



THE UNIVERSITY
of EDINBURGH

Getting Started

2020/21



Welcome

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#EdWelcome



Welcome

Welcome to the University of Edinburgh!

It is not too long to go until you begin your studies, and whilst some things about university in 2020 may initially be different, some things won't. We are really excited to welcome you to your new community, and while we know some of you may not be able to join us in Edinburgh straight away, we look forward to you all becoming a valued student in one of the world's leading universities!

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 acts as one place to find all of the practical advice and information that you need to know.

Start by looking through your checklist which outlines the important tasks you need to do **before you start/arrive** and **when you start**. Take your time to go through each section of this guide and make sure you understand what you need to do. You will also discover really useful resources, top tips from our current students and more information about the professional support services to help you throughout your academic studies and university journey.

Get connected
before you arrive

On our New Student 2020/2021 Facebook group you can find your fellow classmates, ask questions, learn more about your new community:

[www.facebook.com/groups/
UoENewStudents20202021](https://www.facebook.com/groups/UoENewStudents20202021)

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

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



twitter.com/EdinUniStudents



blogs.ed.ac.uk/studentstories



[blogs.ed.ac.uk/sharing-
things-blog](http://blogs.ed.ac.uk/sharing-things-blog)

[www.ed.ac.uk/
news/covid-19](http://www.ed.ac.uk/news/covid-19)

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 student's checklist is a useful tool which lists the essential things you need to be aware of and do **before** and **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.

<input checked="" type="checkbox"/> Tasks to do before you arrive (all students)	More info
Read all relevant sections of the New Student Getting Started Guide, including the top tips	
Read all emails received from the University of Edinburgh, especially from your School/Programme	
Read all the emails received from the Edinburgh University Students' Association	
If accessible, join relevant social media groups, including the UoE new students 2020/2021 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 09
Register your University Login and login to MyEd (the University of Edinburgh's web portal)	Page 11
Activate your Office365 and install Microsoft Software	Page 12
Set up and access your personalised timetable	Page 12
Fulfil any admissions criteria (if required)	Page 13
Register online with the University as a student	Page 13
Pay or organise to pay your tuition fees	Page 14
Pay your accommodation fees (if living in University of Edinburgh accommodation)	Page 14
Research which UK bank account is best for you (if required)	Page 15
Apply online for your University student card	Page 15
Research which GP Practices will be closest to your Edinburgh home, for GP registration.	Page 16
Check that you have had any necessary vaccinations, and if not, make arrangements to get them	Page 17
Familiarise yourself with helpful student support resources and services.	Page 36
<input checked="" type="checkbox"/> Tasks to do before you start/arrive on campus (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) For more information: www.ed.ac.uk/immigration	Page 13
Upload an image of your current passport and visa (essential)	Page 13
<input checked="" type="checkbox"/> Information to read - to support you throughout your university journey (all students)	More info
Where to start with your wellbeing in the university community	Page 18
Taking care of yourself	Page 19
Have more awareness of your safety and security	Page 27
Your new student life – introduction to the Edinburgh University Students Association, Sports Union and Sport & Exercise	Page 23-24
Settling into university – academic, independence and social challenges	Page 31-35
Helpful links and useful numbers to support you at university	Page 36-37

✓ **Items to have with you when you start (if required)**

- 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)
- At least three months of prescribed medication and an explanation letter from your doctor (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)

✓ **Additional items to have with you when you start/arrive on campus (for students outside the UK, if required)**

- Study visa (for all international students to be checked at a UK airport)
- Tuberculosis (TB) Certificate (if applicable to your home country, you must carry in hand luggage)

✓ **Tasks to do when you start/arrive on campus (all students)**

	More info
Use the 'new students 2020-2021 guide' on the UoE Events app to plan your first few weeks (prioritising induction activities hosted by your School/Programme)	Page 09
Stay connected on social media: New Students Facebook Group , Edinburgh Student Facebook page , Edinburgh Student Twitter	Page 37
Check your emails to find out more about your School/Programme induction event/activities (essential)	
If you are on campus, get connected to eduroam Wifi	Page 12
If you will be living in University accommodation, get connected to Optify Wifi	Page 12
Attend any essential School/Programme activities – read your emails from your School/Programme for more information (essential)	Page 13
Pay your tuition fees (if required)	Page 14
Go to your chosen GP Practice to register for a doctor (if required)	Page 16
Register with a dentist and an optician (if required)	Page 17
If in University accommodation, complete your e-induction. Read your emails from accommodation for more information (essential)	Page 25
If in private accommodation, update your address on your student record and submit your Council Tax Exemption Letter (essential)	Page 26

✓ **Additional tasks to do when you start/arrive on campus (for students outside the UK, if required)**

	More info
Take a picture of your passport clearly showing your visa vignette and entry clearance stamp and upload the images to the Immigration section of MyEd	Page 13
Open a Bank account (if required)	Page 15

Principal's welcome

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



The extraordinary circumstances of 2020 as the world adapts to the Covid-19 pandemic have posed additional challenges to you and to us. We remain very confident that your success in joining one of the world's greatest universities will be the start of an exciting and productive next phase of your lives. We are a large global community, currently with around 41,000 students, over 15,000 staff and an ever growing alumni community of over 260,000. Our students and staff come from around 160 countries making the University of 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, especially this year when circumstances dictate that some of your experience will be "hybrid", ie a mixture of face-to-face and online interactions with your teachers and with others including your fellow students, is both exciting and daunting. We have been trying to give you as much certainty as possible about what to expect but we all have to accept that there will still be uncertainty about the pandemic and its implications for public health advice and government guidelines. One thing can be certain: your degree from the University of Edinburgh will be a marker of excellence that will open doors for you in the future and be a source of respect throughout the world. We know this because we have 430 years of experience on which to base that conclusion!

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, and also to explore the wonderful city of Edinburgh, its nearby seaside and the spectacular surrounding countryside, but to do so whilst respecting health and safety for yourself, your loved ones and the general public. Necessarily this means that some of the meetings and some of the new experiences will be electronic rather than physical. Your generation is much more accustomed to these technologies than mine, but if you have practical or technical difficulties, including but not limited to concerns about access to equipment, broadband or WiFi, we are here to help and your University has a fabulous array of expertise and experience to address these issues.

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. 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. Be kind to others.

4. Look after yourself, you are not alone: 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 as much as you can in the circumstances, it is a beautiful city. Learn about its rich history and most importantly have fun whilst staying safe.

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 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, the University of Edinburgh is a wonderful place (physical and virtual!) – enjoy your time with us!

Warmest regards, and all best wishes for your studies and the next phase of your lives,

Peter Mathieson

Principal and Vice-Chancellor Peter Mathieson

Welcome from your Sabbatical Officers

Hello and welcome to the University of Edinburgh!

We are your Sabbatical Officer team for this year and we are here to support and represent you. As a student at the University, you automatically become a member of Edinburgh University Students' Association and anyone who wishes to take part in sport will become a member of the Edinburgh University Sports Union. We're run by students, for students, and we're here to represent everyone who studies here, so make sure you get involved. There are countless opportunities for you to meet new people, gain valuable CV boosting skills and make a difference to the things you care about. You can find out more about the ways you can get involved at: www.eusa.ed.ac.uk and www.eusu.ed.ac.uk

We know this won't be how you envisaged your start to university would be, but we want you to be assured by the fact that everyone is in the same boat. We also want to let you know there will still be plenty of opportunities to make new friends and try out new things, whether you are here in Edinburgh or studying online. There will still be quite a lot happening on campus and online for you to get involved with! Also, remember this is temporary - in the not too distant future we will all be together again on campus and student life as you imagined it will resume with loads of opportunities to try new things, make friends, go on nights out, and have the university experience you hoped for when you chose to study at the University of Edinburgh.

We are here for you, so please do get in touch if you have any questions or need support. You can find our contact info at: www.eusa.ed.ac.uk/yourreps and www.eusu.ed.ac.uk/contact

Looking forward to meeting as many of you online and in person when you start your studies in September!

Get involved in things that matter to you - you'll find like-minded people here!

Ellen,
President



Try something new! There are a huge and diverse amount of student opportunities and events happening and some of the best experiences come from places you would never expected.

Amanda,
VP Community



Take advantage of our wide variety of sports clubs and activities to boost your mood, stay healthy and make lifelong friends.

Katie,
Sports
President



If you need help, ASK! Our job is to support you, so sending an email can really go a long way in receiving the help you need.

Niamh,
VP Welfare



Make sure you go to your classes (virtually or face to face) and try to talk to people in them, it's so important to make course friends!

Fizzy,
VP Education



Keep an eye out for societies and Student's Association events, as well as any online groups for new students to join!

Rachel,
VP Activities



Our University values

- We are diverse, inclusive and accessible to all
- We are always willing to listen
- We aim to achieve excellence, whilst always being principled, considerate and respectful
- We are a place of transformation and of self-improvement
- We strive to create a welcoming community, where staff, students, and alumni feel proud to be members of our University

We're always working to improve your university experience. Here are just some examples of what we've been doing to make things better for you:

Sustainable University

We're passionate about being a socially responsible and sustainable university. As part of our commitment to become carbon neutral by 2040, we've returned our carbon emissions to 2007-08 baseline year levels.

Creating a greener campus

The introduction of a levy on single-use coffee cups has led to a reduction in disposable cup usage of 37% in University-owned cafes over the past year!

Keep up to date with Sustainable University news: www.ed.ac.uk/sustainability/news/2020

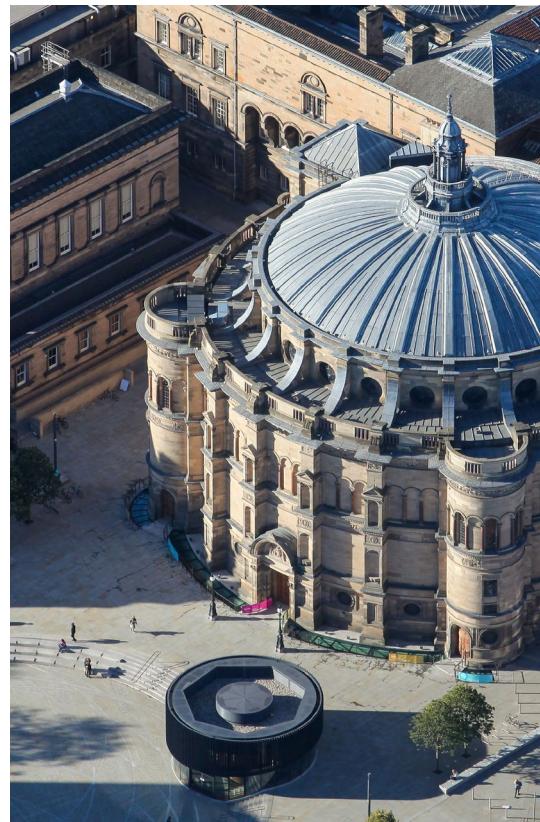
EdHelp

Once you get closer to starting at the University, you will be able to use the Edhelp service.

