I’m delighted to welcome you to the University, to Edinburgh, and to Scotland. We are immensely proud of our international student community, which is one of the largest and most diverse in the world. Your presence enriches our classrooms, our community and our city.

Settling into a new home, grappling with a new culture, and living and working through a second language is a challenge but you’re not alone. Many supports and services are available to assist you in settling in and diving into your work, studies and life in Edinburgh.

If I had to give one top tip for starting university it would be to remind yourself that learning does not only take place in the classroom, lab or lecture hall. It also takes place through the people you meet, the clubs you join and the experiences you build up. You may never have the opportunity again to meet so many different people, get involved in new activities, or live somewhere so far from home. You’ve already made a brave decision in studying overseas, I’m asking you to be braver still and chat to people you don’t know, explore a student society or two, and explore the university, city and country. And study hard of course!

Professor James Smith
Vice Principal - International
Preparing to come to Edinburgh

Before coming to study at the University of Edinburgh as an international student, there are some things you'll need to do to prepare. Many of these things are the same for all students, and you can read more about them in the Getting Started Guide. For international students, things can be a little different.

This section will guide you through these differences, to make your arrival in Edinburgh as smooth as possible.

Read the Getting Started Guide: edin.ac/getting-started-guide
Planning your accommodation

It’s important to arrange a place to stay before travelling to the UK, whether you arrive before, during or after Arrival Weekend.

Applying for University accommodation

Applications for University accommodation should have been made when you accepted your offer. Once you’ve completed your online Check-in/Induction on MyEd, you can print/view an Arrivals Pass, which gives specific arrival information for your room. General guidance on applying, moving into and paying for accommodation is in the Getting Started Guide.

Arriving late

Your online Check-in/Induction on MyEd also explains what to do if you arrive late (after 22:00) during Arrival Weekend. In most cases, you’ll collect your keys from your local Site Office or the Reception Centre at Pollock Halls. If you know you’ll arrive after 22:00 email your accommodation to let them know. If you’ve been unable to accept your accommodation contract (also known as a lease or tenancy agreement) before you arrive you’ll be given temporary access to your accommodation and can collect your key the next day.

Information about how to contact accommodation can be found here: edin.ac/arrival-information

Applying for private accommodation

Unless you’ve arranged University accommodation it can be difficult to find long term accommodation while still in your home country. You should make temporary arrangements and ensure you have somewhere to stay when you first arrive in Edinburgh.

How to find accommodation

You can find support and advice on looking for accommodation on the Students’ Association website: edin.ac/the-advice-place-accommodation

For more information about temporary accommodation options, including hotels and guest houses, go to the VisitScotland website: www.visitscotland.com/accommodation

Further information about finding long-term private accommodation is in the Getting Started Guide.

Scams

Do not, under any circumstances, send money to anyone for any accommodation before you’ve seen the property. Make sure the person who shows you the property is the landlord or their representative (such as a letting agent) and always read the tenancy agreement carefully.

Be very wary if you’re asked to send money via a payment service like Western Union, Bidpay or MoneyGram. If you are unsure about anything, contact the Advice Place before handing over any money.

If you’re in doubt about anything in regards to your lease get in touch with the Advice Place. They can check your tenancy agreement for free. For further advice on how to avoid scams see: edin.ac/scams

MyEd is the University’s web portal. It contains links to online resources and access to your University emails, timetables, course materials and course information.
Packing list

In preparing to come to Edinburgh, you can use this list to make sure you bring everything you need. It’s a good idea to pack as little as possible – you’ll be able to get most things you need while you’re here.

You should carry any valuable items in your hand luggage. Never put cash or other valuables in your check-in luggage.

