



THE UNIVERSITY
of EDINBURGH



Welcome to Edinburgh

A guide for international students

Welcome

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.

I recognise that this year things are a little different, but you are just as welcome as ever to our

international community. My traditional top tip is that learning does not take place only in the classroom or laboratory, it takes place through all the interactions you have, and accumulate.

That may be more pertinent this year than any other, reach out virtually and reach out in person, to meet new people, explore new perspectives and try new experiences. You are brave, you are studying at a foreign university perhaps in a second language. Be even braver, make connections, reach out to people, and whenever you get to Edinburgh explore it and embrace life in it.

Professor James Smith
Vice Principal - International

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Preparing to come to Edinburgh

As a new international student there are some important things to plan before you come to study at the University of Edinburgh. This section will guide you through these to make your arrival in Edinburgh as smooth as possible when you travel from outside the UK. If you are unable to travel to Edinburgh in September you will still be able to start your degree digitally, wherever you are in the world, and join us later.

If you cannot be on campus at the start of the semester, you should keep in touch with your school. Our staff will make sure that you are kept updated, and can help you to decide when the best time to come on campus might be.

You'll also find helpful information, relevant for all new students, in the Getting Started Guide:

edin.ac/getting-started-guide

'How-to' sessions

Our online 'How-to' sessions are an opportunity to ask questions and prepare to get started at the University.

edin.ac/online-information-sessions



Ensuring your safety

We've made adjustments on campus to be ready to welcome you safely in September, with measures in place to combat the Covid-19 pandemic.

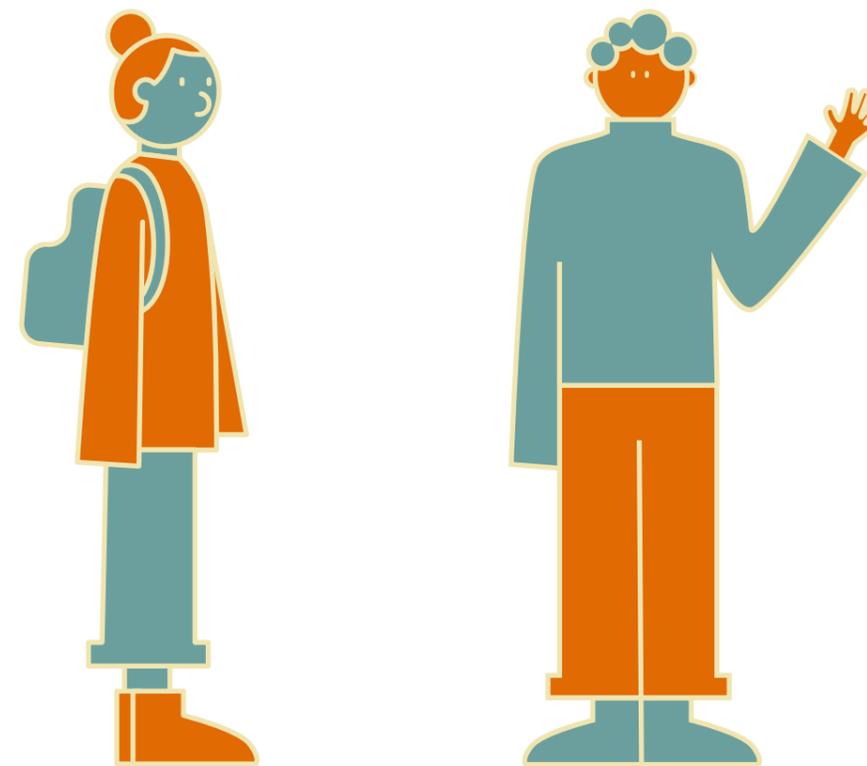
Edinburgh is a safe and small city and easy to get around on foot or by bike. It's full of green spaces; parks, squares, hills and gardens. There's plenty of room to exercise, relax and to study safely.

To be ready for your arrival, we've reviewed all of our campuses. We're following Scottish Government and Public Health Scotland guidelines to ensure our buildings have:

- hand hygiene facilities near entrances
- one way systems and circulation spaces
- screens at all reception areas
- clear health and safety signage
- increased cleaning regimes for all shared spaces and equipment
- reduced occupancy and reconfigured layouts in shared spaces

We're committed to ensuring you get the same high-quality teaching that we have delivered for over 400 years, as well as access to all the support you need.