EdHelp provides clear and straightforward access to key student services such as library, IT, finance and administration, all from one place.

We want to ensure that information and help is easy to find, meaning you will spend less time searching and more time learning. You'll have access to the Edhelp service 6 weeks prior to starting at the University.

For more information about EdHelp support: www.ed.ac.uk/edhelp



Welcome Week

'Welcome Week' is the week prior to the first week of the academic semester (www.ed.ac.uk/semester-dates/202021) 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 meet fellow students and academics, and get a sense of the university life that awaits you.

All areas of the University are excited to meet you, and during Welcome Week and for several weeks into the start of semester too, there will be lots of online and in-person events and activities that you may join, 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/Programme induction (essential):

Your School/programme induction is the most important to attend and will likely take place within Welcome Week and the information included will be available afterwards for you too.

Your school/programme induction activities will provide you with ways to connect to your classmates, help you feel part of the community and understand what is expected of you and how you can succeed in your studies.

You will be emailed in August with more details about what this induction includes and how to attend.

University induction:

For all students starting University this year, a hybrid delivery will be the new experience and there will be lots of opportunity within Welcome Week and for the continuing weeks to join activities and learn information about hybrid learning, guidance on looking after your mental health and wellbeing and provide you with a basic grounding in equality and diversity.

There will be large community events that will take place online to formally welcome all new students to the University and many smaller in-person activities to help you get to know your neighbours and the city.

There will be a specific welcome programme for all Postgraduate students and there will be lots of ways to explore your interests and hobbies too with society and sports clubs activities.

There is no expectation to attend any induction activity outside of your school/programme but it is highly recommended that where possible, you attend what you want to during this welcome period.

The Welcome programme of induction activities will be launched in mid-August on the UoE Events App. You will also receive direct communications about specific activities nearer to the start date and we recommend that you check your emails regularly!

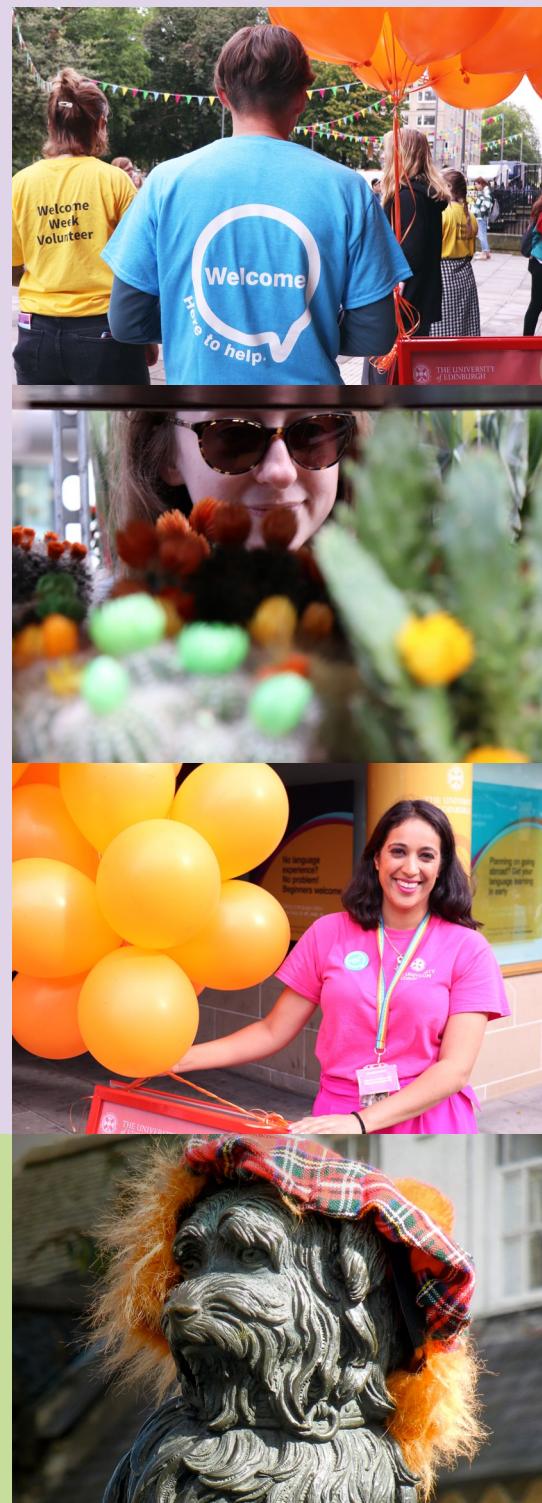


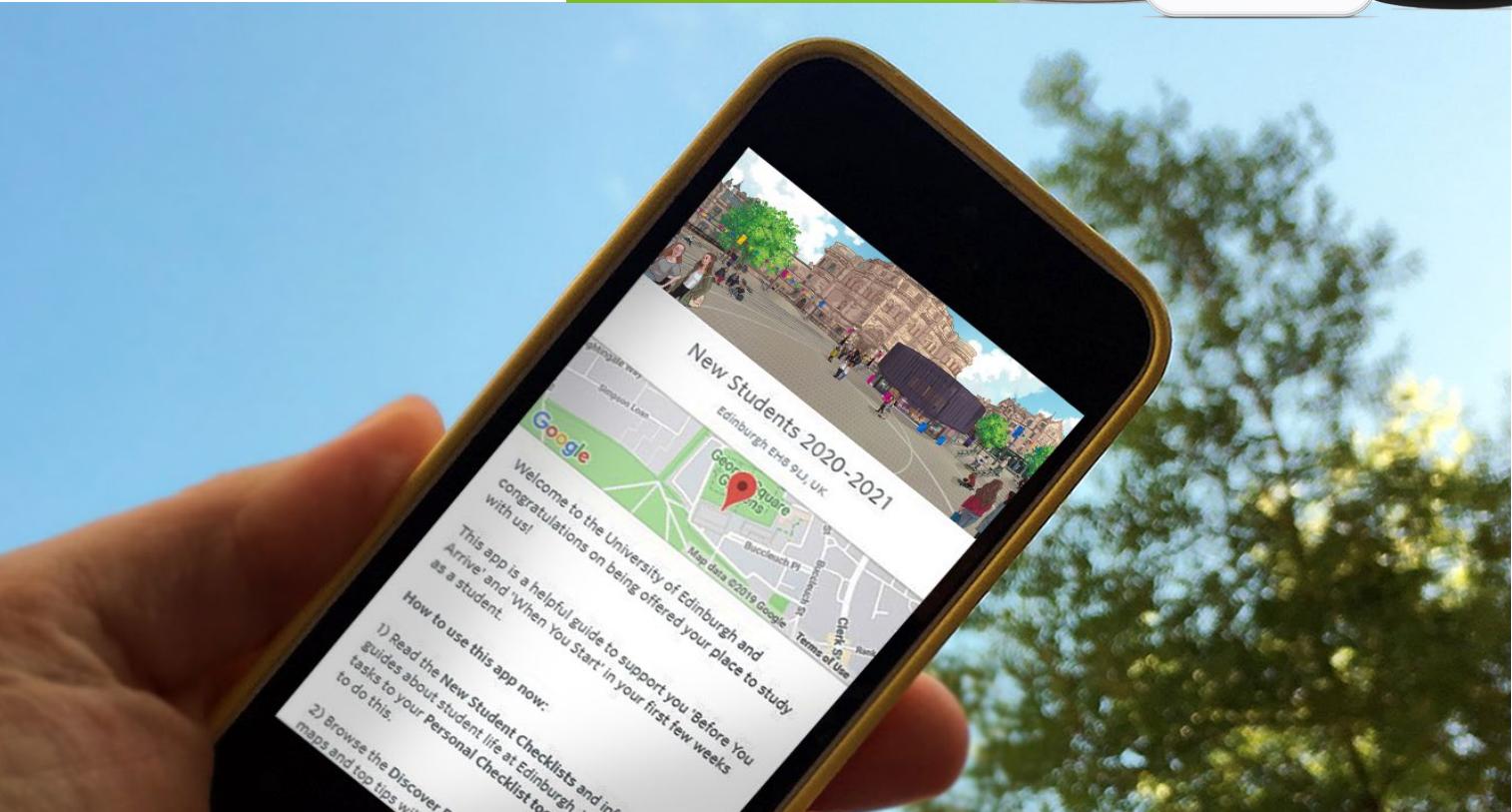
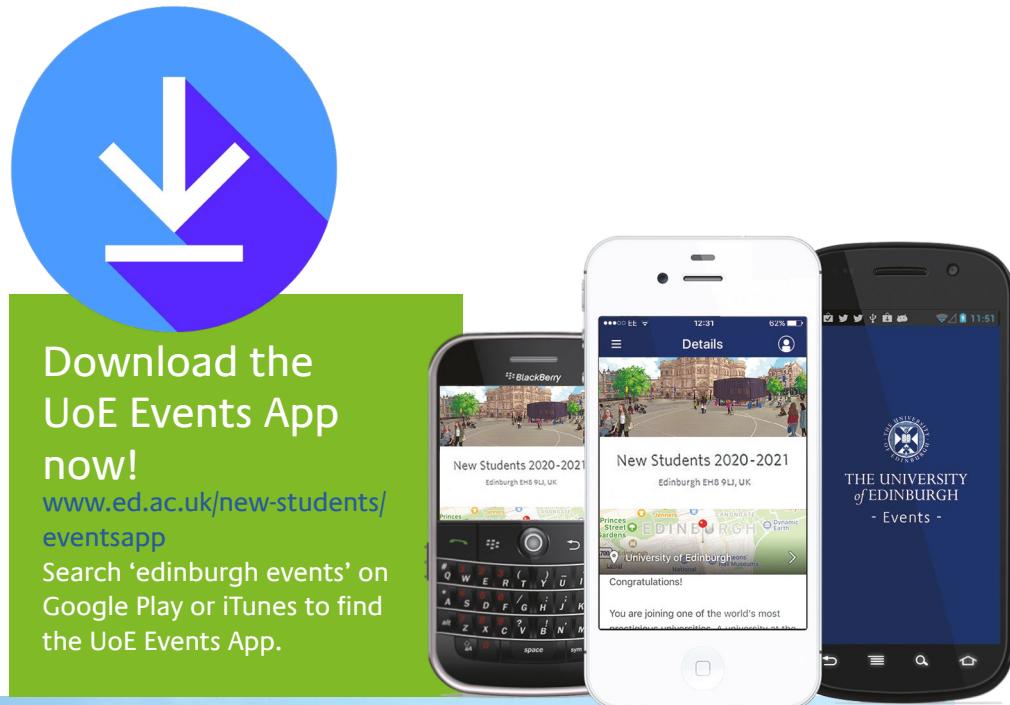
Photo of Greyfriars Bobby by Lauren Tonti

UoE Events App

All of your induction events will be featured in the 'New Students 2020-2021' guide within the Guidebook 'UoE Events app' a few weeks before the start of your studies.