Essentials

- Passport
- Study visa
- Additional proof of identity (Driver’s licence, identity card, etc.)
- Scanned copies of passport, visa and any other important documents
- Printed copy of unconditional offer confirmation (found on MyEd)
- Proof of your address in Edinburgh
- Original certificates of qualifications used to apply for your visa
- CAS statement (found on MyEd) or student visitor invitation letter
- Address of your accommodation, accommodation contact, or evidence of where you’ll stay on arrival
- Printed confirmation of travel tickets
- Marriage and birth certificates (if travelling with dependants)
- A small amount of cash and a credit card (avoid carrying a lot of cash)
- 2 passport-size photographs (for Police Registration, if applicable)
- TB certificate (if applicable)
- English Test Score results (if applicable)
- Any medication (if applicable)

Clothing

The weather in Edinburgh varies greatly, so it’s best to pack a range of clothes for all weather. You’ll be able to buy warm clothes in Edinburgh but it’s also sensible to bring:

- Jumpers
- A waterproof jacket
- Long trousers
- Durable shoes

Electricals

The electrical voltage in the UK may be different from the voltage of your electrical items. You’ll need plug adapters for any electricals you bring with you.

Homeware

Depending on your accommodation (University or private, furnished or unfurnished), you may need a few things for your new home.

If you’re staying in University accommodation you can check what you might need in the facilities section of your accommodation: [edin.ac/search-for-accommodation](edin.ac/search-for-accommodation)

You might want to bring photos of friends and family to make you feel more at home. Read more tips about settling in in our section about culture shock on page 15.
Your first week in Edinburgh

There are a few tasks you should do in your first week in Edinburgh. You can find the tasks that must be completed by all students in the Getting Started Guide.

This section will guide you through the additional or different tasks for international students.

Read the Getting Started Guide: edin.ac/getting-started-guide
Police registration

What is it?
Some international students need to register with the police. This is normally within seven days of collecting your BRP. Check your visa to find out if you’re required to register.

How do I register?
To register with the Police, you need to make an appointment at the Nationality Department (Police Headquarters) at 5 Fettes Ave, Edinburgh EH4 1RB. You can make an appointment in person during the following times: Monday-Friday 9am-12.30pm.

Details are available here: edin.ac/police-registration

What will I need to bring?
To register you must bring:

- Your passport
- The registration fee - £34 (cash only)
- 2 passport-size photographs
- A printed copy of your unconditional offer confirmation (this can be found on MyEd)
- Proof of your address in Edinburgh (for example, your University accommodation contract in MyEd, other accommodation contract, a utility bill, a bank statement)
- Your completed initial registration form. You can download this from our website: edin.ac/police-registration
- Your UK visa/Biometric Residence Permit and accompanying letter
Opening a bank account

Can I open an account?
If you’re studying at the University for more than one semester then you can open a bank account. For shorter visits, you’ll need to find a bank that will accept your business – for example, Santander, Barclays Bank or Bank of Scotland are worth contacting.

What sort of bank account should I open?
Banks offer different types of accounts. As a minimum you should be eligible for a basic account which allows paying in and withdrawing cash in person or at an ATM (cash machine). A basic account will not offer credit such as an overdraft or a credit card. Ask the bank what type of accounts they have available and what account best suits your needs.

Which bank to choose?
It’s up to you to research different banks and decide which suits you best. Some branches have more experience in dealing with international students, which may make it easier to open your account.

How do I open an account?
To open a new bank account you need to bring:
• Your passport and visa/BRP
• Original unconditional offer letter from the University of Edinburgh
• Bank Introduction Letter
If you’re in University accommodation, once you’ve checked in you’ll be able to download and print a Bank Introduction Letter from the Accommodation Information Centre on MyEd; this will provide proof of your Edinburgh address.

Opening a new bank account and setting up a bank account may take longer than expected. Ask how long the process will take for each bank, and be prepared for it to take up to two weeks.

For more information about opening a UK Bank Account:
edin.ac/banking

For information and to apply for a Bank Introduction Letter, please visit:
edin.ac/bank-letter

Further details on accounts you can open and the documents required can be found in our Banking Comparison Table:
edin.ac/banking-international-students
Register with a doctor

Healthcare in the UK is mainly provided through the National Health Service (NHS), a free service for all residents in the UK.

You should register with a doctor, also known as a General Practitioner (GP), as soon as possible after you arrive in Edinburgh.

How do I register?