For more information about how we're adapting:
edin.ac/coronavirus-prospective-students-edinburgh



Planning your accommodation

When you plan to travel to the UK, it's important that you also plan where you will stay when you arrive.

Applying for University accommodation

When you have accepted your offer to study you can apply for University accommodation through the student portal, MyEd.

edin.ac/accommodation

MyEd is your student portal to access online resources, your student email account, timetables, learning materials and course information.

Once you've completed your accommodation online check-in and e-induction on MyEd, you will receive an online document, your Arrival Pass, with information about your room and instructions for moving in. .

For more information about University accommodation: www.ed.ac.uk/students/new-students/accommodation

Arrival period

Your student accommodation will be available to move into at a specific time between 12-19 September - the details will be on your Arrival Pass. You'll receive instructions to follow and information about welcome activities you can join.

If your programme has an early start date your student accommodation will be available early.

Early Arrivals

If you choose to arrive before your student accommodation contract starts, you'll need to arrange temporary accommodation. Student Accommodation Services offer some short-term options.

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

Arriving at night

Your arrival information on MyEd explains what to do if you arrive at night (after 22.00). In most cases, you can collect your keys from a

Site Office or the Reception Centre at Pollock Halls. If you know you'll arrive after 22:00 you should email your accommodation contact to let them know. If you've been unable to accept your accommodation contract before you arrive you'll be given temporary access to your accommodation and can collect your key the next day.

For more information about arrival to student accommodation: edin.ac/arrival-information

Health and safety in student accommodation

Find out more about our measures to keep you safe in your student accommodation: edin.ac/3g8IC86



Self-isolation

Some international travellers have to self-isolate for 14 days upon arrival to their final destination in Scotland. If you are required to self-isolate in student accommodation you'll be able to access support during that time.

If you are self-isolating in private accommodation and need essential assistance, you can contact the national helpline on 0800 111 4000.

For more information on self-isolation in Scotland: www.gov.scot/publications/coronavirus-covid-19-public-health-checks-at-borders

Finding private accommodation

It is easier to find long-term private accommodation once you arrive in Edinburgh, than searching while you are not in the city. 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:

www.visitscotland.com/accommodation

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

Scams

Never 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 cautious if you're asked to send money via a payment service like Western Union, Bidpay or Money Gram.

If you have any doubts, get in touch with the Advice Place. They can check your tenancy agreement for free.

For more information on how to avoid scams:

edin.ac/scams



Packing list

You can use this list to make sure you bring everything you need to Edinburgh. You'll be able to get many things you need when you arrive, so it's possible to pack just the essentials.

Essentials

Essential for travel into the UK, setting up a bank account, registering with a doctor and checking in as an international student.

- Face coverings for travelling and when you arrive like a cloth mask or a scarf
- 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

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

Home furnishing

You may need a few things for your new home, depending on your accommodation.

If you're staying in University accommodation your room will be furnished. Some private accommodation may be

unfurnished, meaning you'll need to buy your own home furnishings.

You might want to bring photos of friends and family to make you feel more at home in your accommodation. Read more tips about getting settled in the information about culture shock on page 15.

Electricals

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

Arriving in the UK

E-Gates or Border Control Officer

EU, EEA or Swiss

If you have a biometric UK, EU, EEA or Swiss passport you can use eGates to enter the UK. The eGates are automatic, where a passport reader and camera, rather than a border officer, will verify your identity. You will not receive a stamp in your passport.

Australia, Canada, Japan, New Zealand, Singapore, South Korea and the United States

The use of eGates is open to nations of Australia, Canada, Japan, New Zealand, Singapore, South Korea and the United States.

If you have a passport from these countries you should only use E-gates if you have your visa before you travel to the UK. Otherwise you must meet with a Border control officer to get the correct permission to begin your studies.

Keep your boarding passes or travel itinerary in a safe place as you will need to evidence your date of arrival in the UK.