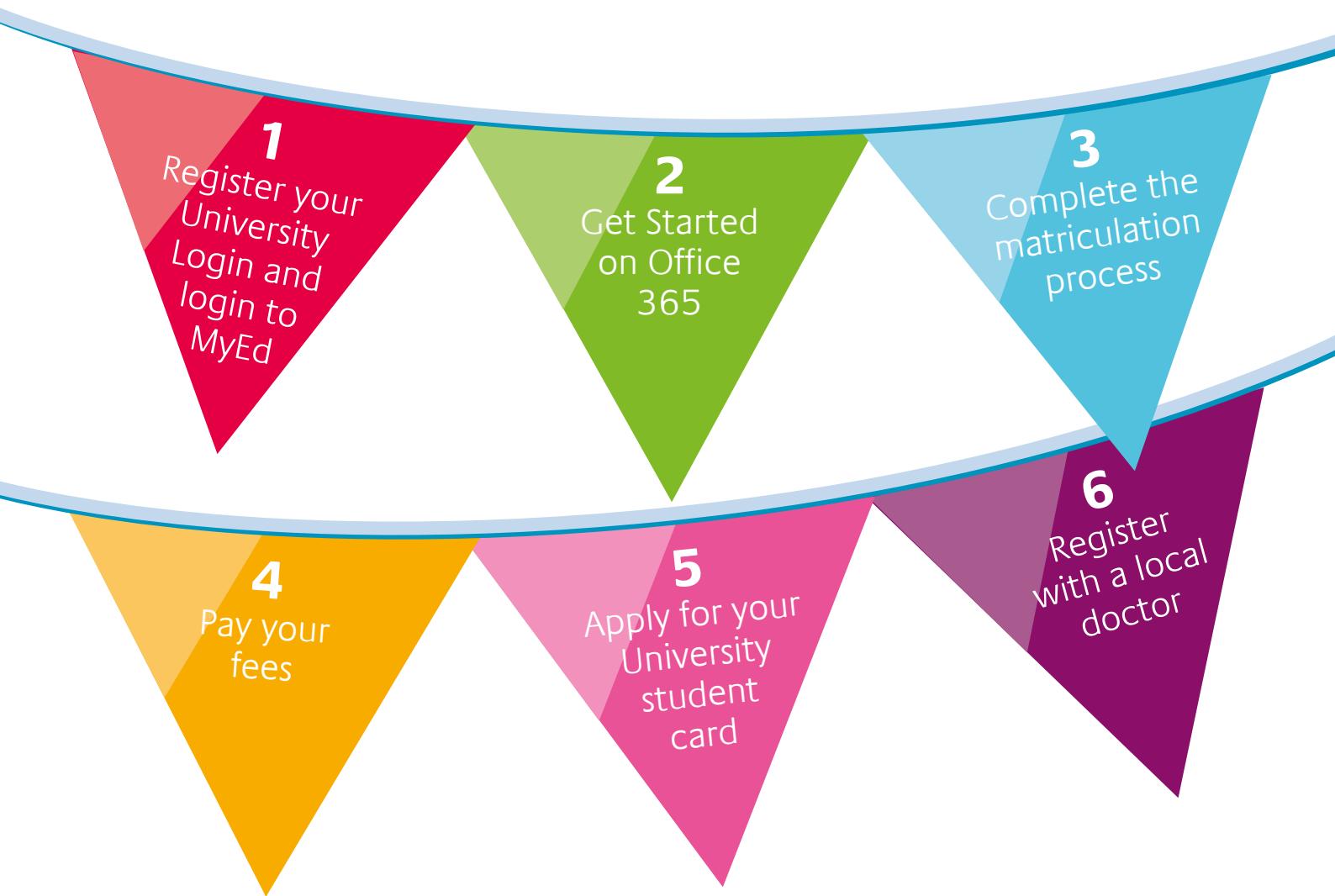
This guide allows you to find the events/activities that you are required to attend (all school/programme induction activities are essential to attend) alongside lots of optional activities that might interest you. You will find details about how to engage with the activities, if there are any prerequisites and you can add them to your personalised timetables.

This app also includes helpful checklists and resources so you can have all the information you need at hand, anywhere and anytime.



Your essential ‘Top 6 Tasks’

It is absolutely essential that you read and complete these tasks. These essential ‘Top 6 Tasks’ are for all new students to complete either **before**, or when you **start/arrive**, to enable you to get started at the University.



‘How to’ get started with the ‘Top 6 Tasks’

- ✓ Read through the information for each task
- ✓ Complete steps as outlined in the tasks
- ✓ For more information about the tasks and to keep up to date with the latest information, please remember to check the ‘New Student Website’ (www.ed.ac.uk/new-students/top-6-tasks) and the ‘UoE Events App’ (www.ed.ac.uk/new-students/eventsapp)

- If you are planning to arrive from overseas, we also recommend that you read the ‘Welcome to Edinburgh’ guide for International Students for extra information and tips before and when you start. Find the guide at: www.ed.ac.uk/students/new-students/getting-started-resources/getting-started-guides

Task 1

Register your University Login and login to MyEd

Login to MyEd - Before you start

What is MyEd?

MyEd is the University of Edinburgh's web portal, and the best way to find and access many of the University's online resources. It gives you easy access to the systems, tools and information that you will use most often while you're studying at the University. These include Learn, your Virtual Learning Environment (VLE) ([see page 21](#)), your email, timetables, the student record system (EUCLID) and much more.

Register Your University Login

You need to register for Your University Login before you can access MyEd and other University systems.

Step 1 – Find the email which contains your University username (UUN) and a registration password for your account on the University's MyEd portal and follow the instructions.

Step 2 – You will need to update the temporary registration password for future use. Once you have completed the registration process, you will then be logged into MyEd.

Don't forget to keep a note of your new updated password (securely), as you'll need this to login to MyEd, Learn and all the other systems that you'll use.

Get started with MyEd

When you login to MyEd nearer to your start date, you may notice that the content is different to what you saw as an applicant.

As a new student, your homepage gives you direct access to the content that you will use most often, including Learn, Library and email. You'll also see your **notifications** here, which are alerts about tasks you must complete or important information. Look out for the Notifications icon in the top right corner of MyEd.

MyEd gives you access to much more than just the content on the homepage. Explore the other menus to find more support, information and guidance, tailored to you.

Studies - everything you need to support your studies, including access to Learn your VLE and other study tools, timetables, library resources and study spaces.

Accounts - manage your personal details and password, check your card PIN, access your student record (sometimes called EUCLID), and pay for fees, accommodation, printing and catering.

Student Life - news and events, getting around, support services, and information from Edinburgh University Students' Association.

Careers - help from the Careers Service, and access to MyCareerHub.

For more information about how the information and resources in MyEd will support you during your studies and time at university: www.ed.ac.uk/information-services/myed-for-students

Using MyEd on a public computer?

If you are using MyEd on a public computer, please remember to logout from MyEd and your email service at the end of your session and close all browser windows.

Check your notifications here

Task 2

Get started on Office365

Activate your Office365 and install Microsoft Software for free

- Before you start

Once you have registered for your account on the University's MyEd portal you can:

- Sign up to Office365 via MyEd or the University's Office 365 sign in page
- Install Office365 software for your future studies

As a student, you will have free access to the applications/software available on Office365 for the duration of your studies. Access to Office365 software will enable you to work from any location and any device. Plus, with an internet connection you can update and share 'live' documents to work collaboratively on projects with your peers.

Office365 is entirely cloud-based, which means that you can access your email, calendar, files and office programs (such as Word, PowerPoint, Teams and Excel) whenever you require, wherever you are.

Office365 includes access to:

- Word, Excel, PowerPoint and OneNote
- Emails and Calendar (your personalised timetable) for daily use
- OneDrive for storing and sharing files
- Teams, SharePoint and Planner for collaborating with others

Further information on all the available applications and how you can access them can be found here: www.ed.ac.uk/information-services/office365

Activate Office365

Step 1 – to activate your free Office365 go to: www.office365.ed.ac.uk

Step 2 – login in with your new user-name (in the format uun@ed.ac.uk) and password and activate your Office365 email account.

Set up the Office365 account on any of your devices (you can install and activate on up to five devices). Guidance on how to do this: www.ed.ac.uk/is/office365/email-calendar

Note After activating this account, most future communications from the University will go to this email, therefore it is important to access this account regularly, including before you start your studies.

Install Microsoft Office software

You can install Office365 software allowing you to fully use the applications for your academic studies and collaborate with your peers at university. To install Microsoft Office software onto your personal computer (Windows or Mac):

Step 1 – Sign into:

<https://portal.office.com/account>

Step 2 – Choose 'Install Office' and follow the on-screen instructions to download and install Microsoft Office on your computer.

Step 3 – When opening an app, you may be asked to sign in with your University Office 365 account using your uun in the following format: uun@ed.ac.uk

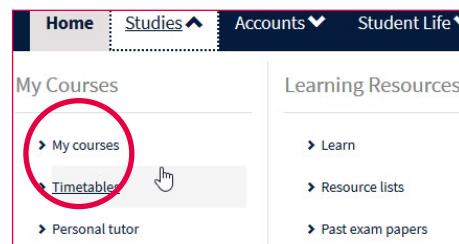
For further guidance on this and how to install onto Android and/or iOS devices how to do this, with step by step instructions and links, visit: www.ed.ac.uk/information-services/office365/latest-office

Set up your personalised timetable

Step 1 – Through Office365, you can add your timetable to your phone, computer or other devices. More information about this: www.ed.ac.uk/is/office365/timetable

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

You can also access your timetable through MyEd by clicking the following tabs: MyEd Homepage – Click onto Studies > My courses > Timetables



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.

For the Academic Year 20/21, as the university moves to a hybrid method for teaching delivery, please check with your School about what you should expect to see on your Personalised Timetable.

Get connected to WiFi when you're on campus!

eduroam

This is the wireless network available across University campuses. In advance of coming on campus, launch the app on your device for the quickest way to connect to the eduroam WiFi. Find the app and more information here: www.ed.ac.uk/information-services/wifi-networking/configure-device

Optify

This is the wireless network available in university accommodation. Find out how to connect to Optify: www.accom.ed.ac.uk/for-students/it-facilities/optify/

Task 3

Complete the matriculation process

“Matriculation” is the step by step process by which you will formally enrol into the University of Edinburgh before you start your studies. The first step to matriculation is registering online with the University in advance of starting.

The final part of the matriculation process is when you start your studies. This involves your School officially confirming your attendance on programme when your studies commence. Without fully matriculating (registering online and your School confirming you have started your studies), you will be cancelled off the programme you have applied to study and you will be unable to access any of the University’s services and/or facilities.