You can only register with a doctor near to where you live. To find a doctor close to your accommodation, check the NHS24 website and then contact them to enquire whether they will be able to accept new patients:

www.nhs24.scot

When registering with a doctor you’ll need:

• Passport, visa or identity card
• Proof of full-time student status
• Proof of address (printed)

Registration involves completing a form and having a health check. Remember to keep your contact details (address, email address, phone number, etc.) up-to-date so your doctor can stay in touch with you and so you can make an appointment as soon as possible when you need to.

For more information on how to register with a doctor visit:

edin.ac/register-doctor

For further information on healthcare, visit our website:

edin.ac/healthcare

You can find more information on when and how to register on the University Health Service’s website:

www.health-service.ed.ac.uk
International check-in

What do I need to do?

All new international students who require a visa to enter the UK for study purposes (on a Tier 4 and a visiting student visa) must attend the in-person registration event, called International Check-In, to complete the matriculation process.

You’ll need to upload copies of your passport and visa to MyEd before attending the Check-In. You can upload the personal details page of your passport before entering the UK, but you should only upload a copy of your visa after you’ve arrived in the UK and it has been stamped by Border Force at the UK border.

From Saturday 07 to Friday 13 September 2019, the International Check-in will take place in McEwan Hall. After Welcome Week our staff are able to help you complete the International Check-In at the Student Information Point in Old College.

More about International Check-in: edin.ac/international-check-in
Welcome Week 2019
The week before your first semester at the University of Edinburgh is known as Welcome Week.
During Welcome Week you’ll have the opportunity to familiarise yourself with life as a student at Edinburgh. You’ll officially enrol at the University and can attend information sessions, orientation events and a range of activities organised by Edinburgh University Students’ Association, which are designed to help you settle in and get access to University services.

Get the events app
With over 400 events, this year’s Welcome Week programme is packed! The Events app is the best way to help you find the events you need to go to as well as activities that might interest you. edin.ac/events-app

Key events
You can find all events on the Events app, but the next pages list some key events for international students that are helpful to get off to the best start here in Edinburgh.
Parent & Supporter’s Welcome talk

Session one
7 September
14:00-15:00
McEwan Hall

Session two
8 September
11:00-12:00
McEwan Hall

An exclusive event to introduce parents and/or supporters of new students to the University of Edinburgh and the Students’ Association. Learn about what changes students can expect in their first year, and explore ways to prepare for any practical and unexpected changes during this time. This is followed by an informal opportunity to ask University staff questions.

International Student Orientation

Welcome Event
8 September
09:30-10:30
McEwan Hall

Services Fair & Activities
8 September
10:30-15:00
Appleton Tower

A day-long programme of events, presentations and workshops to welcome international students to the university. Get help and advice about starting off in Scotland, sessions about academic culture in the UK, student life, and Scottish culture. You’ll also hear about important things to do in your first weeks here, meet fellow international students and engage with services that will support you throughout your studies. The afternoon programme is full of social and cultural events, like language tandem and traditional Scottish dancing.

edin.ac/international-students-orientation

Principal’s Welcome Ceremony

Morning ceremony
9 September
11:30-12:15
McEwan Hall

Afternoon ceremony
9 September
14:30-15:15
McEwan Hall

No booking is required to attend these events. However, it’s strongly recommended that you arrive 15 minutes before the start to avoid queuing.

edin.ac/welcome-ceremony

Course Options Fair (UG)

Earlier timeslot
10 September
12:00-14:00
50 George Square

Later timeslot
10 September
14:30-16:30
50 George Square

The Course Options Fair is for undergraduate students who can choose from a wide range of optional courses as part of their degree programme. This is an ideal opportunity to ask questions and get more information from both academic staff and current students.

To get the most out of this event we strongly recommend that you begin to research your course options before attending and that you check the full programme for the event in advance.

