottom  
of Royal Mile at Canongate
- EC **Georgian House** - National  
Trust, Charlotte Square
- Free **National Library of Scotland** -  
George IV Bridge
- EC **Camera Obscura** - near Castle  
on Royal Mile
- EC **Gladstone's Land** - National  
Trust, Royal Mile
- Free **Lady Stairs Museum** -  
writers and poets
- EC **Scott Monument** - Princes St.
- EC **John Knox House** -  
43/45 High Street
- Free **The Peoples Story** -High Street
- EC **The Edinburgh Experience** -  
City Observatory, Calton Hill
- Free **New Town Conservation  
Centre** - 13A Dundas Street
- Free **Tartan Weaving Mill and  
Exhibition** - 555 Castle Hill
- EC **Royal Observatory** -  
Blackford Hill
- EC **Our Dynamic Earth,**  
107 Holyrood Road
- EC **Scotch Whisky Heritage  
Centre,** 354 Castle Hill, Royal  
Mile (close to Castle)
- EC **The Royal Yacht Britannia,**  
Ocean Drive, Leith
- EC **Mary Kings Close**
- EC **Edinburgh Dungeon**
- Free **Scottish Parliament**

## OUTDOOR VISITS WITHIN THE EDINBURGH AREA



- EC **Edinburgh Zoo** on  
Corstorphine Hill, Murrayfield
- Free **Botanic Gardens**  
Inverleith Row - beautiful,  
mostly flat, sheltered
- EC **Forth River Cruises**
- Free **Gorgie City Farm,** 51 Gorgie  
Road - a city centre farm
- Free **Ross Band Stand-**  
Princes Street Gardens - open  
air performances in summer
- Free **Portobello Beach** -  
Beautiful sandy beach, donkey  
rides, ice cream wind surfing
- Free **Pentland Hills**
- Free **Braid Hills**
- Free **Arthur's Seat and Holyrood  
Park**
- Free **Hermitage of Braid** - sheltered
- Free **Waters of Leith Footpath**
- Free **Calton Hill** -  
fine views of the City area
- Free **Corstorphine Hill** Public Parks

## PLACES TO VISIT OUT OF EDINBURGH

Many of these places feature in half-day, whole day or weekend coach tours from Edinburgh. Check with the Tourist Information Office on top of Princes Mall Shopping Centre, next to the station.

**CLOSE AT HAND** - most can be reached by local buses or trains

Many offer summer time travel, entry and tickets. Lothian Bus Company Office, Hanover Street and the Tourist Information Office on top of Waverley Market beside Waverley Station have up-to-date information and can book you tickets and accommodation.

- Free **North Berwick**  
at the mouth of the Forth. Easy by bus or train several good beaches, golf courses, a good seaside town.
- Free **Fife Fishing Ports**  
Elie, Pittenweem, Anstruther
- Free **Forth Road and Rail Bridges** -  
take bus to South Queensferry - good promenade and flat walks.
- EC **Lauriston Castle** in Cramond on Cramond Road South
- EC **Dalmeny House** - beside the River Forth in SouthQueensferry
- EC **Hopetoun House** -  
beside the River Forth in South Queensferry
- EC **Maid of the Forth** -  
river cruises from South Queensferry promenade
- EC **Scottish Agricultural Museum** -  
at Ingliston beside Edinburgh Airport
- EC **Butterfly World**-Dobbies Garden Centre at Eskbank near Dalkeith
- EC **Deep Sea World** -  
North Queensferry

## MORE DISTANT POSSIBILITIES

**The City of Perth,**  
Scone Palace, River Tay

**The Border towns** of Kelso, Meirose, Hawick and Langholme (Abbeys, country towns, beautiful countryside, knitwear and cashmere)

**Abbotsford,** the Borders home of Sir Walter Scott

**New Lanark Heritage Village**  
(this side of Glasgow)

**Glasgow** - Burrell and Kelvingrove Art Galleries, Cathedral, Museums, Victorian architecture, River Clyde

**Braemar, Deeside and Aberdeenshire** - large numbers of fine castles

**Balmoral Castle** -  
HM Queen Elizabeth's Scottish home

**St Andrews and Gleneagles** especially if you are keen on golf. There are low cost town golf courses throughout Scotland where visitors may play.

**Crieff, Comrie, Kenmore and Loch Tay**

**Earlshall** near St Andrews

**Glamis Castle**

**Linhithgow Palace and Stirling Castle**

**Oban** - an excellent west coast holiday centre offering easy access to several Scottish islands, including Mull and Iona

**Loch Ness**

**Fort William and Inverness** - These are both good 'Highland' centres, easily reached by train or coach.