Step 1 – Fulfil any admissions criteria (if required). You may have been asked for additional criteria in your offer communication, such as evidence of English language proficiency, completion of a Disclosure Scotland application, etc. You will need to follow all instructions provided in order to complete this first step. If you were not asked to provide anything else as part of your offer, you do not need to do anything.

Step 2 – Annual Registration

Registration is open to any student with an unconditional offer approximately four to six weeks prior to your programme start date. You must complete annual registration ahead of your start date, to be able to start your studies.

- You will receive an email to your University email address with details on how to complete this step and when to complete your registration by.
- You will continue to receive reminder emails to complete registration.
- You will be able to access the annual registration link via the email that is sent to you, alternatively you will need to login into MyEd and access your student record system (EUCLID) by clicking onto the following tabs on the MyEd homepage: Accounts > Progression > My student record
- You will be required to input personal information.
- You will be able to update information anytime and use any device to complete your registration.

For more information about the requirements on registration and frequently asked questions about online registration: www.ed.ac.uk/student-systems/support-guidance/students/matriculation/online-registration/online-registration-faqs

Step 3 – Start your studies

To complete the matriculation process, your School will confirm that you have started your studies. This is also called confirming your attendance.

The School / Programme in which you will be studying will contact you at the start of your programme to explain the next steps on how they will confirm that you have started your studies. The process for confirming your attendance does vary between School, types of study and Programme. So, 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

Extra Step: International Check-In (only for students coming from outside UK/EU/EEA to complete after arriving in Edinburgh)

The University of Edinburgh has a legal obligation to make sure that all non-EU/EEA/Swiss students have suitable immigration permission to study in the UK.

Once you arrive in the UK you will need to upload an image of both the details page and the page with the visa vignette and entry clearance stamp from your passport to the immigration section on your student record. This is necessary to ensure that you have the correct permission to study in the UK.

Once these checks are finished, you have completed this step.

You will receive more information about this process from the Student Immigration Service in advance of arriving in the UK.

For more information, please contact: studentimmigration@ed.ac.uk

You can find further information for all new international, visiting and exchange students in the ‘Welcome to Edinburgh: A guide for international students’ at: www.ed.ac.uk/students/new-students/getting-started-resources/getting-started-guides

Task 4

Pay your fees

Tuition Fees

Without paying your tuition fees, 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.

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

To contact your Fees and Student Support Team email: fees@ed.ac.uk or call on 0131 650 2230, with any queries you may have relating to:

- Your tuition fee level
- The Graduate/Alumni Scholarship
- Issues with your application to SAAS, Student Finance England, Wales or Northern Ireland

Paying tuition fees

How you pay your tuition fees (in full or by instalments) is dependent on whether you are a self-funded, internally-funded, or externally-funded student.

Tuition fees and related charges are due in full, in advance or during the first few weeks of semester. Your invoice will only be available to see on your MyEd after you have completed registration.

Self-funded students can pay online, by bank transfer, or (in some cases) direct debit instalments. Find out how here: www.ed.ac.uk/fees/self-funded

For more information about paying your tuition fees whether you are a self-funded, internally-funded, or externally-funded student: www.ed.ac.uk/tuition-fees/payment

Deadlines for tuition fees

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

- 3 October 2020, for courses commencing in September 2020
- 3 February 2021, for courses commencing in January 2021

Further student finance FAQs here: www.ed.ac.uk/finance/students/faqs

Additional costs to tuition (applicable to Postgraduate Programmes only)

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 example, a deposit is required for some Postgraduate Programme, see the "Fees and Costs" section of the Programme entry on the Degree finder, to find out more.

The deadline for the deposit payment will vary depending on the Programme you have applied for and information on this will also be included in the offer letter. For further information about tuition fee deposits for Postgraduate programmes including deadlines for payments: www.ed.ac.uk/tuition-fee-deposits

University accommodation fees (if applicable)

If you have opted to pay your accommodation fees by instalments, your first rental payment will be automatically collected on 1st October 2020, 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 here:

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

Read about managing your living costs on the New Student Website:

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

Task 4 - Opening a bank account - continues on the next page...

Task 5

Opening a bank account (if required)

When you start/arrive on campus

If you plan to make any regular payments through direct debit (tuition fees, rent or household bills), or are receiving any support loans, it is recommended that you open a bank account in the UK. You should spend time before you arrive to work out what type of bank account will work best for you.

The University cannot recommend which account you should open but can help you in making your own choice. More information on the different types of bank account: www.ed.ac.uk/new-students/banking

Opening a bank account in the UK:

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, and it is recommended that you seek more information from banks directly. This process may take up to two weeks if you have all the required documentation ready to go beforehand.

- You must have a local semester address recorded on your student record.
- You will need to have all of these to open a UK bank account:
 - » Your passport (banks will not accept your University card as proof of identification)
 - » Your Biometric Residence permit (Tier 4 students only)
 - » University bank Introduction Letter, this will be accepted by a selection of local banks as proof of student status and proof of semester-time address.

Bank Introduction Letter:

If you have completed online registration and have also entered your correct semester-time address on your student record, you will be eligible to access your Bank Introduction Letter which is needed to open a UK bank account. A printed version of this can also be a useful form of proof of address to use when registering with a doctor.

If you will be living in University accommodation, you will receive a printed copy of this letter when you have successfully checked in. Alternatively, you can download a digital copy of this letter from MyEd, save it and then attach it to your application for a bank account, or print it (depending on your bank's requirements).

More information on the Bank Introduction Letter: www.ed.ac.uk/student-administration/bank-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

Printing facilities:

When you start your studies, you will receive a £4 free quota for printing.

More information about the printing/copying and scanning facilities available at the University and how to print here: www.ed.ac.uk/information-services/printing

Apply for your University student card

You will receive your University card when you start University and it will be your official student ID and token of being part of the Edinburgh community, as well as your library card, door access control card to university buildings, and identification to benefit from various student discounts.

- You will need to upload and submit your photograph in advance of starting through MyEd.
- You will receive an email to your personal email address (the one you used to apply with) with details on how to complete this step.

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

Submitting the photo late or not submitting it at all, will result in the card not being ready for you for the start of semester.

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

Task 6

Register with a local Doctor

We want to ensure that you look after yourself whilst studying, both physically and mentally, and that you know how to get any medical assistance if you need it.

It is important that you register with a GP (General Practitioner) which is your local doctor at a GP Practice. If you have questions about your health and require advice or treatment, your GP will usually be the first point of contact to help. After you have registered with a GP practice, this will make it easier to access the national health service (NHS) throughout your studies. Any person can register and access their nearest GP Practice if studying for longer than three months.

Step 1 – Before you arrive

Look up which GP Practices will be closest to your Edinburgh home. As some GP Practices fill up with new students quickly, it is recommended that you look up at least three different GP Practices that are closest to your semester-time address in Edinburgh. You can use the Google Map, via the circle to the right, to find the nearest GP Practices to you (also shows all University accommodation sites).

You can also use Scotland's Service Directory to look up your postcode and see which GP Practice will accept you: www.nhsinform.scot/scotlands-service-directory/gp-practices

Please note there are some limitations to the Scotland Service Directory information and although general practices highlighted would probably cover your address, it is best to check on their website for their exact practice area and if they are registering at the time.

Not all GP Practices are just open on weekdays, some are open on Saturdays and evenings. We recommend you look up the opening times of each GP Practice and also work out how to get there ([see page 30](#)).

If you are already registered with a GP in another part of the UK then it is recommended that you register with an Edinburgh practice if that will be your main home whilst at University. There is no direct transfer of your medical records between general practices therefore you require to register with a practice in Edinburgh and they will arrange for transfer of your records from your previous GP.

Step 2 – When you start/arrive on campus you can register with a GP Practice.

Contact the GP Practice

Once you have found your nearest GP practice please check their website which should have up to date information on whether or not they are registering at present and how to register with that particular practice.



Register with a GP Practice

If they can accept you as a patient, they'll ask you to register.

The GP Practice that you do register with, will provide further guidance on how to proceed with the full registration process on the practice website. You will be required to complete one or two forms for registration. Details of how to register and the registration forms they require you to complete, including further documentation that will be required for proof of address/identity and student status, will usually be outlined on the GP practice website and/or within the registration forms.

You may be required to download these forms to complete them, with further information provided from the GP practice on how they wish forms to be returned. During Covid19, many practices wish the forms to be posted into the practice rather than handing in-person at the GP practice.

- **GP Registration Form (GPR)** – You will be requested to provide previous doctor's details (if applicable) and have the option to complete organ donor registration and blood donor registration.

You can also keep informed on the NHS inform website and find out more about the number of NHS health services available across Scotland: www.nhsinform.scot/

After you have registered, check that you understand how your GP Practice works – where you need to go to see a doctor, how you make an appointment, how you order a prescription, etc.

About health care in Scotland

The NHS (National Health Service) is a free health care service for all residents of the UK.

NHS Guidance on Coronavirus (Covid-19) and accessing medical assistance: www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-general-advice

If you become ill when living in Edinburgh and have not registered with a GP Practice, then you can contact local practices to check if they are able to see you, if they have capacity on a particular day. If you are unable to get to a GP Practice or need immediate medical advice, call NHS24 by phoning 111 or go to: www.nhs24.scot

If you are in serious need of emergency medical attention at any time, even without registering for a GP in advance, call Emergency Services by phoning 999.

Vaccinations

Check your vaccination record:

It is likely that you have received some vaccinations in your youth, but if you are not sure, speak to your current 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 measles and mumps can 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.

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

For your protection from the time you arrive at University, it is strongly recommended you have the vaccinations in advance. If you are unable to obtain the necessary vaccinations before arriving at University, please arrange these within a week of arriving to University, for your personal protection. Please check with the practice you are registering with as to the arrangements for obtaining these vaccinations, however please note that you will not gain protection from these immediately. You can arrange the vaccinations when you register with a doctor ([see page 16](#)).

Medications

A lot of basic medication, such as a paracetamol and cold and flu remedies are cheaply available in pharmacies, without a prescription in the UK.

Prescriptions are free of charge in Scotland, but you will need to register with a GP practice to organise your prescription orders. It would be useful if you could ask your current doctor for a patient summary to bring to give to your new GP practice.

You should also bring at least a three-month supply of your regular medication with you to ensure you do not run out as you make your new arrangements.

Please note that not all medications in use overseas are available under the NHS or are available in the UK.

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

Register with a Dentist

You can register as an NHS patient at any dental practice which makes the dentist more cost-effective than paying for private treatment. You can find your local dental practice by looking at: www.nhs.uk/Service-Search

Private dental practices are also available and there is 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 problems with your eyes, you will need to see 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

Your wellbeing

We are dedicated to supporting positive, physical and mental health and wellbeing of every single person in the University community.