Check the Course Options Fair information on the New Students website for more details and tools to help you consider your course options:

edin.ac/course-options-fair
Welcome to Edinburgh

Postgraduate Research Students Welcome Talk & Services Fair (PGR)
10 September
12:00-14:00
McEwan Hall
Inviting all new PhD and Masters postgraduate research students to your official welcome event! Find out what you need to know to succeed in your career as a research student. Hear a formal welcome and insights from alumni, followed by opportunities to network and speak with our support and development services. Book your free ticket: edin.ac/pgr-events

Postgraduate Taught Students Welcome Talk & Services Fair (PGT)
Session one
10 September
14:00-15:30
McEwan Hall
Session two (repeat)
10 September
15:30-16:00
McEwan Hall
Inviting all new taught postgraduate students to your official welcome event! Find out how to get off to the best start in your studies. Hear a formal welcome and top tips from alumni, followed by opportunities to network and speak with our support and development services. edin.ac/pgt-events

Postgraduate Research Students Social & Networking Session with Platform One (PGR)
10 September
14:30 - 16:00
Playfair Library
The Development & Alumni team invite you to an exclusive social and networking session for postgraduate students starting their research careers. Join fellow students for refreshments and networking, make connections, and meet current and former students to gain key insights for your student journey.

IESS Meet and Greet
10 September
15:30-17:30
Pleasance Pentland Room
The International and Exchange Student Society (IESS) is the student-run arm of Edinburgh Global, dealing with the social aspects of the international community in Edinburgh. Run by volunteers, it aims to make every student’s time at the University of Edinburgh an unforgettable one. Join the IESS for the first coffee events of the semester. Meet the committee and get involved.
www.facebook.com/iessedinburgh

Postgraduate Taught Students Social and Networking Evening (PGT)
CAHSS Events
11 September
15:30-17:00
Playfair Library, Old College
CMVM & CSE Event
11 September
17:30-19:00
Playfair Library, Old College
The University of Edinburgh and Students’ Association invite postgraduate students (taught and research) to the famous Playfair Library in Old College for an entertaining postgraduate-specific event of socialising with fellow new students, meeting current students and networking with alumni. Staff from your associated college will also be present and look forward to meeting you in an informal setting.
Book your free space: www.eventbrite.co.uk/e/postgraduate-taught-students-social-and-networking-evening-tickets-64801337545
Settling into your life in Edinburgh

This section provides guidance for things to consider after you’ve set up your essentials and begun to settle into your new chapter as a University of Edinburgh student.

To read more about things like getting to know your campuses, managing your money and taking care of yourself whilst here, take a look at the Getting Started Guide. In addition to this, the guidance here provides extra knowledge and considerations for international students.

Read the Getting Started Guide:
edin.ac/getting-started-guide
Transitioning into life here

Studying in a new country can be both exciting and challenging. Everyone has a unique experience, but there is a pattern of adjustment from when you start university, through to settling happily into your new life. You might experience all or none of it, but here’s a little about what to expect.

For more information see the Students’ Association’s top tips: edin.ac/homesick-top-tips

The W-curve
The best way to address culture shock is to understand where it’s coming from. We use the ‘W-curve’ to highlight stages of transition you might experience in your first year.

The honeymoon
It’s your first week and you’re surrounded by people, open to making new friends and trying new things. All your hard work has paid off and you’re finally here! You may feel homesick, but it’s mixed with the excitement of a new experience.

Culture shock
Halfway through your first semester, you may start to miss old routines. Your new friendships, even if they’re going well, might not feel as comforting as ones from home. Academic pressures of end of term assessments are also building. This may feel like a challenging time – but things will look up soon!

Initial adjustment
It’s the end of your first semester, and you’re settling into routines and responsibilities. Friendships are becoming deeper and comfortable, and things are falling into place.

Mental isolation
On returning home, for example during the holidays, you may feel another dip. Maybe you returned home to find that things have changed. Or maybe you’ve changed, but home life hasn’t. Returning to University, you might feel the need to re-adjust, resulting in possible isolation.

Acceptance & integration
You’re halfway into your second semester and you start to feel connected to your new life and confident in your friendships. It doesn’t mean everything’s perfect, but you feel part of a community and confident being yourself.
How can I cope?

