



THE UNIVERSITY
of EDINBURGH

The University of Edinburgh New Student

GETTING STARTED

Guide 2019/20

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Welcome

#edwelcome



Welcome

Welcome to the University of Edinburgh!

It is not too long to go before you will be studying in Europe's top 'cultural city', and becoming a valued student in one of the world's leading universities. We are really excited to meet you and welcome you to your new community!

There are a lot of things to think about when getting ready for University to ensure you are fully prepared to start as a new student. This guide puts all of the practical advice and information you need to know in one place,

Start with looking through your checklist which outlines important tasks you need to do **before you arrive** and also **when you start**. Take your time to go through each section of this guide and make sure you understand what you need to do.



[www.ed.ac.uk/
new-students](http://www.ed.ac.uk/new-students)

Get connected **before you arrive**

On our New Student 2019/2020 Facebook group you can find your fellow classmates, ask questions, learn more about your new community:

[www.facebook.com/groups/
UoENewStudents2019](https://www.facebook.com/groups/UoENewStudents2019)

#edwelcome

Stay connected **when you start**

Get the latest announcements, news and events from the University:

 www.ed.ac.uk/news/students

 [www.fb.com/EdinUniStudents](https://www.facebook.com/EdinUniStudents)

 twitter.com/EdinUniStudents

New student checklist

As a new student, you probably have lots of questions about where to go to find the resources and information you need to prepare and get started at University. The new students checklist is a useful contents tool which maps out all of the essential things to be aware of and do **before you arrive** and also **when you start**, in priority order. You can download/ save the checklist and use the interactive tick boxes to keep on track. Click onto the page references below to read more about the information provided via the checklist.

✓ Tasks to do Before you arrive (all students)	More info
Read all relevant sections of the New Student Getting Started Guide	
Read all emails received from the University of Edinburgh, especially from your School/Programme	
Read all emails received from the Edinburgh University Students' Association	
If accessible, join relevant social media groups, including the UoE new students 2019/2020 Facebook group , your School/Programme groups, your University accommodation groups	Page 02
Download the UoE Events App (www.ed.ac.uk/new-students/eventsapp)	Page 07
Activate your University email address (essential)	Page 08
Login to MyEd (essential)	Page 08
Familiarise yourself with Learn, your Virtual Learning Environment (VLE) (essential)	Page 08
Register online as a student (essential)	Page 09
Send any additional criteria that admissions have asked you to fulfil (if required)	Page 09
Organise your funding (if required send a copy of your sponsor award letter)	Page 10
Apply for your University student card (essential)	Page 11
Access your personalised timetable (essential)	Page 12
Research your 'optional' courses (if required)	Page 12-13
Research which GP Practice is closest to your term-time Edinburgh address (essential)	Page 14
Check that you have had your vaccinations and if not, make arrangements to get them (essential)	Page 15
Apply for University of Edinburgh accommodation (before 16th August 2019) (if required)	Page 17
Pay your accommodation fees (if living in University of Edinburgh accommodation)	Page 17
OR Search for private accommodation (give yourself plenty of time to complete this)	Page 18
Plan your journey (type of transport, time of travel, how to take items with you) (if required)	Page 21
Plan your budget (if required)	Page 24
Research which UK bank account is best for you (if required)	Page 25
Familiarise yourself with helpful student support resources and services.	Page 26
✓ Tasks to do Before you arrive (additional for students outside the UK, if required)	More info
Seek out immigration advice, if coming from outside the UK, EU, EEA or Switzerland (if required)	Page 16
Upload an image of current passport and visa (essential)	Page 09
Check if you require Tuberculosis screening and if you do, get your TB Certificate (essential)	Page 16
✓ Tips about Edinburgh Before you arrive (all students)	More info
Check what your accommodation provides already - before you buy/pack anything	
Pack for all weathers - sunshine, snow, rain and moderate. Check BBC Weather regularly	
Find out more about studying here on the Student Stories blog	

✓ **Items to have with you When you start (not all applicable to all new students)**

Passport (proof of identity for all circumstances)
Driving licence (additional proof of identity, if in possession of one)
Printed proof of term-time Edinburgh address (GP Practices must see original proof of address in person)
At least 3 months of prescribed medication and an explanation letter from your doctor (for GP Registration)
European Health Insurance Card (EU students only, if in possession of one for additional ID for GP Registration)
Letter evidence of a disability, learning difficulty or health condition - written in English within last 6 months by a medical professional outlining disability and how it may affect learning. More information: www.ed.ac.uk/student-disability-service/students/evidence
Cash (in case opening a bank account takes a longer time, recommended no more than £1000.00)

✓ **Items to have with you When you start (additional for students outside the UK, if required)**

Study visa (for all international students to be checked at a UK airport)
2 x passport sized photos (for Police Registration, if applicable to your home country)
Printed copy of unconditional offer confirmation (for Police Registration only, if applicable to your home country)
TB Certificate (if applicable to your home country, you must carry in hand luggage)
Knowledge of the results of your English Test Score (IELTS or equivalent)

✓ **Tasks to do When you start (all students)**

More info

Use the UoE Events app to plan your first few days (prioritising your School/Programme events)	Page 07
Explore Edinburgh	Page 22
Attend all of your School/Programme induction event/activities (essential)	Page 06
Stay connected on social media, Edinburgh Student Facebook page , Edinburgh Student Twitter	Page 02
Get connected to eduroam Wifi (essential)	Page 08
Confirm your attendance in person with your School/Programme (essential)	Page 09
Pay your tuition fees (if required)	Page 10
Collect/receive your University student card (essential)	Page 11
Confirm your 'optional' courses' with your Personal Tutor/School (essential)	Page 13
Go to your chosen GP Practice to register for a doctor (essential)	Page 14
Register with a Dentist and an Optician (if required)	Page 15
If in University accommodation, complete your e-induction and print your Arrival Pass (essential)	Page 17
If in private accommodation, update your address on your student record and submit your Council Tax Exemption Letter (essential)	Page 18
Get to know your campuses (essential)	Page 23
Open a UK Bank account (if required)	Page 25
Take care of yourself (essential)	Page 26-27

✓ **Tasks to do When you start (additional for students outside the UK, if required)**

More info

Attend the International Check-In registration event (in McEwan Hall during Welcome Week)	Page 09
Register with the Police	Page 16

Principal's welcome

On behalf of all students and staff at the University of Edinburgh, a huge congratulations on your successful application and a very warm welcome!



We are delighted that you are joining one of the world's greatest universities. We are a large global community made up of just under 41,000 students, 15,168 staff and an ever growing alumni community of over 260,000. Our students and staff come from around 160 countries making Edinburgh a uniquely diverse place to learn; we are justifiably proud of our whole community which aims to be open in both outlook and ethos.

Arriving at University will be a very busy and extremely exciting time, and I encourage you to take every opportunity to meet your fellow students, learn about the services available to you and meet the staff you will be working with before you start your studies.

My **top tips** to remember when starting university:

1.

Cherish the wonderful opportunity that you have earned for yourself, apply yourself to your studies and make sure you take advantage of everything the University offers to help you during your time here.

2.

Take opportunities and embrace new ideas in your studies, extra-curricular activities and personal life. Try something new and explore - you will never again get an opportunity like this one.

3.