Other nationalities

When you arrive in the UK, you should meet with a border control officer who will check your passport and UK immigration permission. Border control officers may also ask you to present documents relating to your studies (your CAS or unconditional offer letter), your finances (bank statements) and your accommodation. Carry this evidence in your hand luggage.

Short-term students

Can I enter the United Kingdom via Dublin?

If you are a non-EU/EEA/Swiss national, then you must enter the United Kingdom via a UK port of entry, for example, Edinburgh or London Heathrow airport. You can't travel via the Republic of Ireland, as you will not meet with UK immigration control, and you will not get a visa stamp that permits you to study in the UK.

If you have any concerns about the travel you have booked you can get advice from the Student Immigration Service.

Can I use E-gates to enter the UK?

If you are a non-EU/EEA national, then you must not use airport E-gates. You must meet with UK immigration control to get your passport stamped.

You can download a document from the UKVI to show at Border Control to make sure you get a stamp in your passport.
bit.ly/2CSOgwX

For more information about arriving in the UK:

edin.ac/arriving-in-the-uk

What you can or cannot bring to the UK

There are some rules about what you can or can't bring into the UK.

For more information:

www.gov.uk/guidance/personal-food-plant-and-animal-product-imports

Coronavirus and entering the UK

It is important to check the latest information before you travel – advice may change.
www.gov.uk/uk-border-control



Your first week in Edinburgh

As an international student there are some extra steps and tasks that you'll need to complete. This section explains those tasks for your first week.

You'll also find tasks for all new students in the Getting Started Guide:

edin.ac/getting-started-guide

Up to date information for new students can be found on the New Students website:
www.ed.ac.uk/new-students



International check-in

What do I need to do?

All new international students who require a visa to enter the UK (Tier 4 and visiting student visas) must complete the 'International Check-in' online, part of the student registration process.

You need to upload images of your passport and visa to MyEd before completing the Check-In.

You can upload the personal details page of your passport before entering the UK. Once you arrive in the UK you should upload images of the visa vignette and entry clearance stamp from your passport.

For more about International Check-in:

edin.ac/international-check-in



Registering 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 find out if you can register:

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 usually involves completing a form and having a health check. You always make sure your doctor has your up-to-date contact details. This means your doctor can stay in touch with you and there'll be no delays if you need to make an appointment.

For more information on how to register with a doctor:

edin.ac/register-doctor

For more information on healthcare:

edin.ac/health-care



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 find limited options but you can check traditional or online banks for services that suit your needs.

What sort of bank account should I open?

Banks offer a range of different accounts. You should be eligible for a basic account which allows you to pay in or withdraw cash either in person or at an ATM (cash machine). A basic account will not normally offer an overdraft facility or a credit card.

Which bank to choose?

It's up to you to research and decide which bank best suits your needs. 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:

- 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.

The process of opening your bank account could take up to two weeks - you can check with the bank you choose how long it will take.

For more information about opening a UK Bank Account:

edin.ac/banking

To apply for a Bank Introduction Letter:

edin.ac/bank-letter

For more information on bank accounts and the documents required:

edin.ac/banking

Contactless payment

To minimise touch points on campus and in shops and businesses around the city, it's encouraged to use contactless or cashless payment whenever possible. In most cases you can make payments with a contactless bank card or using your mobile phone.

Events

Welcome events

In Welcome Week, the week before Semester 1, and in the first few weeks of the academic year there are a range of online and on campus events to welcome you to the University.

For more information about Welcome Week:

edin.ac/welcome-week

Global Buddies

Global Buddies is a programme to meet new people and make friends no matter where you are based in the world. As a member of Global Buddies, you will join an online group of new students led by two current students, your Buddy Group Leaders. They'll help you adjust to the student life and to your student community.

For more information about Global Buddies:

edin.ac/global-buddies

Download the events app

The Events app is the best way to help you find the events you need to go to and activities that interest you.

edin.ac/events-app



Police registration

What is it?

Some international students are normally required to register with Police Scotland within seven days of collecting the BRP (Biometric Residence Permit). Registrations are currently suspended because of the measures to combat the Covid-19 outbreak, so you are not required to register at the moment.

If registration becomes available again you should comply with the guidance you receive the University and Police Scotland.

