

Student
Services

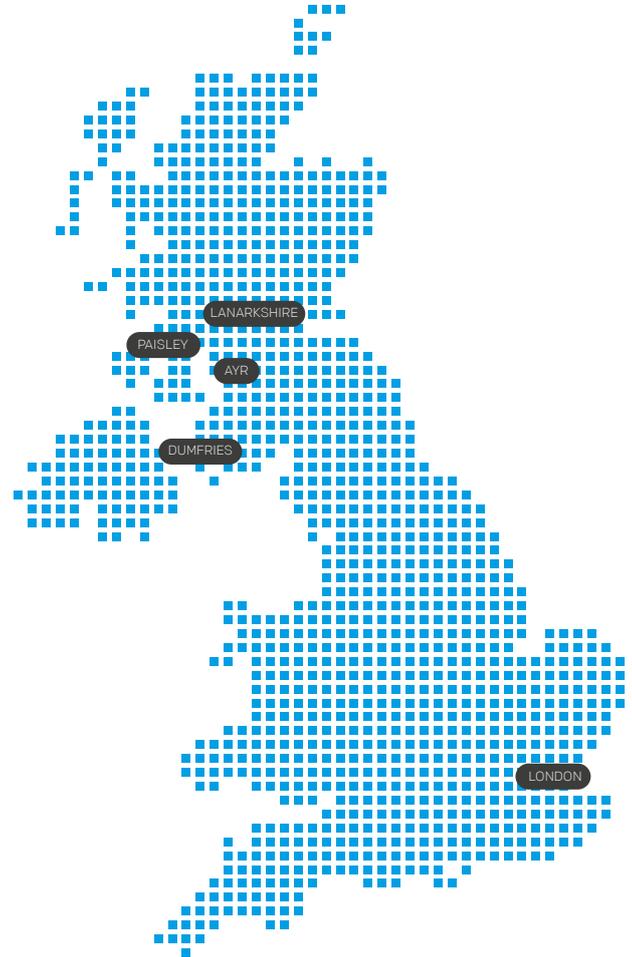


International Student Support



INTERNATIONAL STUDENT SUPPORT WELCOME GUIDE 2018-19

TOP TIPS FOR
INTERNATIONAL STUDENTS



Version 05/18

The International Student Support Team welcomes you to UWS!

We wish you well with your studies and hope that this guide provides you with some useful information for settling in.

The International Student Support Team is here to support you and ensure that you get the most out of your student experience. The team offer advice and guidance in a number of areas that may be relevant to you during your studies, including:

- Immigration matters, such as complying with Tier 4 visa conditions.
- Visiting Europe for a holiday, attending conferences abroad, returning to your home country or visiting a British HOST family.
- Working in the UK during and after your studies.
- Hints and tips on settling into life in the UK and meeting local people. Bringing dependants to the UK to live with you or inviting relatives to visit you during your studies.
- Liaising with academic staff regarding your studies.
- Advising on ways of resolving financial issues.





5 things to do in your first week at UWS

1) Start to adapt to life in the UK

You will hopefully find that your time studying and living in the UK will be a rewarding experience which you look back on with good memories. It may take time to settle in, especially if this is your first visit to the UK, and you will probably experience some aspects of 'culture shock' – the impact of moving from a familiar culture into an unfamiliar one. Culture shock can have a significant effect on your emotions. Initially, you may feel excited and be keen to learn about the University and about living in the UK. However, as you become more aware of the

differences between life in your home country and life here, you might start to feel more unsettled, especially if you are feeling homesick or missing familiar aspects of life back home.

You can contact the Counselling Service or International Student Advisers if you would like to come and talk about anything that's bothering you. You can access these services at the Hub/Student Link on our Scottish campuses or at London campus reception.

There may also be differences in the laws governing your home country compared to the laws in the UK. See the government website www.gov.uk/browse/justice for information on UK law. See the Guide to Scots Law at www.scotland.police.uk/assets/pdf/keep_safe/scots-law-english?view=Standard which provides guidance to people coming to live in Scotland.