Many international students have experienced these feelings and have suggested ways to cope with them:

- Keep in touch with family and friends at home
- Have familiar things around you that have personal meaning, e.g. photographs
- Make friends with other international students going through the same experience, e.g. IESS organises coffee meetings and trips: [www.iessedinburgh.com](http://www.iessedinburgh.com)
- Join societies to meet people and find activities you like to do: [edin.ac/eusa-societies](http://edin.ac/eusa-societies)
- Keep a diary so you can see how things are changing
- Find someone to talk to, don’t isolate yourself. Chaplaincy, Counselling service, Nightline and Bigwhitewall are here to help: [edin.ac/chaplaincy](http://edin.ac/chaplaincy) [edin.ac/student-counselling](http://edin.ac/student-counselling) [ednightline.com](http://ednightline.com) [www.bigwhitewall.com](http://www.bigwhitewall.com)
- Find shops selling food that you might eat at home
- Take regular exercise or join a sports society: [edin.ac/sport-exercise](http://edin.ac/sport-exercise)
- Eat a healthy and balanced diet

Listen to more current international students’ experiences in transitioning into life in Edinburgh, adapting to local culture, academic life and passing on their top tips: [edin.ac/culture-shock](http://edin.ac/culture-shock)

“I took it step-by-step and started making myself a routine...It went really well. I’m so happy here.”

- Hugo, BSc (Hons) student from Spain
Academic style & support

The academic style and marking system at the University might be different from what you’re used to. In certain subject areas, you may be asked to adapt to different kinds of learning including independent study, critical thinking, group work or extensive reading.

LEARN
The best way to keep track of your course requirements, assessment criteria and deadlines is to look at your Course Handbook, available on your course page on LEARN. Lecturers and tutors also offer guidance on studying and what’s expected of you, either on LEARN or during your classes.

Marks
The marking system at the University is something that many new international students find different. Learn more about the Common Marking Scheme for your degree: edin.ac/common-marking-scheme

For further information, read about Study skills for success: www.ukcisa.org.uk/Information-Advice/Preparation-and-Arrival/Study-skills-for-success

Institute for Academic Development
The Institute for Academic Development (IAD) aims to help you succeed in your current studies and future career. They provide courses and events, learning resources and study advice. Advice and information are also available via LearnBetter. LearnBetter is a study skills resource prepared by study development advisors at IAD to help you go about your academic work effectively and successfully. edin.ac/iad

English Language Education (ELE)
English Language Education provides English language support in the form of courses, materials, and one-to-one tutorials for international students at the University to achieve their full academic potential. Further information about our non-credit English support is available online: edin.ac/ele-elsis

ELE also offer credit-bearing academic English courses for visiting students: edin.ac/ele-visiting-students

Effective English Learning
These independent study materials are ways of improving your English informally, beyond the classroom. It’s based on English Language Education research into the experiences of international students at the University of Edinburgh. The areas covered are listening, reading, grammar, vocabulary, writing, speaking and pronunciation. edin.ac/iad-english

Pre-arrival Academic Support
Many international students feel unprepared for academic life in the UK. Prepare for Success is an interactive web learning tool containing activity-based learning resources.

Another resource is the Epax Academic Writing course, which teaches key features of academic writing. It includes work on areas like academic English style, essay structure, grammar and referencing. edin.ac/ele-pre-arrival-support

Tandem Language
Tandem is a popular language exchange programme run by Edinburgh University Students’ Association. All students are welcome! It’s designed to help you meet people and learn languages in a fun, relaxed, social environment without tutors, exams or lectures. edin.ac/eusa-tandem
Support services

There are many support and advice services available at the University. You can learn more about them at Services Fairs during Welcome Week.

Personal tutors
There is also support available in your School through your personal tutor and the Student Support Team. Your personal tutor, a member of academic staff, will provide you with academic guidance and help you reflect on your academic progress throughout your studies. You’ll be assigned a personal tutor during your first week of studies. edin.ac/personal-tutors

Student Support Team
Your School Student Support Team Officer is your first point of contact for all administrative and pastoral matters including degree transfer, absences, learning adjustments, etc.

Both personal tutors and the Student Support Team can guide you to the wider network of university-wide specialist student support services, like Counselling Services, Student Disability Services, Finance, and Student Administration.