Celebrate difference, seek out different cultures, subjects and interests and be open to different points of view.

4.

Look after yourself, you are not alone and don't be afraid to ask for help. During your time at university, you will face challenges. They could be academic, financial, or social, and may test your confidence. There are many people here to help you - your wellbeing is a priority for us.

5.

Enjoy Edinburgh, it is a beautiful city. Learn about its rich history and most importantly have fun!

You will encounter teachers and researchers who are among the leading figures in their field and passionate about their subjects. Take every opportunity that you can to learn from them to find out more about yourself and to build your own success.

As you embark on your studies, do reflect from time to time on all those who helped to get you here; your families, your friends and your supporters. You will of course see less of them, but do remember to include them and to keep in touch. They will still be thinking of you, and will want to know about the experiences you have and the progress you make.

Many challenging and rewarding experiences lie ahead for you, Edinburgh is a wonderful place – enjoy your time with us!

Warmest regards,

Principal and Vice-Chancellor Peter Mathieson

Welcome Week

“Welcome Week” is the week prior to the first week of the academic semester ([2019/2020 Semester Dates](#)) and is the first opportunity for the University to welcome you to your new environment and to the people who will help shape your experiences at University.

This essential time before classes start allows you to get to know your campus, meet fellow students and academics, and get a sense of the university life that awaits you. There is also time for you to complete anything outstanding from your “Top 6 Tasks” (Page 08), buy essential home furnishings, clothes and equipment and generally get to know the city of Edinburgh too.

All areas of the University are excited to meet you, and together we have put created an exciting programme of free events and activities that will provide you with essential information to get started, opportunities to network, explore and contribute, and provide you with that first and lasting connection to the University.

School Induction Events (essential):

The School/programme induction is the most important to attend as this is where you will be confirming your attendance and ultimately completing your matriculation (Page 09), learn about the courses you have chosen and the opportunities available in the future, discover how to get involved socially with your programme, and meet your fellow new students.

You will find these events on the UoE Events App, but you will also receive communications directly from the School/Programme prior to Welcome Week with a specific induction outline of the events and activities, for your programme (as mentioned above). Please check your emails regularly!

General Welcome Week Events (optional, but highly recommended):

Connecting with new people is very important at the start of university and there are different types of activities and events for everyone to enjoy! You can choose to go to as many or as little of the general events/activities as you prefer, but we recommend taking this opportunity to try new things, explore, be curious, ask questions, get involved!

To welcome you to your new large student community at the University of Edinburgh, all new students are invited to the [Principals' Welcome Ceremony](#).

To help you explore societies and sports clubs that match your personal hobbies or interests, or to explore brand new groups to join.

The Activities and Sports Fair is open to all students on Thursday and Friday.

To help you to get to know the City of Edinburgh, there are loads of repeated events throughout the week where you can climb Arthur's Seat, attend a coffee crawl, and take a campus tour.

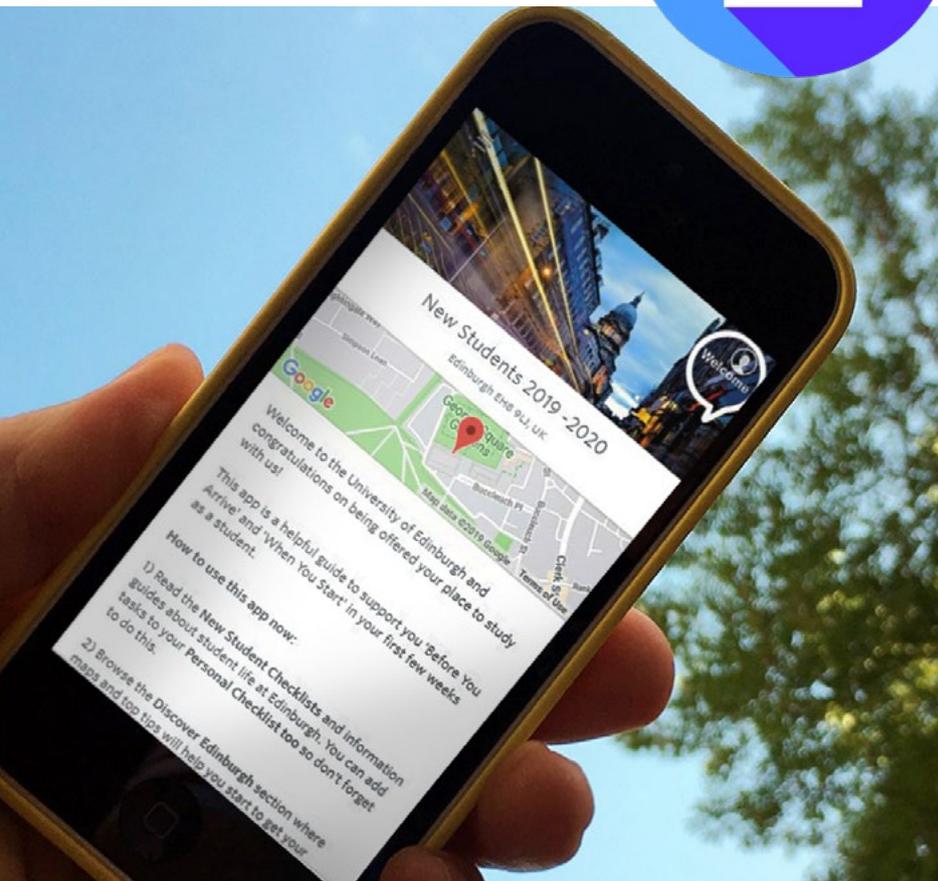


UoE Events App

All Welcome Week events can be searched for in the UoE Events App by category of event and details about booking, meeting places and costs are included here. Some events do need to be booked in advance.

If you cannot attend Welcome Week, do not worry!

You will still have the opportunity when you arrive to meet fellow students, learn about your programme and join any of the societies or sports clubs. However, you must get in touch with your School/Programme with your new arrival date.



Download the UoE Events App now!

www.ed.ac.uk/new-students/eventsapp

Search 'edinburgh events' on Google Play or iTunes to find the UoE Events App. Within this app, you will find the 'New Students Welcome 2019/20' guide. This guide also enables you to find the events/activities that you are required to attend and the ones that interest you and add them to your personalised Welcome Week calendar. This guide also includes helpful checklists and resources so you can have all of the information you need at hand, anywhere.

The full programme of events is launched on the 31st July 2019 through the 'New Students Welcome 2019/20' guide, which will be available for download from the start of June.

‘Top 6 Tasks’ to get ready

These ‘Top 6 Tasks’ cover the essential tasks for all new students to complete **before you arrive** and **when you start**. By completing them all, you will know that you have done everything to be ready for University!

Task 1: Get connected to the University systems

Step 1 - Before you arrive

Activate your email (essential)

First you need to register for EASE (Edinburgh Authentication Service) www.ease.ed.ac.uk/register/ with the University username (UUN) and temporary password that will have been sent to the email address you used to apply.

Once registered, you can activate your free Office365 email account with your new EASE password on www.office365.ed.ac.uk. After activating this account, most future communications from the University will go to this email, therefore it is important to access this regularly.