2) Collect your Biometric Residence Permit (BRP) and register with the Police (if applicable)

If you were granted a short stay permit to come to the UK, you will need to collect your BRP from a specified Post Office within 10 days of arrival in the UK. For further information see the UK Council for International Student Affairs (UKCISA) website: www.ukcisa.org.uk/Information--Advice/Visas-and-Immigration/Making-a-Tier-4-General-application-in-UK#layer-3010.

Take your letter confirming your entry clearance with you when you go to collect your BRP. Contact an International Student Adviser if you experience any issues with collecting it. It is useful to take a photocopy of the personal information and visa pages in your

passport and both sides of your BRP card and keep them safe in case either is lost or stolen and you have to apply for replacements during your stay here.

On arrival into the UK you may have been given a stamp in your passport requiring you to register with the police. Collect your BRP from the Post Office first and then register with the police. It is a requirement to register with the police within 7 days of collecting your BRP. For further information, see hub@uws.ac.uk.

3) Open a UK bank account

To open a bank account, you will need your passport or identity card and a 'bank letter' from UWS. If you are studying at a Scottish campus, you can request this letter through the Hub portal at hub@uws.ac.uk. London campus students should e-mail london@uws.ac.uk for this letter. Basic

bank accounts are easier to open than other types of account. If you change your address in the UK you should inform your bank immediately. Many UK banks have mobile banking apps that can help you keep track of your money.

4) Register with a Doctor (GP)

It is important that you register with a local doctor as soon as possible – don't wait until you need medical treatment. For further information, see <https://www.uws.ac.uk/international/living-in-the-uk/health-wellbeing/>



5) Meet Local People

The University Buddy Project gives new students the opportunity to get in touch with students who have been studying at the university for a year or two. It is designed to help you settle into life at university better by having a contact you can ask questions or get help finding your way around your campus or local area. To request a Student Buddy email: buddies@uws.ac.uk or call 01698 894463.

If English is not your first language, you'll have a lot of fun learning new words as you meet new people. Another way of practising your English is listening to 'Elementary Podcasts'. You can listen to them on a PC/laptop, or download them to your phone: <http://learnenglish.britishcouncil.org/en/elementary-podcasts>.

Knowing how to act appropriately in social situations can be difficult at the best of times, especially

when you are in a new country. The UK is famous for its strict etiquette rules – see GB Mag's article for etiquette tips: <http://greatbritishmag.co.uk/lifestyle/british-etiquette-tips>

Different people have different ideas & experiences of personal relationships. Attitudes towards relationships in the UK might be quite different to those in your home country.

Non-Eu students are required to register attendance with the Student Administration team 3 times each academic session for Home Office monitoring purposes. Information on where & when you need to register will be sent to you by e-mail.

Remember to access your UWS E-mail account!

UWS provides free e-mail accounts to all students and there are many computer labs where the internet can be accessed. You can automatically forward e-mails from your student e-mail account to your personal e-mail account so that you only have to check one account. For information on how to do this, see www.uws.ac.uk/current-students/it-printing. Wireless network access is provided in various locations on campus. If you have problems logging on, contact the IT and Digital Services team on your campus or call 0141 848 3999. You can access the internet wherever you are by using a Wi-Fi finder app.

For information on sexual health, see www.sexualhealthscotland.co.uk (for students in Scotland) or <https://www.nhs.uk/live-well/sexual-health/> (for students in England).

See <https://www.uws.ac.uk/international/living-in-the-uk/money-advice/> for advice and guidance to help you manage your money.

5 things to do in your first month at UWS

1) Arrange a Host UK Visit

HOST UK is a voluntary organisation which offers international students the opportunity to visit a UK home for a day, weekend or for a few days at Christmas. These visits are very popular and provide a unique experience of UK life as well as an opportunity for cultural exchange between the student and host. Visit www.hostuk.org for further information.