Advice Place
For advice outside your school, the Advice Place is a professional confidential advisory service, run by the Students’ Association. They provide support on queries relating your studies, health and wellbeing, accommodation and finances. edin.ac/advice-place

The Student Immigration Service provides support for students studying on a student visa. They can give advice if:
- Your visa or passport is lost or stolen
- There are changes to your studies (length, level, resits)
- You need a new Tier 4 application
- You’re bringing your family to Edinburgh

More about these services: edin.ac/student-support
Staying safe

Edinburgh is a safe city with a low crime rate, but it’s still important to pay attention to personal safety.

Advice for staying safe

• Don’t leave valuable property (like phones, tablets or laptops) unattended in libraries, study rooms or other open spaces.

• Use common sense. If studying late or by yourself, tell somebody. If you feel unsafe or something isn’t right, contact the Security Section or Police Scotland.

The University Security team is always available on campus for advice or assistance and are easily recognisable by their red jackets. The Security Section can assist in an emergency, give out-of-hours student support, and help prevent crime in your area. You can call them on 01316502257 at any time of day, every day (including holidays).

www.ed.ac.uk/security

In an emergency:
Call 2222 from an internal campus phone
Call 999 for police/fire/ambulance
(Emergency services are available 24/7)

Non-emergency services:
Call 101 for police
Call 0131 228 2401 for fire services
Call 111 for NHS24
Opportunities

You might be interested in working or volunteering, in a part-time job during the semester, or during the summer.

Career resources

The Careers Service has a range of resources available for all international students. They offer career advice, networking opportunities, and access to internships and graduate vacancies. They can also help you find part-time work and build your CV.

What you’ll need

To work in the UK you’ll need a National Insurance (NI) number. Apply for your National Insurance Number as early as possible.

Find out how to apply:
edin.ac/NI-guide
edin.ac/careers

If you’re from a non-EU/EEA country or Switzerland, there are restrictions on the amount and type of work you can do in the UK. Find out more:
edin.ac/working-in-uk-during-studies

MyCareerHub is a jobs and opportunities database for current students and graduates of the University of Edinburgh. You can search for jobs and events, ask career-related questions or find resources.

Register here:
www.hub.ed.ac.uk/students/login
Shopping

Food shopping

Edinburgh has many different supermarkets, local food shops and places to eat out, many within easy reach of the University’s central area. Here are some tips to make the right choices and stay in budget while studying in Edinburgh.

Top tips

- Buying food on a weekly basis can keep costs down and avoid waste.
- Sharing food shopping with flatmates can save time and money.
- Most supermarkets offer online shopping and delivery for a small charge.
- Most supermarkets have a reduced section, with discounts on foods with a short life-span.
- Preparing fresh meals is cheaper and healthier than buying pre-prepared meals or take-away food.
- Frozen fruit and vegetables are just as healthy as fresh; they can be kept longer and are often cheaper.
- Student discounts are often offered in restaurants and take-aways.

Supermarkets

Most major supermarket chains have stores in and around Edinburgh. Many of these are close to the central area of the University.

International foods

There is a wide variety of food available from local shops. Edinburgh is a cosmopolitan city with many specialist and international shops and restaurants. Meat, fruit, vegetables, spices and other products from around the world can be found close to the University and throughout the city. Halal and Kosher foods are available from both specialist stores and some larger supermarkets.

Local & ethical foods

There are a number of food shops that offer local and ethical options in and around Edinburgh. Whether you’re looking for organic food, vegan options, gluten-free or locally grown ingredients, you’ll be sure to find something that suits your needs.

Clothing

Many popular clothing shops can be found in the city centre, on Princes Street. More exclusive shops can be found nearby around George Street and Multrees Walk. There is also a shopping mall in the city centre, Waverley Mall.

Charity shops

Charity shops are operated by charitable organisations for fundraising purposes. Most of their products are second-hand items in very good condition, ranging from clothes to toys and household items. There is a wide selection of charity shops close to the University central campus, between South Bridge and South Clerk Street, on the west side of the city, between Home Street and Leven Street, as well as in Stockbridge, Leith and Morningside.

Household items

You can buy items such as lamps, furnishings and small appliances at a few different shops. IKEA is an affordable option, located outside the city. Many students make group trips to IKEA during Welcome Week. Argos is another option, and can be found on South Bridge or in various shopping complexes. The city centre is also home to shops like TK Maxx and Primark which also sell affordable household items. For a range of smaller household items, Poundland or Poundsavers are noteworthy discount retailer shops.