For any help activating your email account, watch this video: www.ed.ac.uk/is/activate-office365-youtube

You can also find more information: www.ed.ac.uk/is/it-help

Step 2 - Before you arrive

Login to MyEd (essential)

MyEd is the University web portal and the best way to find many of the University’s online resources. This portal includes access to your emails, timetables, course learning material, course information and also links to University services and news.

You can log in to your MyEd account by using your University username (UUN) and EASE password at: www.myed.ed.ac.uk

If you need help with accessing your MyEd, visit: <https://edin.ac/myed-support>

Step 3 - Before you arrive

Familiarise yourself with Learn

Learn is the primary Virtual Learning Environment (VLE) at the University of Edinburgh. This is an online learning platform where you:

- will find resources related to your course;
- may be asked to engage in collaborative learning and assessment activities;
- may be required to submit course assignments and engage actively with assessment feedback.

There is no expectation that you should have used a VLE in advance. You will be supported in using the VLE for your studies.

The VLE you use will vary depending on your programme, however you will have access to it in advance of your course start date. This will give you the opportunity to become familiar with the online course space, including the digital resources that are available and any online activities that you will be asked to engage in.

For more information on VLEs and how to use these: www.ed.ac.uk/is/virtual-environments

Step 4 - When you start Get connected! (if required)

If you need in-person technical support to help set up your mobile devices (e.g. laptops, phones) to the wireless network when you start, there is a regularly open IT Support Desk in the Main Library foyer with staff to assist you.

More information about dates/times and locations can be found here: www.ed.ac.uk/is/get-connected



Task 2: Complete the matriculation process

“Matriculation” is a step by step process by which you will formally enrol into the University of Edinburgh before you start your studies.

Without fully matriculating, you will be cancelled off the course you have applied to study and you will be unable to access any of the University’s services and/or facilities.

“Enrolment” is the last part of the matriculation process and it is when you officially confirm your attendance with your School/College in person.

Step 1 - Before you arrive

Register online (essential)

Registration is open to any student with an unconditional offer 4 weeks prior to your start date. You will receive an email to your University email address with details on how to complete this step. For more information on registration: www.ed.ac.uk/student-systems/guidance-online-registration



Step 2 - Before you arrive

Fulfil any admissions criteria (if required)

You may have been asked for additional criteria in your offer holder letter, such as evidence of English language proficiency, completion of a Disclosure Scotland application, etc. Follow all instructions on your letter in order to complete this step.

Step 3 - Before you arrive & When you start (Only for students coming from outside UK/EU/EEA to complete)

Complete International Check-In (if required)

You will have to complete this additional step so that the University can be sure that all students have suitable immigration permission to study in the UK.

Before you arrive: you will need to upload an image of the personal details of your current passport and an image of your current visa. More information on exact requirements are here: www.ed.ac.uk/student-administration/international-check-in

You can find more information on visas and immigration and other additional tasks for international students on Page 16.

When you start: you will need to attend ‘International Check-In’ which is an in-person registration event where your passport and visa will be checked against the information that you have uploaded before arriving. Once these checks are finished, you have completed this step.

Step 4 - Before you start or When you start

Pay tuition fees (if required)

One part of your matriculation may involve paying for your course, either with financial assistance or funding. This is an important step of matriculation and there are many ways in which to complete this in the next task (Page 10).

Please note: If you a study abroad and/or an exchange/Erasmus (visiting) student, your tuition fees may have been paid by your home institution.

Step 5 - When you start

Confirm your attendance (essential)

To complete the matriculation process, we need to meet you in person! Your School/College in which you will be studying will email you to arrange your mandatory meeting in your first week (or soon after) with your Personal Tutor/Programme Organiser or Supervisor.

The process for confirming your enrolment and attendance does vary between School, types of study and programme and if you have any queries on this, please contact your School/programme directly.

Further information on the entire matriculation process is also signposted online: www.ed.ac.uk/new-students/top-6-tasks

Task 3: Make arrangements to pay your tuition fees

Step 1 - Before you arrive

Organise your funding (if required)

Every programme has a cost associated with it and up-to-date tuition fee levels are available online: www.ed.ac.uk/student-funding/tuition-fees

You should also check your offer letter to see whether there are any additional costs associated with your programme, including any deposit required by your School.

For most financial support towards paying for tuition fees, you will have to apply as early as possible. When you have completed this, your relevant financial support or sponsor funding/award provider will be able to advise you on what happens next.

If you are still looking for financial support, you can find further information on financial support to help towards your tuition fees: (undergraduate UK & EU students only): www.ed.ac.uk/student-funding/undergraduate-uk-eu/loans-grants

If you have any queries regarding your tuition fee level, your sponsor award letter, graduate or alumni discount or any problems with your funding, get in touch at fees@ed.ac.uk or 0131 650 2230.

Step 2 – Before you arrive or When you start

Pay your tuition fees (essential)

Tuition fees are charged when the invoice is sent to your University email account and/or directly to your sponsor, but you (or your sponsor) can pay without an invoice.

Sponsors are invoiced for the fees that they have confirmed to the University that they will pay for you. You will also be sent an invoice if the sponsor amount is less than the total fees for your programme or course.

You will need to send evidence of any of the following to finance.helpline@ed.ac.uk:

- sponsor loan paid in scheduled portions **directly to you**
- bank or private loan paid in scheduled portions directly to the University

For more information see: www.ed.ac.uk/finance/fees/external-funded

The Finance Channel in your MyEd shows your student and sponsor fee invoices, credit notes, payments and instalment plans. You can pay using this channel and complete a direct debit mandate. The mandate allows the University to collect payment for your fees direct from your UK bank account after the first 50% of the fees has been paid.

Students on “Part-time Intermittent Study” (postgraduates only) are invoiced for each individual course as you study it. More information: www.ed.ac.uk/student-funding/tuition-fees/postgraduate/course-level-2019

Students who have annual tuition fees can pay in advance, during Welcome Week, or in three instalments (typically one of 50% and two further instalments of 25%).

You can make advance payment in a single or in multiple amounts in the months **before you arrive**.

The final dates to pay tuition fees in full (not by instalment) are:

- 15 October 2019, for courses commencing in September 2019
- 15 February 2020, for courses commencing in January 2020

Paying in instalments

For students completing matriculation in August, September or October 2019 (autumn start), the instalment dates are:

- 1st instalment - 50% - 3 October 2019
- 2nd instalment - 25% - 3 December 2019
- 3rd instalment - 25% - 3 February 2020

You must complete the direct debit mandate by 15 October 2019 in order to pay in instalments: www.payments.ed.ac.uk/instalments

In most cases, students with a UK bank account can pay fees in two instalments by direct debit **after the first 50% of the fee is paid online or by bank transfer**. The remaining instalments are 25% each collected direct from your UK bank account. There is no additional cost for paying by this method.

Further detailed information and ‘How to Pay’ videos for all students commencing their studies in 2019/20 are available online: www.ed.ac.uk/finance/students-fees

Task 4: Apply for and collect your University student card

The University requires that you have an up-to-date University student card on you at all times. This card serves as your official student ID, your library card and door access control card, as well as identification to benefit from various 'student discounts'.

Step 1 - Before you arrive

Apply for your University student card (essential)

It is important to upload and submit your photograph online via the Card Photo Submission channel in your Accounts tab in the MyEd channel as soon as possible. You will receive an email to your email address used to apply with details on how to complete this step.