The new **Health and Wellbeing Centre** due to open in 2020, will house counsellors and disability advisers, new “drop in” services for students, mindfulness provision; additional online support, and more training for staff: www.ed.ac.uk/students/health-wellbeing

Student Disability Service

If you have any form of disability, neurodiversity condition, or physical and mental health issues, the Student Disability Service can support you in getting started and throughout your studies. You are required to get directly in touch with the Student Disability Service as soon as you have been made an offer (conditional or unconditional) to arrange support with:

- Teaching and learning adjustments, including extra time on short loan or reserve books and no penalties for poor spelling, grammar or structure in exams
- 1:1 specialist support (such as proofreading, mental health mentoring and notetaking)
- Provision of assistive technology and training in how to use it

More information: www.ed.ac.uk/student-disability-service/information-for-applicants

If you want to speak to someone, there are a range of student support services to help you, which you can access before you start University.

Counselling Service:

Our Student Counselling Service is a confidential service, offering a range of support options to help you work through mental health concerns, personal issues and difficult circumstances.

All students (on campus and online) can use this free, confidential service. Counsellors offer in-person, telephone services and email counselling.

More information:

www.ed.ac.uk/student-counselling

Chaplaincy

The Chaplaincy is for students of all faiths and none.

The Chaplaincy team offer a range of wellbeing services and practices, including:

- pastoral support
- free mindfulness sessions
- the University Listening Service
- yoga drop-ins
- free and inexpensive relaxation methods

More information:

www.ed.ac.uk/chaplaincy

Support in a Crisis

We can help point you to resources and organisations that can help in the event of a mental health crisis or crime, including sexual assault and harassment.

More information: www.ed.ac.uk/health-wellbeing/crisis-support

Advice Place

Part of the Edinburgh University Students' Association, the Advice Place is a free, professional, independent and confidential advisory service for all students at the University.

They advise on:

- health and wellbeing
- accommodation
- finances
- anything related to your studies

You can receive advice in person or via phone, email or videocall during opening times or by appointment. Full contact details on the website: www.eusa.ed.ac.uk/advice/contact

The Advice Place has offices based at Potterrow and King's Buildings House.

More information:
www.eusa.ed.ac.uk/advice

Take care of yourself before and when you start studying

As you prepare to start your studies at university, you may be excited and also a bit apprehensive, but over the next few weeks you will discover a host of people and services to help put your concerns to rest. It is important to make sure that you look for help when you need it, and that you prioritise self-care.



Introduction to the Five Ways to Wellbeing at the University of Edinburgh

The Five Ways to Wellbeing is a national campaign with five distinct actions that you can use to allow you to manage and improve your personal wellbeing.

Click onto one of the distinct actions on page 20 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, which will eases your transition into and throughout your university journey.

Further details can be found on the New Student Website:
[www.ed.ac.uk/new-students/
managing-your-wellbeing](http://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, in person or online is important – with family, friends, peers, societies and your University community. To further connect in your online space within your home, set up your learning area, which in turn will allow you to feel that you are in that space “to study”.

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

Be active

Take regular breaks throughout the day and take some time away from the screen. Keeping active plays a key role in both your physical and mental wellbeing. The University has plenty of opportunities and activity pages to explore, and there is something for everyone.

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

Take notice

It is important to be mindful and keep an awareness of the present moment. If studying at home take time to plan your day ahead and settle into your study space. Take notice of your surroundings, your feelings and the world around you.

[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. Take time to reflect on what works for you when you are learning.

[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 opportunities to enrich their lives and the wider community. Alternatively, you may offer someone a helping hand or contact that one person who needs to talk. Giving, however big or small, can be incredibly rewarding and creates connection with the people around you.

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

Preparing for study

How will you learn?

As you get nearer to the start of semester, you will find links to resources to help you prepare for your studies at: [www.ed.ac.uk/students/
new-students/getting-started-resources](http://www.ed.ac.uk/students/new-students/getting-started-resources)

There are various types of teaching at University and each course will also be taught differently. Your School/ Programme will be able to tell you more about how the teaching will work on your course. You will be given more detail about this a few weeks prior to starting University.

Understand the different types of study you may expect to find at University here: [www.ed.ac.uk/new-students/
your-campus-life](http://www.ed.ac.uk/new-students/your-campus-life) (Remember that with all modes of study there will be a level of independent study involved)

Learn

Learn is your Virtual Learning Environment (VLE) and 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.

You will have access to Learn in advance of your course start date. This will give you the opportunity to familiarise yourself with the online course space, including the digital resources that are available and the online activities that you will be asked to engage in.

Access Learn

Step 1 – Access Learn via your MyEd homepage in advance of your course start date by clicking in the Learn feature box.

Step 2 – Familiarise yourself with the online course space, including the digital resources that are available and any online activities that you will be asked to engage in.

Step 3 – It may be that there is not much information initially on your Learn pages, please wait to hear from your School/Programme for further information about using Learn. Discover how to navigate Learn here: [www.ed.ac.uk/information-services/
learn](http://www.ed.ac.uk/information-services/learn)

Digital Skills

To help you study more effectively and become familiar with the many digital tools and support offered at the University, we recommend you have a look at these resources before you start.

Additional resources to develop your digital skills before you start:

- Digital Skills Framework: www.digitalskills.ed.ac.uk
- Digital Skills Awareness online course: [www.ed.ac.uk/is/skills/
digital-skills-awareness](http://www.ed.ac.uk/is/skills/digital-skills-awareness)
- Student guide to online learning tools: [www.ed.ac.uk/is/skills/
student-online-learning-tools](http://www.ed.ac.uk/is/skills/student-online-learning-tools)
- Digital Skills Toolkit for Undergraduates: [www.ed.ac.uk/is/
skills/undergraduate-toolkit](http://www.ed.ac.uk/is/skills/undergraduate-toolkit)
- Digital skills live training courses (online + classroom): [www.ed.ac.uk/
is/skills/taught-courses](http://www.ed.ac.uk/is/skills/taught-courses)
- LinkedIn Learning: (access through MyEd): [www.ed.ac.uk/is/
linkedinlearning](http://www.ed.ac.uk/is/linkedinlearning)
- Digital Safety and Citizenship: www.ed.ac.uk/is/digital-safety
- 23 Things for Digital Knowledge: www.23things.ed.ac.uk

When will you learn?

Choose your optional courses (If applicable): 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. You may have an opportunity to choose your optional courses as part of your Programme. Please check with your Programme for further information.

Keep checking your timetable

When choosing your optional courses you will be responsible for checking your timetable to ensure there are no clashes with your classes. Whilst timetables for optional choices can be found through helpful tools such as PATH and DRPS, you will also need to check your personalised timetable (please refer to task 2 for further information) which will not be fully confirmed until just before classes start.

To find out if you have an optional course as part of your programme, you can enquire with your School or alternatively find out more about if you have optional courses as part of your Programme through the degree finder: [www.ed.ac.uk/studying/
undergraduate/degrees](http://www.ed.ac.uk/studying/undergraduate/degrees)

Helpful tools

There are also helpful tools you can access before you start that will assist you in considering your course options. It is important to note that these tools will not confirm any course enrolments.

- **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 your university login 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>

Find more information and guidance on accessing timetables here: www.ed.ac.uk/personalised-timetables/student-timetables

Who will support you?

Personal tutors/Supervisors

All Undergraduate (UG), Postgraduate Taught (PGT) and Visiting Students, will be assigned a Personal Tutor (PT). Your PT is a member of academic staff based in your School. When you start your studies, your School will inform you who your PT is, and this information will be updated on your MyEd account. Your PT will be your first point of contact to help and support you with things such as:

- Academic guidance, helping you to reflect on your academic progress
- Assisting you in choosing courses and optional choices
- Signpost you to University support services, as required, including pastoral and wellbeing support
- Professional development, thinking about further study or future career

For more information about the role of the PT: www.ed.ac.uk/academic-life/personal-tutor

All Postgraduate Research (PGR) students will have a supervisor. Your supervisor will be able to guide and advise you on your academic research project and assist with things such as extensions.

Student Support Officers

Your Student Support Officers are members of professional services staff in your School and provide additional support to that which you receive from your PT. Student Support Officers are your first point of contact within your School offering you advice, guidance and information, with any academic and administrative issues.

Peer Learning and Support (PL&S) schemes

PL&S schemes are coordinated by the Students' Association and provide student-led and student-orientated academic and pastoral support within your school and beyond it. There are two main types of PL&S groups:

- Peer-Assisted Learning Schemes (PALS) are academic sessions designed to help you explore and consolidate course content, fostering autonomous learning and independent study skills

• Peer Support Schemes have a more pastoral and community-building focus. They aim to support student wellbeing and connection, by creating inclusive and safe spaces to unwind and participate in meaningful activities

All sessions are free and are facilitated by trained volunteers, and you can attend as many or as few as you want. By joining these groups, you will have an opportunity to connect with students in your School or area with shared experiences and keep connected to your academic and social community. Session topics can include lecture review, study and assessment skills, study abroad support, life in Edinburgh, accommodation and University systems support as well as walks, crafts, film nights, and more.

To find out what is available to you visit the PL&S website:
www.eusa.ed.ac.uk/peersupport

Email: peer.support@eusa.ed.ac.uk with any queries, or for more information.

Institute for Academic Development (IAD)

You can also access extensive online support from the Institute for Academic Development (IAD). The IAD organise regular online study skills support courses and you can access downloadable learning resources to help you develop more effective working and learning strategies throughout your university journey.

Study Hub

Aimed at UG and PGT students, Study Hub offers online advice and learning resources. This includes a range of topics such as critical thinking, academic writing, effective revision, exams and dissertations tools to enable you to get the most out of your university studies. Study Hub learning advice for all taught students: www.ed.ac.uk/institute-academic-development/study-hub

- Workshops and support for UG students: www.ed.ac.uk/institute-academic-development/undergraduate

- Workshops and support for PGT students: www.ed.ac.uk/institute-academic-development/postgraduate/taught

For Postgraduate Research (PGR) students you can find further information on the resources and online courses available at IAD to support you throughout your time at the University.

- Support for PGR Students: www.ed.ac.uk/institute-academic-development/postgraduate/research-masters
- Support for Doctoral researchers: www.ed.ac.uk/institute-academic-development/postgraduate/doctoral

Libraries

The main Library, located at George Square, is the largest of the University of Edinburgh's libraries. In addition, the university also has Libraries based at other campuses and within some of Schools. To discover more about all Library locations, see here: www.ed.ac.uk/information-services/lib-locate

Alongside the on-campus facilities available to you, the University offers access to a range of online library resources, supporting you during your studies.

Electronic resource lists

To help you to access everything you need more easily, we have invested resource in increasing online reading lists on all taught courses. This will enable you to access library resources wherever you are studying.

DiscoverEd

You can use DiscoverEd, the Library's discovery service, to search the Library's collections: this includes books, e-books, journal titles, journal articles, databases and more. You will need to use your University Login to sign into your Library Account ([see page 11](#)).