You can check your visa to find out if you will need to register.

For more information about police registration:

edin.ac/police-registration

Immigration support

The Student Immigration Service provides support for students studying on a student visa.

For more information:
ed.ac.uk/immigration



Settling into your life in Edinburgh

Once you've set up the essentials there are some more things you can consider to help you settle into your new chapter as a student in a new country.

You can also find more information in the Getting Started Guide:

edin.ac/getting-started-guide

New Students Facebook group

You can get to know your new community, ask questions and meet fellow classmates on the Facebook group for new students:

www.facebook.com/groups/UoENewStudents20202021



Adapting to 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 knowing what to expect can help.

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

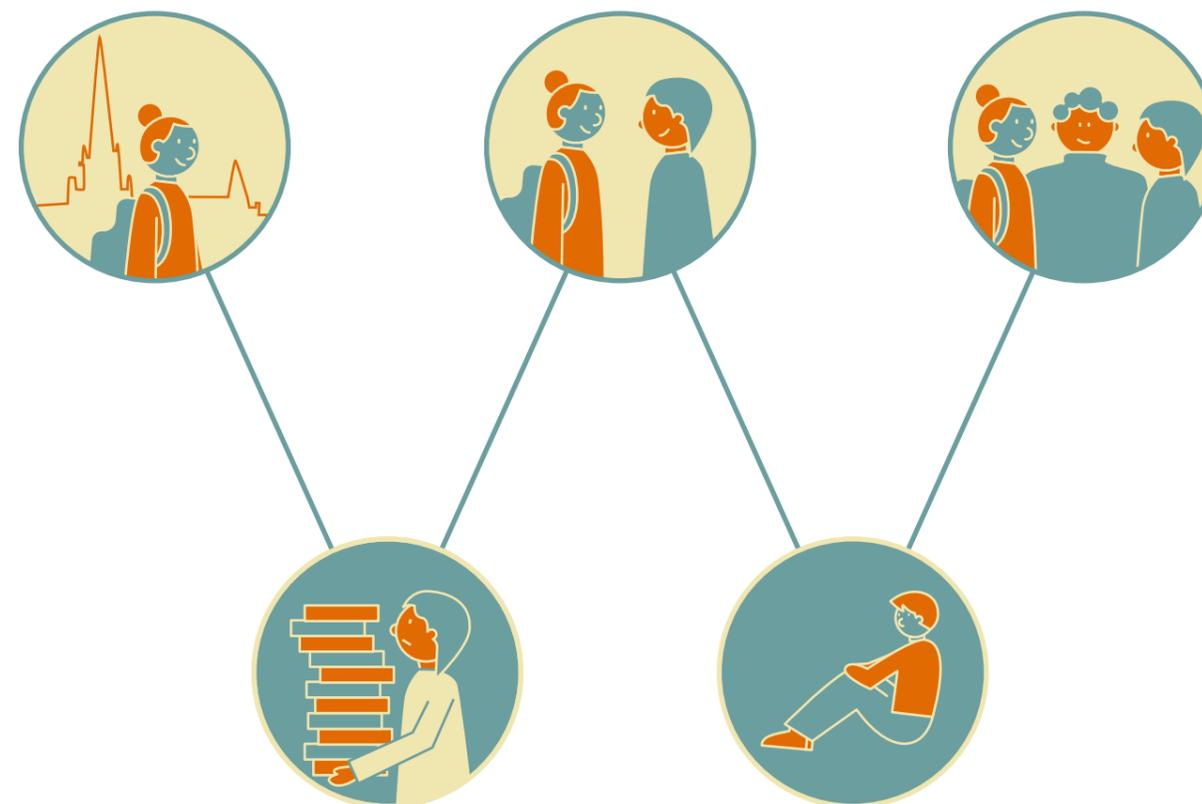
comfortable, and things are falling into place.

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.