Mobile phones

If you’re using a mobile phone that you brought with you, you could be paying much more than necessary to make calls from the UK. You can simply change the SIM card if your phone is unlocked. You can also buy a mobile phone in the UK for a reasonable price. Before you buy anything, you should do a bit of research on the various tariffs available. Price comparison websites are a good place to start: www.moneysupermarket.com www.confused.com
Supermarkets
1 Asda
2 Farmfoods
3 Iceland
4 Lidl
5 Sainsbury’s
6 Scotmid
7 Tesco

Specialist shops
8 Aihua (Chinese, Asian)
   36 West Crosscauseway
9 Africa Crest (African)
   193 Gorgie Rd, Edinburgh EH11 1TT
10 Al-Medina (Middle East)
   10 Nicolson Square
11 Bismillah Food Store
   (Middle East)
   3 Nicolson Square
12 Continental Food
   (Eastern European)
   368 Gorgie Road
13 Janatha Food Store (Indian)
   34-36 Montrose Terrace
14 Lupe Pintos
   (Mexican, Latin American)
   24 Leven Street
15 Maqbool’s
   (Halal, Asian, Middle East)
   36 Potterrow
16 Starlight Chinese Supermarket
   (Chinese, Asian)
   25-29 Clerk Street
17 Rajah’s Supermarket
   (Halal meat, Indian, Asian)
   33 Albert Street
18 Valvona & Crolla
   (Italian, Mediterranean)
   19 Elm Row
19 White Eagle (Polish)
   5 Earlston Place,
   Edinburgh EH7 5SU
Edinburgh is recognised as one of Scotland’s leading sporting universities. There are plenty of sport and exercise facilities across campus, with access to gyms, dance studios, boxing and martial arts areas, archery, climbing and much more.

edin.ac/sport-exercise

Edinburgh University Sports Union

With over 8,000 members, the Edinburgh University Sports Union is made up of 65 different sports clubs to choose from. The clubs are well managed and equipped, catering to all levels of ability.

For further information about our range of sports clubs, and links to club websites, please visit the EUSU website.

edin.ac/eusu

Staying active

It’s easy to stay active in Edinburgh. Walking is often the easiest way to travel and there are a range of bike routes across town. You don’t even have to leave the city to find good hiking trails but can find them on Arthur’s Seat, Calton Hill or in the Pentland hills nearby.
Transport

Edinburgh is a great city to walk or cycle in. You can also travel around Edinburgh by bus, tram and train.

Find out more about travelling within Edinburgh in the Getting Started Guide:
edin.ac/getting-started-guide

University shuttle bus service
The University provides a free shuttle bus service for students and staff to travel between the Central Area and the King’s Buildings. Find out more about timetables and pick up points on the University website.
edin.ac/shuttle-bus

Cycle hire scheme
Edinburgh also has a cycle hire scheme called Just Eat Cycles. Docking stations are available at several university sites.

Bikes can be hired and returned to any cycle hire point at any time. Use the mobile app to find hire points. Visit their website for more information including pricing.
www.edinburghcyclehire.com
## Common Abbreviations