For more information about the Library facilities and resources available on campus and online read here: www.ed.ac.uk/information-services/library-museum-gallery

Your new student life

Edinburgh University Students' Association is the students' union which you automatically become part of as a new student. Its purpose is to help you make the most of your time at university, from your first day to graduation and everything in between!

Exploring and taking advantage of the opportunities on offer will help you make the most of your time at University within and beyond your academic experience. The Students' Association exists to support and represent you through a number of activities and services during your studies.

The Students' Association offers you the opportunity to:

- Join a wide range of societies and student groups
- Get impartial advice and support through the Advice Place (see page 18) and Peer Learning and Support Schemes (see page 22)
- Help ensure your voice is heard
- Make use of the four Students' Union buildings (Potterrow, Pleasance, Teviot Row House and King's Buildings House) and the various shops, cafés, bars and restaurants within those. Find out more about them here: www.eusa.ed.ac.uk/our_venues

Representation

Your elected Student Officers and Representatives gather your views to ensure these are represented within the Students' Association, the University and beyond. This includes Liberation Officers, who ensure that marginalised students' voices are heard, and play a role in building supportive communities and achieving social change on campus and beyond. You can read more about who is representing you here: www.eusa.ed.ac.uk/representation

Joining a society

A Society is a group or club created by students, which brings people together, usually around a common interest or activity. Societies are a big part of the student experience and can be a great way to enhance your social and academic life. The Students' Association supports over 320 Societies, so there's loads for you to choose from and join, at any time while you're here. Find a Society here: www.eusa.ed.ac.uk/findasociety

In addition to Societies, there are many more student groups and opportunities to get involved! From volunteering projects in the community and social enterprises to groups for international students and language cafés, there's sure to be something for you. Find a student group here: www.eusa.ed.ac.uk/activities

Reasons to join a student group:

- It is a fantastic way to meet like-minded people, extend your network and make new friends
- You can do the things you love or try something new.
- It is a great opportunity to develop your skills and experience

Venues & Events

With four venues for you to choose from, there's ample space for you to study, meet up with friends, grab a coffee or a bite to eat, get involved with Societies, or have a great night out! Think of your Students' Association spaces as your home away from home – all students are welcome. You can find out more about events happening in your venues at: www.eusa.ed.ac.uk/whatson

Edinburgh
University
Students'
Association



Sport and exercise



SU EDINBURGH UNIVERSITY
SPORTS UNION

Sport is a huge part of the student experience for many students at the University. Participating in team activities or using the sports facilities, will help you to maintain your physical and mental wellbeing, while making memories and friends that last long after graduation.

The Sports fitness facilities, services and programmes are open to everybody, and are widely regarded as some of the best in the country.

Clubs and Teams

Whether you are looking for a specific sport or want to try something completely new, we have competitive and recreational opportunities for you, including 64 sports clubs and over 160 intramural teams to join. There is no requirement to have played or competed previously – anyone can play any sport!

From weekly training with your team to trips climbing a Munro (Scottish word for a hill over 3000ft), surfing the waves or trying out the snow, you can learn new skills, have fun, and be part of a team. You can also get involved in coaching, officiating and volunteering within your sport, allowing you to be at the heart of your chosen club or team, to excel and gain skills for future employment.

For more information about all clubs, intramural sport, recreational sport and support visit the Sports Union online: www.eusu.ed.ac.uk

Joining a sports club

Check out our list of clubs here: www.eusu.ed.ac.uk/clubs

Each sports club charges a different rate of membership fee. Find information about membership costs here: www.eusu.ed.ac.uk/memberships

To become a club member, you must purchase a Sports Union and Club membership online, and for sports clubs that use the University's facilities, you will need a Sport & Exercise membership. All information on club costs can be found on their club page at: www.eusu.ed.ac.uk/clubs

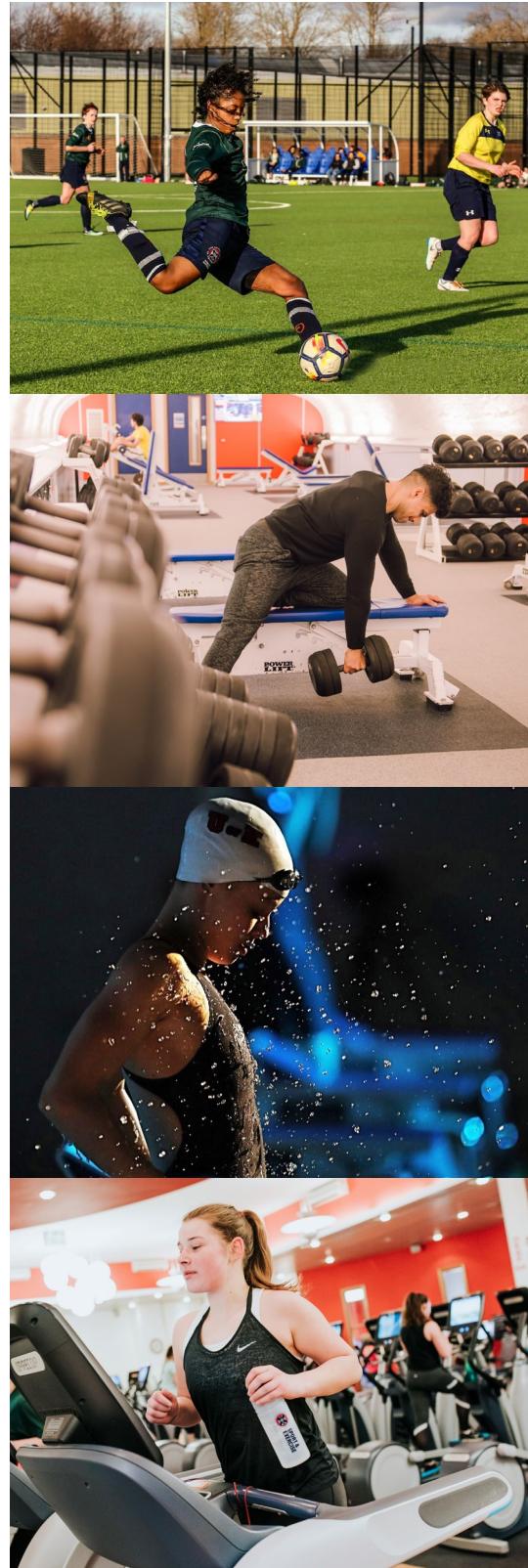
The Sports Union also offer free and low-cost opportunities to try out sports through the Recreational Sport programme – these are a fun and informal way to be active, try new things and meet friends in a relaxed environment. Find out more about the recreational sport programme here: www.eusu.ed.ac.uk/recsport

Gym memberships

The University's gym and fitness facilities are open to everybody and offer exceptional value, with access to the Pleasance Gym, group exercise classes, the University's 25m six-lane swimming pool and our 40-station satellite gym at the Easter Bush Campus included.

Sport Facilities

As well as the extensive gym offering there are numerous Indoor and outdoor sport opportunities across our facilities. These include sport halls, indoor rifle and archery ranges, a climbing wall and bouldering room, Olympic grade water-based Hockey pitches, state-of-the-art full size and five-a-side 3G pitches and grass surfaces. You can also take part in a range of exciting outdoor activities at our Outdoor Centre, Firbush.



Find more information about our membership options, services and facilities online at: www.ed.ac.uk/sport-exercise

Living on campus - University accommodation

Apply for accommodation

If you have accepted your offer, you can apply for University accommodation through MyEd up until 16th August 2020.

To search for available accommodation – go to:

www.accom.ed.ac.uk/for-students

Accommodation Allocation

Accommodation is allocated to all students in waves, each wave of offers is a proportion of each building. 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 you may lose your guarantee of University accommodation. There may be an opportunity to transfer to other accommodation (if applicable) after you have moved in.

Arriving to accommodation

After you have fully accepted your offer of University accommodation, you will receive your contract and further communication via the email you used to apply with. The email will provide you with details of a specific date and timeslot to move into the accommodation that you have been allocated. This is the earliest date at which you can move in.

You will be sent a link to your specific residence Facebook page, please check out the Arrivals page to keep updated: www.accom.ed.ac.uk/for-students/arrival-information

You can also join the RES Life Facebook page where information will be updated regularly: www.facebook.com/UoEResidenceLife

Complete your accommodation

e-induction

It is essential that you complete the e-induction before you arrive at your accommodation and check the accommodation website regularly for any updates.

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

What to do when you arrive

Step 1 – Make your way to your accommodation. More information on travelling to Edinburgh on page 28 and www.ed.ac.uk/new-students/arrival

Step 2 – Collect your keys. More information about the key collection point on the Arrival Information page: www.accom.ed.ac.uk/for-students/arrival-information

Step 3 – Get settled:

- Get unpacked – it's good to do this early on, as you will be busy in the days that follow, so it's a good idea to make your place as comfortable as possible.
- Get to know your area - Where will you do your laundry? Where will you do a food shop? If you are self-catered, think about buying any kitchenware you might need.
- Take a break - take the time you need to get settled and be kind to yourself.

ResLife

The Residence Life (ResLife) team are made up of current students and current staff who live in accommodation too, and will welcome and support you before you arrive in Edinburgh and throughout the whole time you live in any of the University accommodation sites.

The ResLife Team will check you in when you arrive and help you settle into your new University accommodation, creating your home away from home and giving you the best start to your new life at University.

When living in University

accommodation, you will be invited to many events to help you get to know the people you live with or near. Many of these will be in person, in small groups in communal spaces but there is also a large programme of online activities such as quizzes, cooking classes and interactive tours taking place on MS Teams, Collaborate and Zoom.

You will also be invited to 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

The current Res Life virtual online calendar and programs can be found here: www.accom.ed.ac.uk/for-students/residence-life/covid19resources



Go to: www.facebook.com/UoEResidenceLife and 'like' the page where the ResLife Team are ready to answer your questions and help you start to meet those who you will be living with!

Finding private accommodation

If you are not planning to live in University accommodation, it is strongly recommended that you start looking into private accommodation well in advance of arriving and keep updated on the impact of Covid-19 on housing in Edinburgh.

There's plenty of support available to help you find somewhere suitable in the private sector. The Advice Place offers a variety of services to help, from housing databases to contract checking.

- www.eusa.ed.ac.uk/accommodation
- www.eusa.ed.ac.uk/covid19

Please remain vigilant about accommodation scams, which can affect a few students each year. The Advice Place have useful information to read before viewing any private properties, before viewing anything, ask yourself the questions recommended on the advice place webpages: www.eusa.ed.ac.uk/scams

Living in private accommodation

Living independently in private accommodation can be a very rewarding experience but you will need to 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

Keep your address up to date on your student record

Your address details need to be correct on your student record throughout your time of study and must be completed each time you secure and move into private accommodation. You can update your address as often as you move via MyEd.