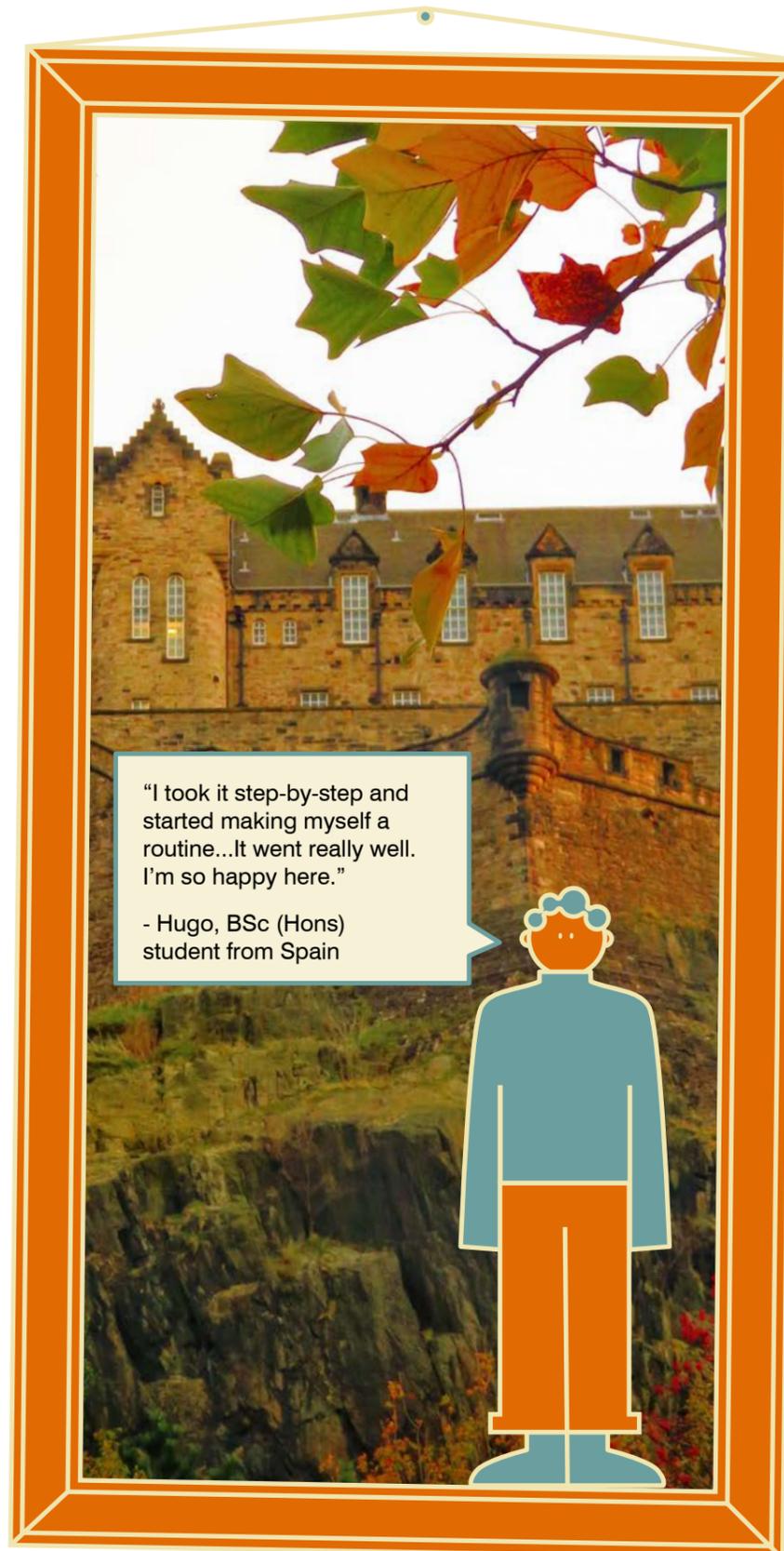
How can I cope?

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 like photographs or messages
- Make friends with other international students going through the same experience
- Join societies to meet people and find activities you like to do:
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, and BigWhitewall are here to help:
edin.ac/chaplaincy
edin.ac/student-counselling
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
- Eat a healthy and balanced diet

Listen to 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



Academic style & support

You'll receive a blend of face-to-face and virtual teaching. Your interactions with lecturers and fellow students are an important part of the learning experience both on-and off-campus.

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.

LEARN is the University's Virtual Environment. You'll be able to find course materials, course handbooks, assignments, marks, feedback and more for each of your courses on **LEARN**.