We strongly recommend that you submit your photo in advance, so you can collect your card quickly and are able to use it straight away.

Please note: Submitting the photo late or not submitting it at all, will result in the card not being ready for when you arrive to gain automatic access to use the library facilities.

If you are unable to submit your photo in advance, we do offer the photo facilities and print the card on the premises. However in those cases your card will not be active for several hours. You can visit the Main Library to have your photo taken from Saturday 7 September until Friday 20 September 2019.

A guide to submitting your photo is available online: www.ed.ac.uk/jis/card/photo-submission

Step 2 - When you start

Collect/receive your University student card (essential)

- If you are staying in University accommodation and submit your photo by the last week of August, you are more likely to receive your student card at your accommodation.
- If you are staying in private accommodation, please visit the library to collect your student card.
- Please note BVM&S students can collect student cards from Easter Bush.

A guide to applying for and collecting your student card is available online: www.ed.ac.uk/jis/getting-first-card



Task 5: Set up your personalised timetable

To help you keep track of when and where your seminars and lectures are, make sure to set up your personalised timetable. Your academic timetable is referred to as your personalised timetable.

Step 1 - Before you arrive

Access your personalised timetable (essential)

There are many ways to access and view your personalised timetable. Details and instructions on how to view your teaching personalised timetable can be found here: www.ed.ac.uk/personalised-timetables/student-timetables

Set up the Office365 account on any of your devices. Guidance on how to do this: www.ed.ac.uk/is/office365/email-calendar

Through Office365, add your timetable to your phone, computer or other devices. More information about this: www.ed.ac.uk/is/office365/timetable

Your Office365 calendar will start showing your teaching activities from the beginning of August, however due to the volume of activities, please note updates can take time to appear into your Office365 calendar and will be inputted in scheduled phases.

Step 2 - Before you arrive

Research your 'optional' courses (if required)

Degree programmes are made up of individual courses. "Optional courses" (also referred to as: electives, outside courses, outside subjects...) are courses that are available to choose if your programme offers some level of flexibility.

It is important to be mindful of the following points when researching your choices and considering how these courses will fit into your timetable:

- Locations and times - teaching activities may be scheduled in different parts of a campus or across campuses (check you have enough time to get to your various teaching activities).
- Clashes with your compulsory classes - your choice may lead on straight after another class, therefore it is important to view your course timetable, to allow you to plan your schedule.

Helpful tools...

There are three helpful web applications that will help you to make your decisions and can be accessed before you arrive.

These tools only assist you in considering your options and do not confirm any course enrolment.

- **Degree Regulations and Programmes of Study (DRPS)** provides further information on the programmes of study including details if optional courses are part of the degree. For more information go to: www.drps.ed.ac.uk
- **Path** is a tool which allows you to consider your whole degree pathway before your programme starts. You can review your compulsory courses and understand your co-requisite and pre-requisite courses to see how your outside course choices fit in. To access go online: <https://path.is.ed.ac.uk/> (requires EASE password)
- **Course Timetable Browser** Shows you a number of possible timetables and acts as an aid for the student and relevant members of staff to plan classes and courses to study. It lets you explore how your courses will fit into your timetable and what each day will look like for you. Access through your MyEd or <https://browser.ted.is.ed.ac.uk>

Please note: Step 2 may not be applicable for certain degree programmes (e.g. BVM&S students) and only some Postgraduate Taught students. Please refer to the Degree Regulations and Programmes of Study (DRPS) for more information.



Step 3 - When you start

You can only confirm your 'Optional Course' choices when you meet with your Personal Tutor (PT)/Supervisor (Typically within Welcome Week).

After you have been enrolled by your Personal Tutor (PT)/Supervisor on your optional courses, the central timetabling team will allocate your teaching activities to your calendar and your details will be uploaded and transferred into your personalised timetable.

If nothing is showing on your personalised timetabling by the first day of teaching, please check with your School Teaching Office that your course enrolments have been processed.

Once teaching starts, due to unexpected circumstances, your teaching activity may be re-scheduled to another location, time or day.

Any changes to your timetable will be automatically updated into your personalised timetable, typically within one hour. You should still watch out for communication from your School about changes and other events as it may not always be possible to update the timetable system in real time.

When you start (UG Students only): If still considering your options, the Course Options Fair, held during Welcome Week (www.ed.ac.uk/new-students/course-options-fair), is a great opportunity for new undergraduate students to explore courses by speaking directly with students and staff who study and teach them.



Task 6: Register with a Doctor

It is important to look after yourself, both physically and mentally, and know where to go if you require medical assistance, especially if you have moved away from home.

The NHS ([National Health Service](#)) is a free health care service for all residents of the UK. If you are studying for longer than 3 months, it is highly recommended that you register with a nearby GP Practice (the local doctor) within the first week or two from when you start, to ensure you can access this service whilst you are studying.

If you require medicated prescriptions, please note that these are free of charge in Scotland. For more information about prescription charges visit: [www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/prescription-charges-and-exemptions](#)

For more information about the NHS GP Service: [www.nhs.uk/choiceintheNHS/Yourchoices/GPchoice/Documents/rcgp_iyp_full_booklet_web_version.pdf](#)

If you are studying for a shorter period of time or you do not register with a doctor straight away, and become ill, you can still receive emergency treatment for 14 days with your nearest GP Practice. We would also recommend that you call [NHS24](#) (111) for advice and guidance: [www.nhs24.scot/](#)

If you are in serious need of urgent medical attention at any time, even without registering for a GP in advance, call Emergency Services (Phone 999)

Step 1 - Before you arrive

Research which GP Practice is closest to your Edinburgh home (essential)

You are required to register with the GP Practice that is closest to your term-time address in Edinburgh.

You can also use Scotland's Service Directory on [www.nhsinform.scot/scotlands-service-directory/gp-practices](#) to assist you with finding the GP practice closest to where you live.

If you live close to the central campus of the University, there is an NHS practice called "University Health Service" based on Central Campus which registers in September and their website is [www.health-service.ed.ac.uk](#). Details of their registration process will be available closer to September.

If you are already registered with a GP in another part of the UK, we would still recommend that you register with a practice closer to your new address, advising them of your previous GP address and name.

Step 2 - When you start

Go to the GP practice to register (essential)

You can only register with a GP Practice in person and therefore must attend the GP Practice yourself. When registering at your chosen GP Practice, you will be required to complete two forms which you should be able to download, print and complete from your GP Practice website in advance. If this is not an option, they will be available to complete when registering, but it will add additional time to the process.

Please note: allow a few hours to complete this task as all students are required to register with a GP and there may be long queues to do this.

When registering with any GP you will definitely be required to bring the following documents:

- Essential - Proof of identity with photo, e.g. Passport, University student card
- Essential – **Printed** original proof of address in Edinburgh (e.g. Tenancy agreement, utility bill, University Contract, University Arrival Pass, etc.)

If available to print in advance: New Patient Questionnaire (NPQ) - this form helps your GP offer you the best advice and treatment that they can.

Registration Form (Also known as GPR) – this form completes your registration with a new GP practice; you will be required to fill in your personal details and past GP details.

- Additional Identification: EHIC (European Health Insurance Card) or BRP (Biometric Permit Residence)
- If you have an ongoing medical condition then it would be useful if you could ask your current GP for a patient summary to bring with you to give to your new practice.