2) Join a society or team

SAUWS (the Students' Association at UWS) runs a wide variety of societies and sporting teams open to all students. Check the SAUWS

website www.sauws.org.uk for further information. If you don't see anything you like, you can always set up your own society!

3) Attend our 'Taste of Scotland' event

This event is your chance to meet the International Student Support Team and to find out more about Scotland. You'll get an e-mail with further information on the event plus it will be advertised on UWS social media.

4) Find a place of worship

There are many churches in the UK, representing the different branches of Christianity. For information on local churches or UWS student worship groups, see the notice boards in the University and Students' Association, or visit the University's Multifaith Chaplaincy webpage <https://www.uws.ac.uk/current-students/>

[supporting-your-health-wellbeing/multifaith-chaplaincy/](https://www.uws.ac.uk/current-students/supporting-your-health-wellbeing/multifaith-chaplaincy/)

The following websites may also help you find a place of worship:

Hinduism: https://en.wikipedia.org/wiki/List_of_Hindu_temples_in_the_United_Kingdom

Islam: https://en.wikipedia.org/wiki/List_of_mosques_in_the_United_Kingdom

Judaism: https://en.wikipedia.org/wiki/List_of_synagogues_in_the_United_Kingdom

Sikhism: <https://www.worldgurudwaras.com/world-gurudwaras/united-kingdom>



5) Find out about the different ways UWS can support you

If you have any problems during your stay here or are worried about something, there are many sources of help within the University. The International Student Support team can help overseas students with general welfare issues as well as visas, immigration, work and financial queries. Telephone appointments can also be arranged easily. Contact details for the team are at the back of this guide. The Counselling, Disability Support, Funding and Advice and the Multifaith Chaplaincy teams offer support to all UWS students. You can also speak to your personal tutor, doctor (GP), staff at the Students' Association and the wardens in the University accommodation. There is a range of self-help resources at <https://www.uws.ac.uk/current-students/supporting-your-health-wellbeing/counselling/>

Council Tax is set by local authorities to pay for local services they provide, such as schools, roads and refuse collection. You can apply for a council tax exemption if you are a full-time student and you are living on your own or with other students. See <https://www.uws.ac.uk/media/2147/how-to-apply-for-council-tax-exemption.pdf>



5 things to do in your first trimester at UWS

1) Go on a 'Day Trip' with friends

Make the most of your time in the UK and get together with other students to explore somewhere new in the UK and learn about British culture.

Most cities have a local tourist information centre where you can get ideas on where to visit or what to do at the weekend and in the holidays. You can either go on an organised tour or arrange your travel independently. See <http://www.tourist-information-uk.com/>

If you are studying on a Scottish

campus, look out for the Discover Scotland trips. More information can be found at: <https://www.uws.ac.uk/international/living-in-the-uk/>

2) Enhance your academic skills

Get academic advice, guidance and resources from the UWS academic skills advisers. This support is designed to help enhance your academic and practical skills for success at university and beyond. See www.uws.ac.uk/current-students/developing-your-career for further information.

The teaching styles, ways of learning, assessment methods and expectations universities in the UK have of their students may be very different to what you are familiar with in your home country. Adapting to these new ways of doing things may require you to approach your studies in a very different way. See the UKCISA webpage www.ukcisa.org.uk/Information--Advice/Preparation-

[and-Arrival/Study-skills-for-success](#) for study tips and information on UK academic culture. If you need help with study methods, speak to your course supervisor or personal tutor in your School, or an International Student Adviser. Contact details for the International Student Advisers are at the back of this guide.

Read & Write Gold software is available on all PCs on campus and can provide a valuable resource to boost your academic skills and independent learning.

Flashcard apps are available for mobiles and tablets. You can use these apps to create exam revision flashcards to store keywords, research, formulas, images and video wherever you are.

3) Make plans to travel

You have a great opportunity to travel around the UK, Europe or beyond during official university

holiday periods. You must plan travel around your course and must not take time out of your studies to travel for any reason. If you are a Tier 4 Visa holder, it is important that you download our Travel Guide from www.uws.ac.uk/international/visas-immigration-atas/information-for-current-students or from our Moodle module before you make plans to travel. The guide has information on travelling in the UK and overseas, including information on travel insurance.