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<th>Abbreviation</th>
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<tr>
<td>CAHSS</td>
<td>College of Arts, Humanities &amp; Social Sciences</td>
</tr>
<tr>
<td>EASE</td>
<td>Your University login, used to access services including MyEd and LEARN</td>
</tr>
<tr>
<td>ECA</td>
<td>Edinburgh College of Art</td>
</tr>
<tr>
<td>EDUROAM</td>
<td>WiFi at many education institutions worldwide, including the University of Edinburgh</td>
</tr>
<tr>
<td>ELE</td>
<td>English Language Education (a University centre providing English courses)</td>
</tr>
<tr>
<td>EUCLID</td>
<td>Portal with student information, used by university staff</td>
</tr>
<tr>
<td>EUSA</td>
<td>Edinburgh University Student Association</td>
</tr>
<tr>
<td>GP</td>
<td>General practitioner (doctor)</td>
</tr>
<tr>
<td>IAD</td>
<td>Institute for Academic Development (study skills support for students)</td>
</tr>
<tr>
<td>IS</td>
<td>Information Services (provide IT support)</td>
</tr>
<tr>
<td>LEARN</td>
<td>A virtual learning environment which hosts course information, provides access to materials, grades, feedback and virtual submission boxes for assignments.</td>
</tr>
<tr>
<td>LLC</td>
<td>School of Literatures, Languages &amp; Cultures</td>
</tr>
<tr>
<td>MA</td>
<td>Master of Arts, in Scotland this typically refers to an undergraduate degree</td>
</tr>
<tr>
<td>MSc</td>
<td>Master of Science, in Scotland this typically refers to a postgraduate degree</td>
</tr>
<tr>
<td>MyEd</td>
<td>The University’s web portal that includes access to your emails, timetables and course learning materials. It’s also where you can update your personal details, pay your tuition fees and apply for University accommodation.</td>
</tr>
<tr>
<td>NHS</td>
<td>National Health Service (healthcare system in the UK)</td>
</tr>
<tr>
<td>PG</td>
<td>Postgraduate</td>
</tr>
<tr>
<td>PGDip</td>
<td>Postgraduate Diploma</td>
</tr>
<tr>
<td>PPLS</td>
<td>School of Philosophy, Psychology &amp; Language Sciences</td>
</tr>
<tr>
<td>SPS</td>
<td>School of Social &amp; Political Science</td>
</tr>
<tr>
<td>SQA</td>
<td>Scottish Qualifications Authority</td>
</tr>
<tr>
<td>UCAS</td>
<td>Universities &amp; Colleges Admissions Service in the UK</td>
</tr>
<tr>
<td>UG</td>
<td>Undergraduate</td>
</tr>
<tr>
<td>UoE</td>
<td>University of Edinburgh</td>
</tr>
<tr>
<td>VP</td>
<td>Vice Principal or vice president</td>
</tr>
</tbody>
</table>
Useful links

Support at the University

Accommodation
Advice Place
Careers Service
Edinburgh Global
International Student Support Facebook
IT & Computing Help
New Students
Students’ Association
Student Counselling
Student Disabilities
Student Immigration

www.accom.ed.ac.uk
www.ed.ac.uk/advice-place
www.ed.ac.uk/careers/international-students
global.ed.ac.uk
www.facebook.com/edinburghuniversityinternational
www.ed.ac.uk/is/it-help
www.ed.ac.uk/new-students
www.eusa.ed.ac.uk
www.ed.ac.uk/student-counselling
www.ed.ac.uk/student-disability-service
www.ed.ac.uk/student-administration/immigration

Life at University

Chaplaincy Centre
Residence Life
Sport & Exercise
Sports Union
Student Societies
Volunteering

www.ed.ac.uk/chaplaincy
www.accom.ed.ac.uk/for-students/residence-life
www.ed.ac.uk/sport-exercise
www.eusu.ed.ac.uk
www.eusa.ed.ac.uk/activities/societies
www.eusa.ed.ac.uk/activities/volunteering

Academic support

English Language Education
Institute for Academic Development
Peer Learning Support
Workshops for UG
Workshops for PG
Writing guidance

www.ed.ac.uk/english-language-teaching
www.ed.ac.uk/institute-academic-development
www.ed.ac.uk/peer-learning-support
www.ed.ac.uk/iad-ug
www.ed.ac.uk/iad-pg
www.rlf.org.uk/resources-home

Exploring

Edinburgh Festivals
UoE Events App
Visit Scotland
Walkinghighlands

www.edinburghfestivalcity.com
www.ed.ac.uk/events-app
www.visitscotland.com
www.walkhighlands.co.uk

Emergencies

Information
Emergency Services
Emergency healthcare
Nightline
Samaritans
University Security
Embassies & Consulates

www.ed.ac.uk/students/emergency
edin.ac/2z04WNs
edin.ac/2yYRk4W
www.ednightline.com
www.samaritans.org/scotland/how-we-can-help
www.ed.ac.uk/security
www.visitscotland.com/about/practical-information/embassies-consulates