Additional Information: In Scotland there is no secure email link between NHS Services and the University so information you give the University is not shared with your GP and vice versa. Therefore, avoid sending sensitive or personal health information by this means, as then the GP practice cannot respond to you in any detail.

You require to give consent for any GP information to be shared with the University. So if you change address, phone number or email you must let your GP know as well as the university.

Click here to
find a GP practice
close to you using
our google map to
help as a guide.

Additional Health Information

Step 1 - Before you arrive

Ensure you have had your vaccinations

It is likely that you have received some vaccinations in your youth, but if you are not sure, speak to your doctor and arrange to take the following vaccinations in advance of arriving to campus:

Meningococcal ACWY (MenACWY) Immunisation

This vaccination is for first time university entrants (only students under 25 years), to protect yourself against the rare, but life-threatening meningitis and/or septicaemia (blood poisoning). It is strongly recommended that you get the MenACWY single-dose vaccine at least two weeks before you arrive at the University, regardless of where you are travelling from, which will protect you and others from potentially fatal illnesses.

NHS MenACWY Advice:
www.nhsinform.scot/healthy-living/immunisation/vaccines/meningitis-acwy-menacwy-vaccine

Measles, Mumps and Rubella (MMR)

The MMR vaccine is safe and effective, protecting you against three separate illnesses in a single injection.

- **Measles** is a highly infectious viral illness that is spread by coughs and sneezes.
- **Mumps** is a viral illness that is spread by coughs and sneezes or close contact with someone who already has the infection. Both illnesses can also have potentially fatal complications
- **Rubella** is a viral illness, now rare in the UK, and is spread in a similar way to mumps and measles.

It is likely that you will have received two MMR vaccinations before coming to university; but it is advisable to check this with your doctor before arriving on campus. You do not need to show evidence of having had the vaccinations but it is in your best interest to have them.

NHS Vaccination advice:
www.nhs.uk/conditions/vaccinations/how-vaccines-work/?tabname=all-about-vaccinations#eliminating-disease

If you are unable to obtain the necessary vaccinations before arriving at University, please arrange these within a week of arriving to University, for the protection of yourself and other students. You can arrange the vaccinations when you register with a doctor (see page 14).

Step 2 - When you start

Register with a Dentist

Dental problems can't be dealt with by doctors, so make sure you register with a local dentist in the first few weeks after starting University.

You can register as an NHS patient as it is much more cost-effective than paying for private treatment. You can find your local dental surgery by looking at www.nhs.uk/Service-Search or there is also an independent dental surgery called Vitality, which currently accepts NHS patients, located in Potterrow (<https://vdental.co.uk/>).

More information on how to register with a dentist can be found online: www.nhslothian.scot.nhs.uk/Services/Dentists/Pages/default.aspx

Register with an Optician

If you experience any eye problems, it is advised that you call an optician. Eye tests are free in Scotland and it is recommended that your eyes are checked on a regular basis.

To find an optician near you, please go to the NHS Lothian webpages for more information: www.nhslothian.scot.nhs.uk/Services/Opticians/Pages/default.aspx



International, study abroad & exchange (visiting) students

If you are coming from outside the UK, there may be some additional things to consider and organise for the start of your studies.

You should be aware in advance about any additional requirements you need to meet, such as applying for a visa. You will find useful information in the International Arrival Guide: www.ed.ac.uk/new-students/getting-started-guides

Before you arrive

Seek out your immigration advice (essential)

Whether you need to apply for a visa to study in the UK will depend on your nationality and other factors.

The Student Immigration Service offer full information and support on securing the correct type of immigration permission for your studies: www.ed.ac.uk/student-administration/immigration

After you arrive at the University, you will also need to attend the in-person International Check In. More information on page 09.

Student Immigration Service

provide advice on immigration, visa extensions, working in the UK during and after studies.

Further information can be found online: www.ed.ac.uk/student-administration/immigration

Ensure you have had your tuberculosis screening (if required)

If you are from a country or region on the TB screening list, and will study in the UK for more than 6 months, you will need a certificate to show that you are free from infectious pulmonary tuberculosis (TB). You can access the list of countries and more information about the TB test online: www.ed.ac.uk/student-administration/tuberculosis-screening

When you start

Register with the Police (if required)

Some students are required to register in-person with the Police within the first few weeks after starting at the University, if they will study in the UK for more than 6 months. If you need to register, it will normally show on your Visa or Biometric Residence Permit (BRP).

Due to the large number of international students arriving to Edinburgh, there is no expectation from the Police for you to register straight away (even though it says within 7 days). As long as you make an appointment to register with the Police, you will have satisfied the requirement on your visa.

You can access further information about Police Registration:

www.ed.ac.uk/student-administration/police-registration



For **Study Abroad and/or Exchange (visiting) students** to gain more specific information, contact either; the CAHSS Visiting Students Office: CAHSSvisitingstudents@ed.ac.uk or the CSE Visiting Students Office: scevisitingstudents@ed.ac.uk

Accommodation

If you are planning to move out of your home, it is important that you find somewhere suitable, safe and convenient to live, either within University accommodation or in private accommodation.

Before you arrive

Apply for University accommodation

Applications for University accommodation should be made at the time of accepting your unconditional or conditional offer to study at the University. The deadline for you to submit your online accommodation application is 16th August 2019. Applications are made through MyEd, via the 'Accommodation Hub' tab:

www.accom.ed.ac.uk/for-students/ready-to-apply/

Ensure that you enter your name exactly as it appears on your passport to make sure that it matches your student record. Accommodation offers are emailed out to students - so please ensure you apply using a valid email address and one which you check regularly.

Accommodation is allocated to all students in waves, as each wave of offers is a proportion of each building.

If you are:

- holding an unconditional offer to study, you will receive your offer of accommodation in the first wave from May onwards.
- waiting on exam results or certain conditions to be met, accommodation offers will be sent to you once your offer has been made unconditional.

Every student in the first wave should have the same chance of getting a place in one of their five choices of halls as a student in the final wave of allocations.

Please note: If you have been allocated accommodation that is not your preferred choice, it is strongly advised to not decline this offer as there may be opportunity to transfer to other accommodation (if applicable) after you have moved in. If you do decline your offer, you may lose your guarantee of University accommodation and would need to secure private accommodation instead.

When you start

Arrive in University accommodation

After you have fully accepted your offer of University accommodation, you will receive your contract, which notes your lease date. This is the earliest date at which you can move in and you will have to make other living arrangements if arriving in Edinburgh earlier than this date.

You can also view your arrival information through MyEd, via the 'Accommodation Hub' channel.

1. Complete your accommodation e-induction and print your arrival pass

It is essential that you complete the e-induction and print your arrival pass (similar to air travel) before you arrive at your accommodation. Your printed 'Arrival Pass' can be used as proof of address when registering with a doctor.

Full details on 'checking in' and key collection can be found on the Accommodation channel in your MyEd (requires EASE password) or online: www.accom.ed.ac.uk/for-students/arrival-information/

2. Pay your accommodation fees

If you have opted to pay your accommodation fees by instalments, your first rental payment will be automatically collected on 1st October 2019, using the bank or card details provided at the time you accepted your contract. You can amend your method of payment up to 10 calendar days before payment is due. Find more information about paying your student accommodation fees and all payment FAQs online:

www.accom.ed.ac.uk/for-students/paying-your-rent/

The Residence Life ('ResLife') team

will be available to help welcome and support you when you arrive to settle into your new University accommodation, giving you the best start to your new life at University. They organise many events to help you get to know the people you live with/near. One of these is a very important Welcome Talk which will give you the opportunity to learn everything you need to know about your building and ask any questions you may have.