For information and ideas on what to do and see in the UK, see the Visit Britain Tourist Information website www.visitbritain.com/gb/en#IRE32TIdM56uHsGL97. See <http://www.glasgowleadingattractions.co.uk/> for information on attractions close to our Scottish campuses as well as information on tour operators that offer day trips and short breaks to many popular destinations throughout Scotland. Search online for attractions in London. For money

saving and discount passes for attractions and travel in Scotland see <http://scotlandwelcomesyou.com/money-savers/>.

4) Think about your future career

For advice and support on career planning, the graduate recruitment process, job searching (placement, part time and graduate) and volunteering, see the Careers and Skills Portal at <https://www.uws.ac.uk/current-students/developing-your-career/> and sign in with your banner ID and student password. The Careers and Skills portal consists of resources, employer videos, interactive tests and activities to help you prepare for graduate employment and academic study. Academic study resources include reading skills, critical thinking, exams and revision, giving presentations, referencing, avoiding plagiarism, and writing essays, reports and dissertations. This site is engaging and easy to use, with a

clear dashboard and intuitively-designed sections.

‘GoinGlobal’ is a great resource for students seeking job roles on an international scale. The website offers free student webinars where you will learn how to access and use the tools on the Going Global platform. UWS students can register a personal account with GoinGlobal at <http://online.goinglobal.com/default.aspx>.

5) Look for volunteering opportunities

Volunteering is a great way to gain valuable experience, meet new people and enhance your CV. Voluntary work can be recognised by UWS for your Higher Education Achievement record. Register on Self Service Banner for the UWS Voluntary Recognition Award at <https://ssb.uws.ac.uk>. For further information, e-mail recognition@uws.ac.uk.

Ayr Campus

Catering

Catering services operate from the Atrium and the Student Union as well as vending machines in the Atrium. For further information including opening hours for the canteen facilities, see www.uws.ac.uk/current-students/campus-life/study-space-catering.

Entertainment

The 'Odeon' multi-screen cinema is a short walk from the campus. See the website www.odeon.co.uk for advance bookings and 24 hour programme information.

The Gaiety Theatre is a multi-purpose venue with a range of performances including, plays, live music and the traditional pantomime at Christmas time. The popular restaurant, Stage Door Cafe, is on site. Full information can be found at www.ayrgaiety.co.uk Local newspapers will have details of local events and 'The List' www.list.co.uk has details of what's on

throughout the UK.

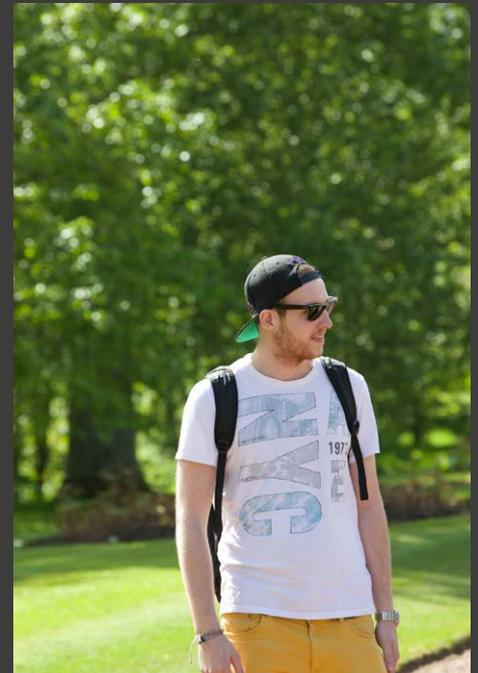
Glasgow city centre is 45 minutes from Ayr by train and is one of the most vibrant and popular cities in the UK. There is a lot to do and see – cultural events, museums, art galleries, parks, monuments, live music, cinema, theatre and a lively night life. See www.peoplemakeglasgow.com/ for information on attractions and events in Glasgow.