Submit a council tax exempt letter

Council tax is money that your local council charges each household for services such as transport, police, water usage and waste.

If you are living in University accommodation, no further action is needed by you. If in private accommodation and a full-time student, you may be entitled to council tax discounts and will need to apply for exemption.

Find your local council:
www.gov.uk/find-local-council

Further guidance from the Advice Place: www.eusa.ed.ac.uk/counciltax

A Council Tax Exemption letter is available from MyEd and this letter can be downloaded, saved and sent by email to your council. For more information please see the Edinburgh City Council tax information: www.edinburgh.gov.uk/discounts-exemptions/student-council-tax-discount/1

For further information you can contact City of Edinburgh Council: incomeandbenefits@edinburgh.gov.uk

Consider other costs

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: www.ed.ac.uk/new-students/student-living-costs



Your safety

Your safety on campus and online is important to us. As you settle into university life, it is important to keep an awareness and recognise how to keep safe and where to go for further information, should you require.

Scams

Scams are schemes to cheat you out of money and are now very sophisticated (and can be complex). Anyone can be targeted, and everyone is at risk. It is important you learn how to recognise a scam and protect yourself against them.

Specific scams to be aware of from right now: www.ed.ac.uk/finance/scams

Please note that new scams are being developed with regards to the current Covid-19 situation. Be aware of people selling you virus testing kits, vaccines, overpriced protective equipment, shopping or collection services, and home decontamination services.

How to protect yourself against scams:

- Question any unexpected contact - this includes phone calls, letters, emails or people knocking on your door who you do not recognise,
- Don't rush into a decision about anything, if it sounds too good to be true, it usually is!
- If in doubt, speak to someone you trust.

Making payments:

- Don't assume everyone is genuine. If someone attempts to pressure you into accepting a service or requesting money upfront, they are unlikely to be genuine.
- It's okay to reject, refuse or ignore requests. Only criminals will try and rush or panic you.
- Only purchase goods and services from legitimate retailers and always take a moment before parting with your money or personal information.

IT security

- Never give out personal information and watch what you share on social media - this can be used to steal your identity and access accounts
- Keep mobile devices, operating system and virus protection software up to date
- Make sure all accounts have a strong password and change them regularly
- Use safe and secure WiFi connections and avoid public WiFi. Your standard 3G or 4G connection is often more secure than the one in the coffee shop or restaurant
- Make sure any websites you are using are secure - check to see if the web address starts with HTTPS, not just HTTP

If you think you have been scammed, contact The Advice Place immediately: advice@eusa.ed.ac.uk (see page 18)

More information from The Advice Place: www.eusa.ed.ac.uk/money

Safety on campus

Edinburgh is a relatively safe city with a low crime rate, but it is still important to pay attention to your personal safety. As you settle into your new student life, you could increase your risk of becoming a victim of crime and will also need to take extra precautions, such as;

- Beware of people following directly behind you to gain access to buildings, especially in University accommodation.
- Taking extra care of your personal belongings. Do not leave valuables like mobile phones and laptops unattended in the Library or bikes unlocked anywhere.

- Being vigilant when using your phone in public spaces – phones are among the most stolen items.
- Planning your night out to include charging your phone before leaving, being careful about how much alcohol to consume and knowing your way home.

It is recommended that you read the more detailed information on Student Safety Guide (Police Scotland): www.ed.ac.uk/student-safety-booklet-2016

In case of an emergency, if you have lost your wallet or find yourself stranded, Student Association have partnered up with Central Taxis to provide you with the option of paying back your fare at a later date meaning there's no need to worry, even if you've got no cash or cards on you: www.eusa.ed.ac.uk/taxi

Sexual Violence

Sexual harassment and violence can be defined as any act of a sexual nature which occurs without someone's freely given consent. This includes unwanted sexual comments – in person and online, groping, stalking, sexual assault and rape.

Sexual harassment and violence can happen to anyone; it is never the fault of the person experiencing it. If you have experienced sexual harassment or violence you have the right to report it and access support. The links below provide information on reporting and support services, but if you are unsure what next steps to take, please contact the Advice Place (see page 18). More information: www.ed.ac.uk/students/health-wellbeing/crisis-support/sexual-violence

Travel to Edinburgh

When to arrive

This year we appreciate you might not all be able to travel to university at the same time. Where possible, please try to arrive in Edinburgh as close to your semester dates as you can:

www.ed.ac.uk/semester-dates/202021

If you are moving into University accommodation, you will be emailed with a specific date and time for when you can move in. Please note, you will not be able to move in before this time. If you arrive in Edinburgh before this time, you will need to make alternative arrangements to stay in a hotel, B&B, hostel etc.

If you are arranging private accommodation, you may wish to arrive in Edinburgh early to allow yourself time to find somewhere to live and feel more settled before your studies start. (more info on [page 26](#))

Your Luggage

As there are no storage facilities at any University halls of residence, you can only send luggage to your University address once you have moved into your University accommodation.

How to get to Edinburgh

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
www.lothianbuses.com
- Megabus
www.megabus.com
- National Express
www.nationalexpress.com/en
- Scottish Citylink
www.citylink.co.uk

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 www.nationalrail.co.uk
- Scotrail, for travel within Scotland www.scotrail.co.uk
- Trainline, for an independent train ticket retailer www.thetrainline.com

By air

If you are travelling from overseas, please see the New Students website for information about visas and travel to the UK: www.ed.ac.uk/new-students/arrival and you can also discover more in the 'Welcome to Edinburgh: A guide for international students' .

Travel from the airport

Edinburgh International Airport is small, and it is well signposted to help you to find your way around. You can take a bus, tram or taxi from outside the terminal building.

Buses

The Airlink 100 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 (Skylink) travels from the airport through the city centre, passing through the central University 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 tram journey time is approximately 35 minutes.

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

Taxis

The taxi pick-up area at the airport 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 on taxis:
www.edinburghairport.com/transport-links/taxis



Travelling within Edinburgh

Get to know your campuses

The University of Edinburgh is at the heart of Edinburgh, comprising six campuses spread across the city. All campuses are well connected with public transport links which includes buses, trams and trains, and all University sites are well connected by bus routes. It is also a great city for walking. Within the city centre you can reach almost any location in under 30 minutes.

- Central Area (inc. Holyrood)
www.ed.ac.uk/transport/travelling-here/central-area
- Edinburgh College of Art
www.ed.ac.uk/transport/travelling-here/travelling-to-eca
- King's Buildings
www.ed.ac.uk/transport/travelling-here/kings-buildings
- Medical School, BioQuarter
www.ed.ac.uk/transport/travelling-here/bioquarter
- Medical School, Western General
www.ed.ac.uk/transport/travelling-here/travelling-western-general
- Veterinary School, Easter Bush
www.ed.ac.uk/transport/travelling-here/easter-bush

Check out the printable transport guide and travel map of the city:
www.ed.ac.uk/transport/welcome

Before you arrive, we recommend that you look at your personalised timetable to find out in advance where most of your classes/lectures will be held. This will help you plan your travel times between where you live and to help you choose the best modes of transport so you can arrive at your classes and lectures on time.

Virtual 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. AccessAble has an app which 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

Getting around

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 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

JustEAT and the Edinburgh Cycle Hire

JustEAT Cycle Hire bikes are primarily used for short rides and as a supplement to public transport. You can find the closest available bike in the app. A bike can be unlocked and returned 24 hours a day. There are lots of bikes located on various campuses across Edinburgh and it is a great way to explore the University as well as travelling to your classes.

Get the app 'Just Eat Cycles': For £40 a year, students can also access unlimited 1-hour journeys using the Just-Eat city bikes: www.ed.ac.uk/transport/just-eat-cycles

You can also sign up and buy a subscription through the website at: www.edinburghcyclehire.com - but you will still need the app to use the scheme.

To sign up to the app directly please click here: <https://edinburghcyclehire.com/app>

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.

Get started with Lothian Buses

The easiest way to pay for a Lothian bus is by using contactless payment every time you get on the bus and the cheapest fare for your journeys will be charged. If you do not have a contactless card, 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.

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

More information about how to purchase a student Ridacard: www.lothianbuses.com/using-the-bus-student-guide

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 page: www.ed.ac.uk/transport/travelling-here

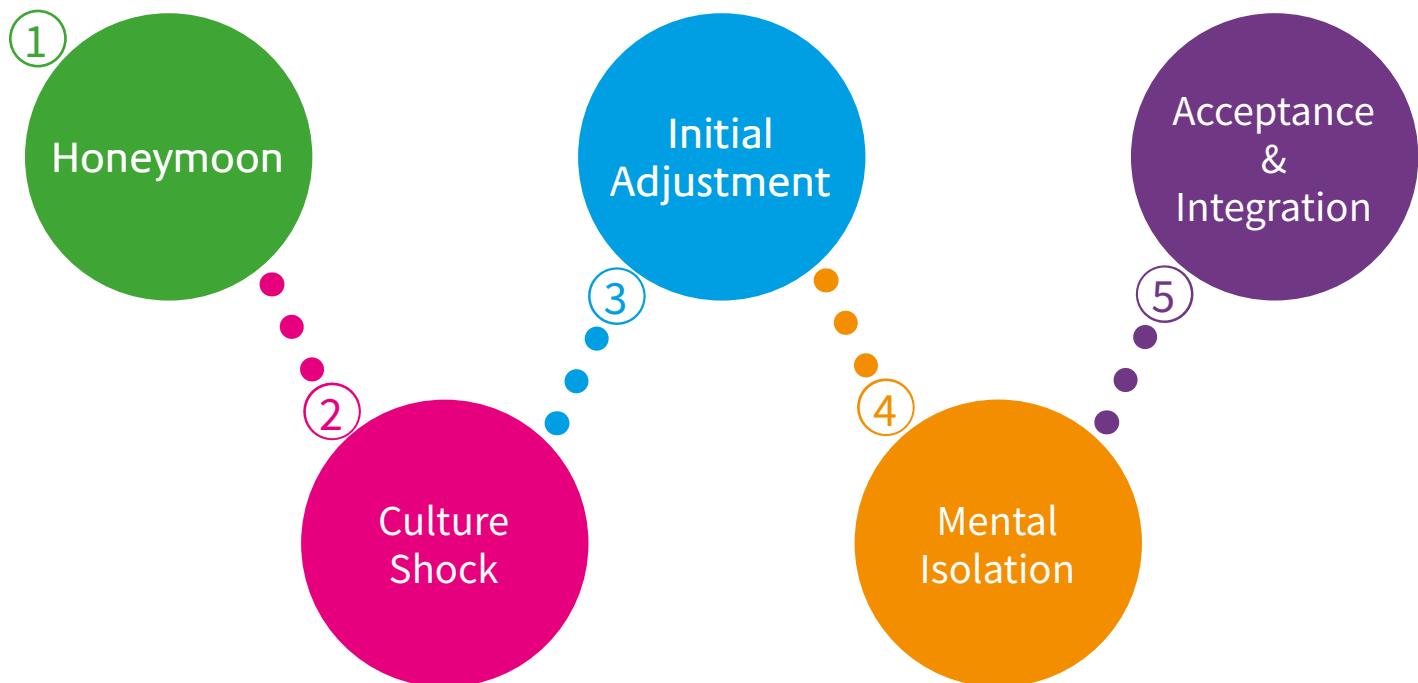


Photo by Brian Chong

Settling into university

Starting your studies off or on campus, you may find that over the coming months the process of settling into university may take you through different stages of adaptation. Do not be discouraged if you take some time to adjust. Keep talking to your peers/academics, keep working and making the most of this new opportunity until you feel settled. And don't be afraid to make changes if you realise something isn't working for you.