More information on ResLife can be found online: www.accom.ed.ac.uk/for-students/residence-life/

Private Accommodation

If you are not guaranteed an offer of University accommodation, or if it is not an option for you, finding somewhere to live can be a daunting task, especially if you are new to Edinburgh or searching from afar. It is strongly recommended that you start looking into private accommodation well in advance of arriving. The University and Students' Association's Advice Place can give advice on finding accommodation: www.eusa.ed.ac.uk/support_and_advice/the_advice_place/accommodation/

1.

Give yourself lots of time to search

Most legitimate private flats won't be bookable without viewing them in person so it may not be possible to arrange something from outside Edinburgh. It could take 2 – 4 weeks to find somewhere suitable to live from when you start searching so give yourself enough time to search online and view properties once you arrive in Edinburgh. If possible, it may be beneficial to arrive slightly earlier than any start date to view the properties in person. Try to book short-term accommodation in advance and bear in mind that Edinburgh is extremely busy (and fun) in August during the festivals.

- For a full list of recommended private accommodation search sites: www.eusa.ed.ac.uk/searching
- For a list of short-term accommodation options: www.eusa.ed.ac.uk/shortterm

2.

Broaden your search criteria

Whilst finding accommodation close to your campus would be ideal, there are many other communities with excellent transport links in and around the centre of the city that are worth considering to live in.

The Advice Place has created an interactive map and videos to introduce you to some areas: www.eusa.ed.ac.uk/locationlocationlocation

3.

Be vigilant

Unfortunately, there are very clever accommodation scams in every city so ensure that you are fully knowledgeable about what to look out for ahead of paying any money or signing any lease contract. The Advice Place can check over your lease contract for free if you have any concerns.

- The Advice Place has excellent information on how to avoid scams: www.eusa.ed.ac.uk/scams
- For further advice on finding private accommodation, download the Flat Hunting Checklist: www.eusa.ed.ac.uk/checklist

Living in Private Accommodation

Living independently in private accommodation can be a very rewarding experience but ensure that you have a support network in place by keeping connected to friends, family and the University itself. To help you prepare for moving into your new home, have a look at: www.eusa.ed.ac.uk/movingchecklist

Step 1.

Update your address details on your student record (essential)

Your address details need to be correct on your student record throughout your time of study and must be completed once you secure and move into your private accommodation. You can update your address as often as you move by going to MyEd and onto the 'Launch Self-Service' button.

Step 2.

Submit your Council Tax Exemption Letter (essential)

Council Tax is a tax set by local councils to pay for local services which issues one bill per dwelling. As a full-time student, you should not be liable to pay this tax but you must register your exemption with the Council yourself if you live in private accommodation.

A Council Tax Exemption letter is available from your MyEd and this letter can then be sent by email to Edinburgh council: incomeandbenefits@edinburgh.gov.uk

More detailed information on how to access your Council Tax Exemption letter and other useful documents: www.ed.ac.uk/student-administration

If you have not agreed for the University to share your information with the Council or if you live outside of Edinburgh, then you can claim exemption by completing this form: www.edinburgh.gov.uk/info/20111/discounts_and_exemptions/533/student_council_tax_discount

Step 3.

Consider other costs (if required)

You may consider taking out adequate insurance protection to cover personal items, or you may need to apply for a TV Licence. For a full list of other considerations when living away from home, check out: www.ed.ac.uk/global/welfare/utilities-bills





Edinburgh University Students' Association

As a new student, you automatically become a member of Edinburgh University Students' Association (www.eusa.ed.ac.uk), and a community of over 40,000 students, here to help you make the most of your time at University. Your membership gives you access to the four Students' Union buildings (Potterrow, Pleasance, Teviot and King's Buildings House) and all the great cafés, bars, shops and events that you'll find there. There are also opportunities to join a wide range of societies, and receive accessible advice through the Advice Place and Peer Learning and Support services.

Your elected Student Officers and Representatives gather your views to ensure these are represented within the Students' Association, the University and beyond. From Welcome Week to Graduation and everything in between, your Students' Association is here for you!

Societies

Societies are a big part of the student experience and can be a great way to enhance your social and academic life, offering you the chance to make new friends and do the things you love. Your Students' Association supports over 280 Societies, meaning there's loads for you to choose from and join, at the start of University or any time in between. Some Societies support charities and social causes; others serve academic purposes, while a few even function as businesses.

Find out more at eusa.ed.ac.uk/activities, and don't forget to visit the Activities Fair during Welcome Week.

Advice Place

The Advice Place

Your Students' Association also runs the Advice Place with offices at Potterrow and King's Buildings House. This is a free, independent and confidential advisory service for all students at the University.

They offer information and advice on a wide range of topics including money, funding, academic issues, university processes and regulations, accommodation, employment, health, sexual health, harassment and crime reporting. It is a drop-in service, though at busy times you may need to make an appointment and they have loads of really useful information available online at eusa.ed.ac.uk/advice.

(Below from left to right)
Stephanie Vallancey, VP Education /
Andrew Wilson, President /
Bethany Fellows, VP Activities & Services /
Oona Miller, VP Welfare /
Rosheen Wallace, VP Community

Peer Learning & Support

Peer Learning & Support

Your Students' Association also runs Peer Learning and Support Schemes, which train higher year students with more experience to support less experienced students to settle into university life, make friends, and manage the change in academic expectations and independent learning.

These schemes can take many forms, some focus on wellbeing and social support, whereas others focus on helping you consolidate knowledge and develop your study skills. It is a great way to meet people on your courses, get help from other students who've been where you are now and make the most of your study time. Peer-led learning can also improve your academic confidence and performance.

You can find out more about groups in your School by visiting eusa.ed.ac.uk/peersupport or asking at your School office.





THE UNIVERSITY of EDINBURGH
Sports Union

Edinburgh University Sports Union (EUSU)

Sport is a huge part of the student experience for many University students. With over 8,000 members, the Edinburgh University Sports Union is made up of 65 clubs and over 140 Intramural Teams. There are also many opportunities to get involved in coaching and volunteering, allowing you to be at the heart of your chosen sport, to excel and gain skills for future employment.

The Sports Union has something for everyone, no matter your experience, whether you are looking for a specific sports or even to try out some of the recreational sport opportunities. With over 150 years of history, the Edinburgh University Sport network is one of the strongest in the world with athletes and volunteers who have achieved everything from Olympic Gold medals, to world pioneering research.

For more information about your Sports Union and membership fees, visit online: www.eusu.ed.ac.uk



Arriving at Edinburgh

We recommend that you plan to arrive in Edinburgh for Welcome Week (Page 06).

If you are moving into University accommodation, details of when you can access your room will be emailed to you directly. If you are arranging private accommodation, you may wish to arrive in Edinburgh early to allow yourself time to find somewhere to live before the welcome events begin: www.ed.ac.uk/semester-dates/201920

Be aware that the **Edinburgh Festival Fringe** takes place across all of the City of Edinburgh from the 2nd - 26th August 2019. Therefore it would make finding temporary and non-expensive accommodation quite difficult and it is recommended that you plan to arrive after the festival.