Shopping

Ayr town centre has a wide range of shops including specialist independent stores and national retailers. Ayr Central (www.ayrcentral.com/shopping) is a covered shopping area adjacent to the train station and the Kyle Shopping Centre (<http://www.ayrshirescotland.com/shops/kylecentreayr.html>) is in the town centre.

Every Sunday a large well established market is held at Ayr Racecourse. Stall holders sell

clothing, food and household items at reasonable prices. As well as the traditional market, there is also a large 'Car Boot Sale' where second hand goods are sold. See <http://www.ayr-racecourse.co.uk/conferences-events/the-sunday-market/> for more information.



Food Shopping

For general food shopping, the nearest supermarkets are 'Morrisons' adjacent to the train station and 'Tesco' on Whitlets Road. Budget supermarket 'Lidl', Aldi and the mainly frozen food stores 'Farmfoods' and 'Iceland' are also close to the campus. The larger supermarkets may offer a delivery service in your area – check online.

A 'Farmers Market' is held on the first Saturday of each month (except January) in the car park of the Kyle Centre shopping centre. Local farmers sell their produce including a variety of good quality organic food. Expect to pay more for some items. See <https://www.whatsonayrshire.com/> for more information.

Most supermarkets sell vegetarian and vegan food. There are a number of local butchers and bakers selling fresh produce. Local supermarkets and shops sell some world food items. Search online for details of specialist stores.

Sport & Fitness

The Students' Association runs a wide variety of sporting clubs open to all students. Check at the Students' Union or email sp@sauws.org.uk for an up to date list of teams and societies. There is a fitness suite on Ayr Campus in room 2.090 just off the atrium. For further information including membership, charges and opening times see <https://www.uws.ac.uk/university-life/sports-social/>. The Citadel Leisure Centre on South Harbour Street, KA7 1JB in the seafront area has a swimming pool, spa facilities and also offers a range of indoor sports. See www.south-ayrshire.gov.uk/leisure/citadel-leisure-centre for details. The HUB Ayr promotes active travel - see www.activetravelhubayr.org/news for information.



Dumfries Campus

Catering

There is a Costa Coffee outlet, a food court and a shop in the Dumfries and Galloway College Building with a further coffee bar located in the Rutherford McCowan Building. There are vending machines throughout the campus.

Entertainment

Dumfries has all of the facilities enjoyed by students in larger towns and cities but on a smaller scale. There is a variety of pubs and clubs – check with other students which ones are popular. There is an Odeon Cinema (see <https://www.odeon.co.uk/cinemas/dumfries/85/>) plus a cinema and restaurant in the Robert Burns Centre – see www.rbcft.co.uk for details. For more information visit <https://www.visitscotland.com/destinations-maps/dumfries/see-do/> and see local newspapers for details of local events. The Stove Network www.stove.org in

the centre of the High Street is an artist-led organisation which has many connections with the local community and regularly hosts cultural and artistic events.

Glasgow city centre is 1 hour 40 minutes from Dumfries by train and is one of the most vibrant and popular cities in the UK. There is a lot to do and see – cultural events, museums, art galleries, parks, monuments, live music, cinema, theatre and a lively night life. See <http://peoplemakeglasgow.com/> for information on attractions and events in Glasgow. 'The List' www.list.co.uk has details of what's on throughout the UK. Additionally, the city of Carlisle is only 40 minutes by train from Dumfries.

Shopping

Dumfries has a range of shops on the High Street and in the Loreburne Shopping Centre (DG1 2BD). See www.loreburneshopping.co.uk. Carlisle is a short train journey away and has a selection of stores.

Alternatively, travel into Glasgow city centre by train or bus.



Food Shopping

For general food shopping, the nearest supermarkets to the campus are 'Morrisons' and budget supermarket 'Lidl'. There are also 2 'Tesco' stores on the outskirts of Dumfries at the Cuckoo Bridge Retail Park, DG2 9BF (<https://www.nrr.co.uk/portfolio/properties/cuckoo-bridge-retail-park>) and the Peel Centre in Lockerbie Road, DG1 3PF. Most supermarkets sell vegetarian and vegan food. There are a number of local butchers and bakers selling fresh produce. Local supermarkets and shops sell some world food items. Search online for

details of specialist stores.