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 more information on 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 Study Hub. Study hub 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 tutorials for international students to achieve their full academic potential. For more information on our non-credit English support:

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.

www.prepareforsuccess.org.uk

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

Support services

There are many support and advice services available at the University.
edin.ac/student-support

Personal tutors

Support is 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, and learning adjustments.

Both personal tutors and the Student Support Team can guide you to the wider network of the University's specialist support services, like Counselling Services, Student Disability Services, Finance, and Student Administration.

Advice Place

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
- You're applying for the EU settlement

For more information:
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 your best judgement. If studying late or by yourself, tell somebody. If you feel unsafe or something isn't right, contact the University's Security Team or Police Scotland.

The Security Team is always available on campus for advice or assistance and are easily recognisable by their red jackets. The Security Team can assist in an emergency, give out-of-hours student support, and help prevent crime in your area. You can call them on 0131 650 2257 at any time of day, every day, including holidays.

edin.ac/security

Phone scams

Sometimes international students are a target for fraudulent phone calls, text or voice messages. Be cautious - you may be contacted by someone pretending to represent legitimate organisations such as your government's Embassy, Police, Prosecutor's Office, Court or any United Kingdom government agency.

What to look out for

- The phone number may be disguised and although appearing correct it could be a scam.
- Requests for personal information or bank account details
- Requests to transfer money by any method.

What to do

- End the call immediately, or stop replying to messages
- Get help - you can contact the Advice Place, or if it's urgent report it to the University's Security Team
- If you have transferred money you should contact your bank immediately and report it to local police.

For more information about phone scams:

edin.ac/scams-finance

University Security Team

0131 650 2257
security@ed.ac.uk

The Advice Place

0131 650 9225
advice@eusa.ed.ac.uk

Student Information Point

0131 650 2845
infopoint@ed.ac.uk

Covid-19

For the latest advice about health and safety relating to Covid-19:

edin.ac/coronavirus

Emergency services

Call 999 for police, fire and rescue, ambulance.

Non-emergency services

Call 101 for non-emergency police services

Call 111 for National Health Service

Call 0131 228 2401 for local fire service support

Call 2222 on internal phones for University Security



Opportunities

If you'd like to work or volunteer during your studies or during holidays you can get support.

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.

For more information about how to apply:

www.gov.uk/apply-national-insurance-number
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

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.

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

Health and safety measures

Guidance on health and safety is subject to change. Always follow Scottish Government guidance.

Face coverings

It's mandatory to wear a face covering in shops in Scotland; one of the public health measures in place.

Physical distancing

To ensure that physical distancing is possible, some shops are limiting the number of customers allowed in at the same time. This means that sometimes you may have to wait outside. Some shops also have one-way systems - you should follow relevant signage or instructions.

Contactless payments

Using contactless payments with a card or mobile phone is encouraged, and in some places it's required. This type of payment limits touchpoints in shops and businesses.

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

- Most supermarkets offer online shopping and delivery for a small fee.
- Buying food weekly can keep costs down and avoid waste.
- Sharing food shopping with flatmates or friends can save time and money.

- Most supermarkets have a 'Reduced price' 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. There are many supermarkets close to the central area of the University.

International foods

A wide variety of food is available from local shops. Edinburgh has 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 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 can find something that suits your needs.

Clothing

You can find a variety of clothing shops in the city centre, around 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

Some charities run shops for fundraising. Most of their products are second hand items in good condition, from clothes and books to toys and household items. There are several charity shops close to the 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, furniture and small appliances in shops or online if you need them. In Edinburgh, there are large stores like IKEA and Argos, and smaller local shops for a range of budgets.

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 can compare offers from a range of providers:

www.moneysupermarket.com
www.confused.com

Top tips

- Download apps for grocery or take-away food deliveries.
- Carry your own reusable bags to avoid the 10p plastic bag charge.
- Carry a hand sanitiser to use before and after shopping.



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

Sports

Edinburgh is recognised as one of Scotland's leading sporting universities. We've put in essential measures to ensure health and safety is a top priority in response to the Covid-19 outbreak. There will continue to be restrictions to protect our students and staff, with a clear, phased plan to re-open our sport and exercise facilities across campus.