By road

The University of Edinburgh is located to the south of the city centre. There are regular bus and coach services to Edinburgh from local towns and major cities across the UK. Visit and/or download the apps from any of the following:

- [Lothian Buses](#)
- [Megabus](#)
- [National Express](#)
- [Scottish Citylink](#)

By rail

Edinburgh has excellent rail links throughout the UK and Edinburgh Waverley (EDB) is the closest city centre train station to the central University campus.

For approximate travel times, train times and ticket prices, visit any of the following:

- [National Rail](#), for travel within the UK
- [Scotrail](#), for travel within Scotland
- [Trainline](#), for an independent train ticket retailer

By air

If you are an International student, please see the New Students website for information about visas and travel to the UK: www.ed.ac.uk/new-students/arrival (more information on page 16).

Look out for the Airport Welcome and the University Welcome Team



If you are arriving at Edinburgh International Airport during Arrival Weekend in September, the University Welcome Team will provide a meet and greet service.

The Welcome Team will be at the arrival gates, in the Domestic and International Arrivals Halls of Edinburgh Airport. They will help direct and guide you to the various forms of public transport to travel to your required destination and answer any questions you might have.

More information on where and when to meet the Welcome Team can be found online: www.ed.ac.uk/new-students/airport-welcome

Travel from the airport

If you are arriving before or after the arrival period, you can take a bus, tram or taxi from outside the terminal building.

Airlink 100 & Bus Service 300

The Airlink 100 is part of Lothian Buses and runs a frequent service 24 hours a day, 7 days a week, between the airport and the city centre (last stop is Waverley Bridge, a 20 minute walk from the central University campus).

The journey time is approximately 40 minutes.

The Bus Service 300 travels from the airport through the city centre, passing through the Central Campus.

The journey time lasts approximately an hour, with frequencies of buses averaging every 10 minutes during the day and every 30 minutes in the evening, running from 06:00 – 23:05, 7 days a week.

For more information, including prices for journeys: www.lothianbuses.co.uk/airport

Edinburgh Trams

Edinburgh Trams run a very frequent service 7 days a week between the airport and the city centre (last stop York Place, a 25 minute walk from the central University campus). The journey time is approximately 35 minutes.

For more information, including prices for journeys: www.edinburghtrams.com

Taxis

The pick-up area for all taxis is on the ground floor of the multi-storey car park opposite the terminal building.

All taxi companies at the airport will take you to your accommodation for around £30.00 (depending on your destination). You can pre-book a private taxi with Edinburgh City Private Hire (ECPH) through the website or app or you can pick up a 'black cab' provided by City Cabs which does not require pre-booking.

More information: www.edinburghairport.com/transport-links/taxis

Travelling within Edinburgh

The University of Edinburgh is at the heart of Edinburgh, comprising six campuses spread across the city.

- [Central Area \(inc. Holyrood\)](#)
- [Edinburgh College of Art](#)
- [King's Buildings](#)
- [Medical School, BioQuarter](#)
- [Medical School, Western General Hospital](#)
- [Veterinary School, Easter Bush](#)

Before you arrive, we recommend that you look at your personalised timetable (Page 12) to find out in advance where most of your classes/lectures will be held. This will also allow you to plan your travel times between areas such as accommodation or different campuses, and assess the best modes of transport for you to arrive at your classes and lectures on time.



A city to walk in

Edinburgh is a relatively compact city, with most places being only a 10-15 minute walk away from the central campus. It takes around 30 minutes to walk between the central campus and King's Buildings. For suggestions of routes to take, visit: <http://walkit.com>

A city to cycle in

Cycling is a popular choice amongst Edinburgh students. It offers a cheap, quick and healthy way to travel. We offer lots of advice and support for cyclists online: www.ed.ac.uk/transport/cycling

To help you with planning routes for cycling you can explore and use the Councils Quiet Routes maps: www.edinburgh.gov.uk/info/20087/cycling_and_walking/1475/explore_quietroutes

If you do not have your own bike you can take advantage of the Edinburgh Cycle Hire Scheme, which allows you to hire bikes from locations across the city, including some of the University campuses. For more information on the Bike Hire Scheme: <https://edinburghcyclehire.com/>

Further information on all transport options

For more information on how to plan your journeys to each of the campuses or to get around Edinburgh using different transport options, please visit the following transport page: www.ed.ac.uk/transport/travelling-here

Travel by bus in the city

The Lothian Buses network is invaluable for many students for transport between home and University, getting around campus locations and travelling around Edinburgh.

Useful information to get you started on using Lothian Buses:

You can buy your ticket from your bus driver with exact change, at a tram ticket vending machine or as an m-ticket (mobile ticket) with the free Transport for Edinburgh app. Lothian Buses is also rolling out contactless payment on its bus services throughout 2019.

You can also purchase a Ridacard which offers regular travellers the best value for money. For more information about Ridacard prices and how much money you could save, please see: www.lothianbuses.com/ridacard/

Lothian Buses' webpage provides a student's guide to travelling around Edinburgh and includes details of services to each of our campuses: www.lothianbuses.com/using-the-bus/student-guide/

Free campus shuttle bus service Central to Kings Buildings

You may find you have lectures at both central campus and King's Buildings. If walking, cycling or using a public bus to travel between the two sites is not an option, you can make use of the free shuttle bus service. This service operates Monday – Friday during semester and exam times. For more information, including the shuttle bus service timetable, please visit the following transport page: www.ed.ac.uk/transport/shuttle-bus

Further information on all transport options

For more information on how to plan your journeys to each of the campuses or to get around Edinburgh using different transport options, please visit the following transport page: www.ed.ac.uk/transport/travelling-here

Get to know your campuses



Campus tours

If you are interested in getting more of an insight about Edinburgh and your surroundings, there are a number of University campus tours available. You can choose between student-led tours (George Square and Edinburgh College of Art) or self-guided tours (George Square and Kings Buildings). For more information: www.ed.ac.uk/visit/tours

AccessAble App

The University of Edinburgh has connected with AccessAble providing detailed up-to-date access guides and information about the accessibility of our buildings and facilities. The AccessAble app is available on both iOS and Android and uses symbols, photos and descriptions to give you instant access to information about ramps, lifts and accessible toilets.

For more information:

www.accessable.co.uk/organisations/the-university-of-edinburgh

Manage your money

Plan your budget

You should begin to estimate future living costs as that will help you budget for your experiences during your studies.

Managing your own money, potentially for the first time, is exciting but also can be quite daunting if you are not organised. It is worth taking time to think about your budget for at least your first semester in advance. Budgeting will be the only way that you can be assured to stay financially healthy throughout your time at University, and is a fantastic life skill to gain before starting University too.

We recommend that you start thinking about your budget using one of the budget calculators:

- [UCAS Budget Calculator](#)
- [Which? University Calculator \(specific to the University of Edinburgh\)](#)

Before you arrive

1.

Understand your income options

Your income could be coming from a variety of different places; student funding, a part-time job, loans etc. It is important that you record how much and how frequent this income will be available to you, so you can work out how much you can afford to spend. For more information: www.ed.ac.uk/new-students/income-options

2.