The W-Curve provides insight into how a lot of students experience the start of their university journey, and tips on how to move through this journey at your own speed. You may find that you are at a very different stage of the w-curve journey in comparison to your peers, and that is fine.



W-Curve of Transition

You may start your University journey in the '**Honeymoon**' phase. This typically begins just before you start, as you may feel apprehensive about starting your studies and very unprepared for the challenges ahead, but you may also (hopefully!) feel excited to get started, meet new people, learn new things and become a student of the University of Edinburgh!

After a few weeks, it is very normal for new students to enter the '**Culture Shock**' phase. You may start feeling overwhelmed and unsure about your abilities, you may also feel a little lonely as you may not have made many solid connections with your peers. It is a tricky period of time, but it is important in this stage that you be pro-active in seeking more information and support to help you, and

remember, it is never too late to start a conversation with another student. You will not be alone in thinking that the first few weeks of term are challenging.

Once you feel more relaxed about what you are expected to do, you will enter the '**Initial Adjustment**' phase. You will feel more adjusted to the new way of life, you may start to gain a routine that suits you and you will find that the initial connections you made will strengthen. You will have your ups and downs within this period, often when you have to submit your first assignments, but for most students, this period only lasts a short while.

After you have had a break, usually in between Semester 1 and Semester 2, it is common for students to enter a '**Mental Isolation**' phase, where you may use the time off to reflect back

on your first few months and may question your choices, academically and socially. This can be a tough period of time especially if you have found the first semester difficult and it may make starting back a little harder. Remember, you are not alone, and there will always be someone to talk to.

Once you then start back and feel comfortable again, you will enter '**Adjustment and Integration**' which is the last phase. The curve ends on a high as you will feel more confident that you know what you are supposed to do and you are willing to get more involved in student life, you have built connections with peers and you feel like you belong in the University of Edinburgh.

Challenges you may face as a new student

It is typical that all new students (regardless of previous studying experience) will face some of the following challenges as they adjust to their new student lives. It is important to be aware of these so that you can prepare in advance and understand how to face these challenges as they arise. In any case, you will not be the only one and you will never be alone – there are many areas of support in the University to help you.

Academic

As a new student, you will be expected to take on new academic and intellectual challenges and it can be hard to prepare for something you may not have experienced before. However, you should expect to be doing a lot more ‘independent studying’ which means that you will be making your own decisions about when to study and what to read / discuss/explore. You should also expect to be in a class with people who have achieved similar academic grades to yourself, and this could mean that you may not be top of your class anymore.

For more information see page 21.

Top tips from students...

Have patience with yourself, this is a learning process and it will take a wee time to adapt and adjust.

Don't hesitate to ask your peers questions, virtually or in person

Take advantage of the study resources, they are very helpful specially if you come from a different education scheme or you're an international student.

If in doubt about how to learn, ask for help from your personal tutor or supervisor early on to ensure you understand what you are expected to do.

Watching lecture recording at double speed can save time if you have quite a few to catch up on or want to rub through things quickly when studying.

Don't be afraid to ask any questions. Tutors are excited for teaching, so they love to have a class that engages with the topic and is thrilled to learn.

Do your reading and revision early and often so that you can benefit from workshops, tutorials and office hours.

Independence

It is likely that you may not have been completely in charge of your own schedule before, or if you have, you will have had to completely adjust it to fit your new studies. You may also need to be prepared to change your routine every semester as your timetable changes. You may also be surprised at how many contact teaching hours you have, and unsure how to fill in your time around your scheduled classes.

Another area that many students do worry about is their ability to manage their own money as a student. Learning how to create and manage a budget and understanding your financial assistance will reduce any financial stress you may experience throughout your time as a student, and will enable you to feel more confident to take control and cope with other aspects of your life too.

For more information [see page 18](#) and go to the Advice Place website:
www.eusa.ed.ac.uk/budgetplanning

Top tips from students...

It may take time to adjust to independent study - maybe try different routines if one isn't working for you. Find a routine that works for you but don't be too rigid.

Explore your surroundings in Scotland. Take a walk to Arthur's Seat, Portobello or Blackford Hill.

Give yourself a few weeks to get used to everything

Use time to try new things

Take care of yourself, eat well, exercise often and look after your mental health.

Plan your budget - you can use Excel, or apps like Monzo or Expensify to keep track of your expenses. If you do have money worries - seek help immediately.

Remember to enjoy the experience! Everyone is in the same boat and learning how to be more independent, so enjoy your time at university and give things a shot!

Take walks and keep active when online learning, this will avoid physical injuries.

Social

University will give you many opportunities to meet people you have never encountered before – different personalities, cultures, backgrounds, opinions, skills and academic ability (to name but a few). However, with so many ways to meet people, it can feel very overwhelming at first and you may find it a little harder to 'find your people'

Many new students put a lot of pressure on themselves to make friends straight away and if you don't make early connections, it also may feel that it is too late to get involved. However, it is worth noting that most students start University alone and find the change in their social circles to be challenging at the start. Remember, it takes time to build lasting connections with other people.

For more information [see page 23](#).

Top tips from students...

It is not bad to go up to people and start a conversation. This is the only way to meet someone.

Attend some of the social events (virtually or in-person) organised by the Students' Association.

Joining clubs and societies are a great way to meet people but don't feel under pressure to join every club and society.

Don't give up - if you have not made connections from the first few weeks, keep trying as you won't be the only one

Make sure not to get too caught up in socialising, that you carve out some time just for yourself to relax and de-stress

Enjoy getting to know people - be curious and ask questions - be interested

You will find it easier to make friends if you try to get involved in something that you enjoy

You don't have to stay friends with the first person you meet.

Our students' tips for making the most of your first few weeks!

These tips from our current students will help you to become an independent learner and make your time at university more enjoyable.

Check your university emails daily. Most correspondence from the university will be sent to your university email account, you may be surprised at the opportunities that you would have missed by not looking at them.

Participate fully in all your induction activities. Download the app to help you find the activities. This will help you get to know staff and other students, and to settle in as quickly as possible. Ask questions wherever you go.

Online teaching, as with anything else at the university, will only give you as much as you are willing to put into it. Although online teaching offers a million possibilities for distraction, approach it seriously and try to gain as much from it as possible.

Try to be social. Get in touch with other people doing the course, maybe co-ordinate to watch lectures at the same time so you can replicate the real-time feel of an actual lecture, and maybe discuss it afterwards on social media. Make sure you try to make it as social an experience as possible.

Online learning is a challenge at the beginning, give it time, eventually you will adapt and find its perks.

Be brave to give new things a shot and not give up when they might not go to plan - university is about learning about yourself as well as academics!

When in stress, remember your goal and why are you at the University.

Attend all your personal tutor meetings, and ensure you have your tutor's contact details. Your personal tutor will be key to your success at university, providing academic and personal support and guidance.

If you have social media, a good way to stay up to date with the University and things you are interested in, is to follow everything on all the platforms you have. Follow your schools and college's pages, follow club and society pages, follow local restaurants, theatres - that way you won't miss anything!

Helpful links to resources

Before you start, it is strongly recommended that you are aware of the resources that are available to help you thrive as a student.

Find your college or school webpage:

www.ed.ac.uk/schools-departments/colleges-schools

For all general information:

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

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
Digital Skills Development	www.ed.ac.uk/is/skills
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
Digital Safety	www.ed.ac.uk/is/digital-safety
Feeling Good App	www.foundationforpositivementalhealth.com
Health & Wellbeing Centre	www.ed.ac.uk/students/health-wellbeing/health-and-wellbeing-centre
Residence Life (for students in University accommodation)	www.accom.ed.ac.uk/for-students/residence-life
Student Counselling Service	www.ed.ac.uk/student-counselling
Student Disability Service	www.ed.ac.uk/student-disability-service
Support in a crisis	www.ed.ac.uk/health-wellbeing/crisis-support
University Health Service	www.health-service.ed.ac.uk

For guidance:

EdHelp	www.ed.ac.uk/edhelp
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
Student Immigration Service	www.ed.ac.uk/immigration
Tuition Fees	www.ed.ac.uk/student-funding/tuition-fees
Timetabling	www.ed.ac.uk/student-administration/timetabling

Useful numbers

Semester dates: www.ed.ac.uk/semester-dates/202021

Useful numbers:

Emergencies on campus (from an internal phone)	2222
Emergencies on campus (from a mobile phone)	+44 (0)131 650 2257
Emergencies off campus	999
NHS non-emergency number	111
Police non-emergency number	101
Samaritans (24/7 support)	116 123
Nightline (student run support and information service that is run by volunteers from 8pm till 8am every night of term)	0131 557 4444

Connect with the University on social media:

Instagram	www.instagram.com/edinburghuniversity
Facebook	www.facebook.com/UniversityOfEdinburgh
Twitter	https://twitter.com/EdinburghUni
Facebook Student News	www.facebook.com/EdinUniStudents
Twitter Student News	https://twitter.com/EdinUniStudents
Facebook New Student Group	www.facebook.com/groups/UoENewStudents20202021
Student Stories blogs and vlogs	https://blogs.ed.ac.uk/studentstories
Sharing Things blog	https://blogs.ed.ac.uk/sharing-things-blog
UoED Wellbeing	https://twitter.com/UoEdWellbeing
Download the UoE Events app	search 'Edinburgh Events' in the App Store or Google Play
Visit the New Students website	www.ed.ac.uk/students/new-students

The Getting Started Guide has been created to help inform and guide you, as a new student, to what is important and to help identify the essential tasks to be completed (before and when you start). This guide also provides you with key information to help you settle into your new university life.

As you prepare to start university, it is important to keep connected with what to expect and know how you will be able to connect with fellow new students. Downloading the UoE Events App will help start those first steps to connecting to Edinburgh and we look forward to supporting you on this journey.

We hope that you find the Getting Started Guide valuable and insightful and wish you all the very best for your journey at the University of Edinburgh.

Document produced by Student Pre-Arrival and Induction team, University of Edinburgh

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Cover illustration by Rebecca Holloway, Illustration graduate