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. The clubs are well managed and equipped, catering to all levels of ability and will be accepting new members and operating within the current health and safety guidance.

For more information about our range of sports clubs, and links to club websites:

edin.ac/eusu

Staying active

It's easy to stay active in Edinburgh. Walking is often the easiest way to travel and there is a network of bike paths around the city. You can find good hiking trails within the city on Arthur's Seat, Calton Hill or in the nearby Pentland hills.



Transport

Edinburgh is a safe and small city and easy to get around on foot, by bike, by bus or by tram.

Local bus and tram services are operating; in Scotland wearing a face covering is mandatory on public transport to protect yourself and others. Guidance on face coverings may be subject to change - please follow current government guidelines

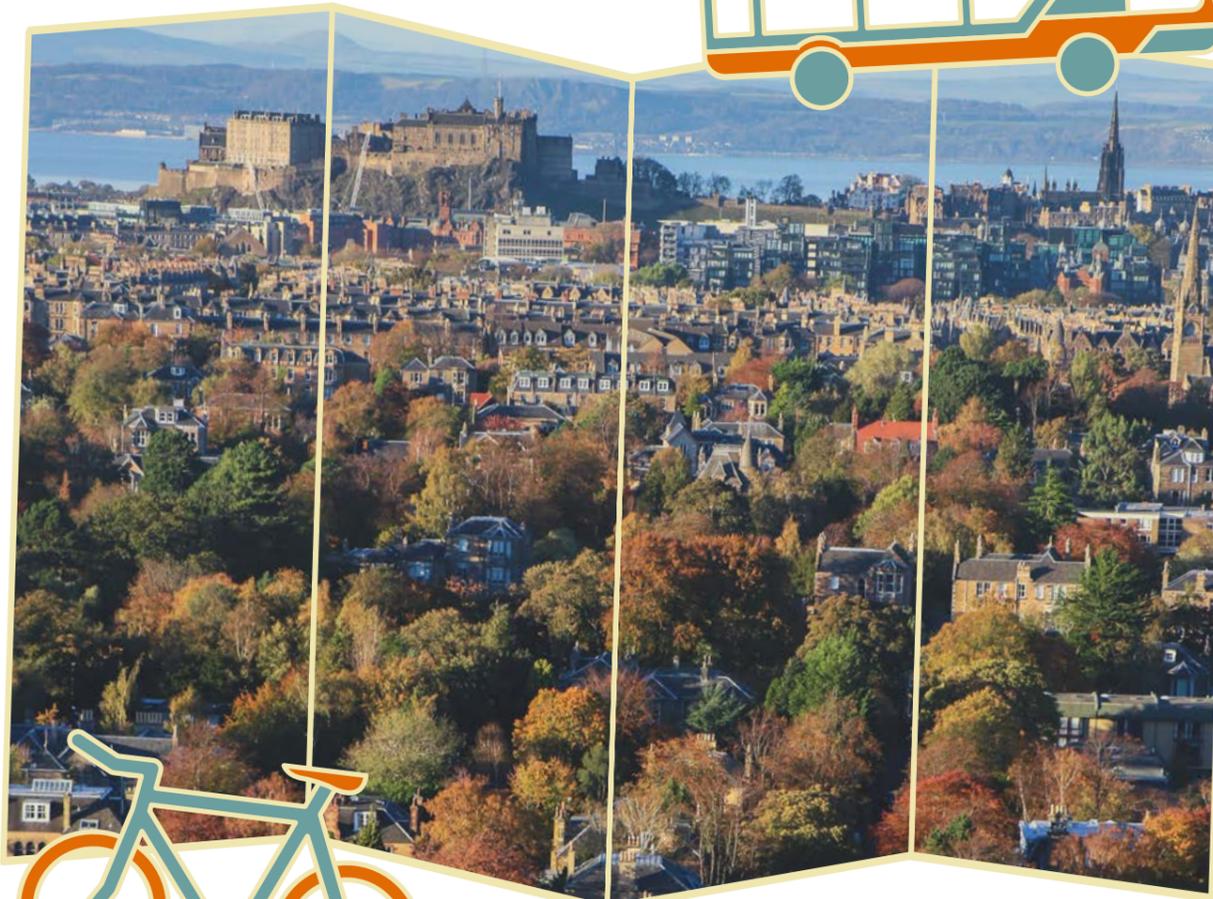
For more information about travelling in the city:
edin.ac/getting-started-guide

Cycling

In Edinburgh it's easy to get around by bike. Cyclists can use bus lanes and the traffic-free cycle path network across the city.