Estimate your monthly costs

Your expenditure will depend on your lifestyle, but there will be fixed costs to consider too, such as tuition fees, rent, phone and internet bills. Considering all of these costs first will allow you to determine how much money you will have left for fun activities. For more information: www.ed.ac.uk/new-students/student-living-costs

For further information and a more detailed breakdown of expected costs as a student and guidance on how to budget and save money, visit: www.ed.ac.uk/new-students/budget-planning

When you start

Seek support if you need additional help with budgeting

If you find that you have overspent on your budget and are worried about your future spending, ensure that you seek guidance on how to manage your money going forward, as soon as possible.

The Advice Place has great tips on managing your budget and will be able to offer support and guidance on any financial difficulty. For more information: www.eusa.ed.ac.uk/budgeting

For good advice on how to manage your money as a student, visit: www.savethestudent.org/bills-utilities



Set up a UK bank account (essential)

If you do not already have a bank account in the UK, it is strongly advisable that you set up a UK bank account, so that you can pay rent, tuition fees or household bills by direct debit, receive any support loans and manage your own money.

All students who are studying at the University for one year or longer are eligible to open a UK bank account. For shorter visits the choice is more limited, but it is recommended that you seek more information from banks directly.

When you start

For non-UK students, the process of setting up a UK bank account could take longer than expected in some cases and you need to have actually moved into your term-time accommodation and have proof of this address on your student record to be able to open your bank account.

When you have moved into your accommodation:

To open a UK bank account as a student, you must have registered as a student online (Page 09) and have a term-time address. You will also need proof of identity (passport and visa).

Most banks also require a 'Bank Introductory Letter', which is a letter from the University proving your status as a student and showing your current term-time address. You will need to obtain this before you visit the bank.

If you are NOT living in University accommodation:

If you are fully matriculated, a Bank Letter is available via our Electronic Document Service which is accessed via the 'Launch self-service' button on Personal Details in MyEd. The Bank Letter can be printed or sent electronically via this method.

If you are living in University accommodation (and have fully checked into your accommodation):

Your Bank Introductory Letter is available from the 'Print Bank Letter' facility which can be found via the MyEd student portal. If the letter does not show your names correctly (as on your passport), please raise this with Accommodation Services.

If this function is not available to you (you may not have fully completed matriculation) or you do not have printing facilities, the Student Information Point can print your letter. More information on the Bank Introductory Letter: www.ed.ac.uk/student-administration/bank-introductory-letter

For general banking information; the types of accounts available to students; understanding terminology and helpful guidance on how to open a UK bank account more information can be found here: www.ed.ac.uk/new-students/banking



Take care of yourself

Being at University can be a very exciting time and with so much to do and explore there are many opportunities as well as challenges that you may experience. Whether it is your first time at university or you are returning to higher education, it can be easy to forget to prioritise your own personal wellbeing, when there is so much else going on.



Introduction to the Five Ways to Wellbeing

The Five Ways to Wellbeing is a national campaign that has identified five distinct actions that can be used in life to allow you to manage and help improve personal wellbeing.

Turn over to the next page and click onto one of the distinct actions to be directed to the New Students Webpages and discover more about the support, development opportunities and/or spaces for you to reflect and learn in.

This information will provide you with tips, advice and support services to utilise, which in turn eases your transition into university and throughout your university journey.

Further details can be found on the New Student Website:
www.ed.ac.uk/new-students/managing-your-wellbeing

“Wellbeing can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole.”

(New Economics Foundation (2012) Measuring Wellbeing: A guide for practitioners, London: New Economics Foundation.)



Connect

Connecting with the people around you is important - with family, friends, peers, societies and your University community. At university you will build new relationships in your courses, within your accommodation, or through joining societies.

[Click here for more information about how to connect.](#)



Be active

Sport, exercise and physical activity play a key role in both your physical and mental wellbeing. The University has plenty of opportunities to explore and there is something for everyone.

[Click here for more information about how to be active.](#)



Take notice

Your time at University can fly by so fast, that it is important to be mindful and take moments to savour the moments that you experience at University both personally and academically. Remember to take time to spend with your friends, go for a walk around the meadows park, share your thoughts with your peers or explore beyond your surroundings.

[Click here for more information about how to take notice.](#)



Keep learning

The University provides you with plenty of opportunities for personal and academic growth, becoming more confident throughout your time at Edinburgh.

[Click here for more information about how to keep learning.](#)



Give

There are lots of opportunities as a student to give back to your community. The University encourages volunteering offering students to enrich their lives and the wider community. Taking time to support and listen to your peers; being part of an activity to enhance your own experience or finding a job to expand your horizons, are all examples that are incredibly rewarding and creates connections with the people around you.

[Click here for more information about how to give](#)

Helpful links to your resources

Before you arrive, it is strongly recommended that you become familiar with all of the resources that are available to you so that you can thrive as a student throughout your studies.

For all general information:

New Students Website	www.ed.ac.uk/new-students
University of Edinburgh (General enquiries)	www.ed.ac.uk
Welcome Week	www.ed.ac.uk/new-students/welcome-week
Edinburgh University Students' Association	www.eusa.ed.ac.uk
Advice Place	www.eusa.ed.ac.uk/advice
Edinburgh Global	https://global.ed.ac.uk/
Student Stories blog	https://studentstories.ed.ac.uk/

For information about living in Edinburgh:

Accommodation, Catering & Events	www.accom.ed.ac.uk
Campus Maps	www.ed.ac.uk/maps
City of Edinburgh Council	www.edinburgh.gov.uk
Security	www.ed.ac.uk/security
Sport and Exercise	www.ed.ac.uk/sport-exercise
Sports Union	www.ed.ac.uk/sports-union
Transport	www.ed.ac.uk/transport

For your academic development:

Careers Service	www.ed.ac.uk/careers
Institute for Academic Development	www.ed.ac.uk/institute-academic-development
English Language Education	www.ed.ac.uk/english-language-teaching
Peer Learning & Support	www.eusa.ed.ac.uk/peersupport

For your health and wellbeing:

Chaplaincy Centre	www.ed.ac.uk/chaplaincy
Big White Wall	www.bigwhitewall.com
Feeling Good App	www.foundationforpositivementalhealth.com
Nightline	www.ednightline.com/
Student Counselling Service	www.ed.ac.uk/student-counselling
Student Disability Service	www.ed.ac.uk/student-disability-service
University Health Service	www.health-service.ed.ac.uk

For guidance with IT systems:

Card Services	www.ed.ac.uk/is/card
Finance	www.ed.ac.uk/finance
Learn (VLE)	www.learn.ed.ac.uk
Library	www.ed.ac.uk/is/library-museum-gallery
MyEd	www.myed.ed.ac.uk/
Scholarships & Student Funding	www.ed.ac.uk/student-funding
Student Administration	www.ed.ac.uk/student-administration
Tuition Fees	www.ed.ac.uk/student-funding/tuition-fees
Timetabling	www.ed.ac.uk/student-administration/timetabling

The Getting Started Guide has been created to help inform and direct you as a new student about what is important and to action essential tasks to be completed (**before you arrive and when you start**). It also provides you with key information to help you settle into your new university life.

We hope that you find the Getting Started Guide of great value and insight, and wish you all the very best for your journey at the University of Edinburgh.



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