We have secure bike parking facilities across the campus, with touchpoints such as door and keypads being cleaned regularly – always wash your hands too.

Edinburgh has an affordable bicycle hire scheme, JustEat Bikes, accessible at multiple locations around the city. You can get a student discount online:
edin.ac/cycle-hire-deal



Common abbreviations

CAHSS	College of Arts, Humanities & Social Sciences
EASE	Your University login, used to access services including MyEd and LEARN
ECA	Edinburgh College of Art
EDUROAM	WiFi at many education institutions worldwide, including the University of Edinburgh
ELE	English Language Education (a University centre providing English courses)
EUCLID	Portal with student information, used by university staff
EUSA	Edinburgh University Student Association
GP	General practitioner (doctor)
IAD	Institute for Academic Development (study skills support for students)
IS	Information Services (provide IT support)
LEARN	A virtual learning environment which hosts course information, provides access to materials, grades, feedback and virtual submission boxes for assignments.
LLC	School of Literatures, Languages & Cultures
MA	Master of Arts, in Scotland this typically refers to an undergraduate degree
MSc	Master of Science, in Scotland this typically refers to a postgraduate degree
MyEd	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.
NHS	National Health Service (healthcare system in the UK)
PG	Postgraduate
PGDip	Postgraduate Diploma
PGR	Postgraduate Research Students
PPLS	School of Philosophy, Psychology & Language Sciences
PT	Personal Tutor
ResLife	Residence Life
SPS	School of Social & Political Science
SQA	Scottish Qualifications Authority
UCAS	Universities & Colleges Admissions Service in the UK
UG	Undergraduate
UoE	University of Edinburgh
VP	Vice Principal or vice president

Useful links

Support at the University

Accommodation	www.accom.ed.ac.uk
Advice Place	www.ed.ac.uk/advice-place
Careers Service	www.ed.ac.uk/careers/international-students
Edinburgh Global	global.ed.ac.uk
IT & Computing Help	www.ed.ac.uk/is/it-help
New Students	www.ed.ac.uk/new-students
Students' Association	www.eusa.ed.ac.uk
Student Counselling	www.ed.ac.uk/student-counselling
Student Disabilities	www.ed.ac.uk/student-disability-service
Student Immigration	www.ed.ac.uk/student-administration/immigration

Life at University

Chaplaincy Centre	www.ed.ac.uk/chaplaincy
Residence Life	www.accom.ed.ac.uk/for-students/residence-life
Sport & Exercise	www.ed.ac.uk/sport-exercise
Sports Union	www.eusu.ed.ac.uk
Student Societies	www.eusa.ed.ac.uk/activities/societies
UK Council for International Students Affairs	https://www.ukcisa.org.uk/
Volunteering	www.eusa.ed.ac.uk/activities/volunteering

Academic support

English Language Education	www.ed.ac.uk/english-language-teaching
Institute for Academic Development	www.ed.ac.uk/institute-academic-development
Peer Learning Support	www.ed.ac.uk/peer-learning-support
Workshops for UG	www.ed.ac.uk/iad-ug
Workshops for PG	www.ed.ac.uk/iad-pg
Writing guidance	www.rlf.org.uk/resources-home

Exploring

Edinburgh Festivals	www.edinburghfestivalcity.com
UoE Events App	www.ed.ac.uk/events-app
Visit Scotland	www.visitscotland.com
Walkinghighlands	www.walkhighlands.co.uk

Emergencies

Information	www.ed.ac.uk/students/emergency
Emergency healthcare	edin.ac/2yYRk4W
Samaritans	www.samaritans.org/scotland/how-we-can-help
University Security	www.ed.ac.uk/security
Embassies & Consulates	www.visitscotland.com/about/practical-information/embassies-consulates

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