Sport & Fitness

The Dumfries and Galloway College building has sports facilities including games hall, gym and fitness studio which are free to university students and staff after an induction. Neuros Spa offers discounts for students and includes a swimming pool - see www.neuros.co.uk for further details. DG One leisure complex (Loreburn Hall, Dumfries, DG1 2HT) has a fitness suite, classes and games hall. For further information see www.dgone.co.uk. DG One at the Ice Bowl has a swimming pool and

is located in its temporary home of the Ice Bowl car park, King Street, DG2 9AN. The Ice Bowl itself has facilities for ice-skating, curling and ice hockey matches. There are also opportunities locally for mountain biking, running, walking and golf.



Lanarkshire / Hamilton Campuses

Catering

The new Lanarkshire campus has numerous catering outlets as well as vending machines available for drinks and snacks 24 hours a day, 7 days a week.

Entertainment

Hamilton has all of the facilities enjoyed by students in larger towns and cities but on a smaller scale. There is a variety of pubs and clubs – check with other students which ones are popular. The Students' Association runs a wide variety of events for all students on campus – see the website www.sauws.org.uk. The 'Vue' multi-screen cinema complex is located at the Palace Grounds area. See the website www.myvue.com for information. Hamilton Town House Theatre (103 Cadzow Street ML3 6HH) and Motherwell Concert Hall and Theatre (Civic Centre ML1 1AB) host a variety of events. 'The

List' www.list.co.uk has details of what's on at both of these venues as well as other venues throughout the UK. Local newspapers will also have details of local events. Hamilton Park Racecourse (Bothwell Road ML3 ODW) hosts regular racing events throughout the season and is good for a day out. See www.hamiltonpark.co.uk for details. Strathclyde Country Park has a range of activities available including sailing, walking, cycling and running. Located within Strathclyde Park is M&D's Theme Park with lots of rides and attractions. See www.scotlandsthemepark.com for details. Glasgow city centre is 20 minutes from Hamilton West by train and is one of the most vibrant and popular cities in the UK. There is a lot to do and see – cultural events, museums, art galleries, parks, monuments, live music, cinema, theatre and a lively night life. See <http://peoplemakeglasgow.com/> for information on attractions and events in Glasgow.





Shopping

There are 4 main shopping areas in Hamilton. The Regent Shopping Centre (ML3 7DZ) www.theregentcentre.com has many high street chain stores and Quarry Street has independent shops. The town square shopping area and the Douglas Park Retail Park have many large stores as well as restaurants and leisure facilities.

Food Shopping

For general food shopping, the nearest supermarkets to the student residences on Hamilton campus are 'Morrisons' and 'Sainsbury's' in the Douglas Park Retail Park and 'Asda' in Palace Grounds Road. Large supermarkets may offer a delivery service in your area – check online. Most supermarkets sell vegetarian and vegan food. There are a number of local butchers and bakers selling fresh produce. Local supermarkets and shops sell some world food items. Search online for details of specialist stores.

Sport & Fitness

The Students' Association runs a wide variety of sporting clubs open to all students. Check at the Students' Union building or e-mail sp@sauws.org.uk for an up to date list of teams and societies. The new Lanarkshire campus has a fitness studio. For further information see www.uws.ac.uk/university-life/sports-social. Hamilton Water Palace has a 25m swimming pool, fitness studio and health suite. A variety of fitness classes are run at the centre which is across the road from the campus. For further information, see www.slleisureandculture.co.uk/info/161/hamilton_water_palace. There are outdoor 5-a-side football pitches at Hamilton Palace Sports Ground (Motehill ML3 6BY). For information see www.southlanarkshire.gov.uk/SLLC/info/38/outdoor_sport.

London Campus

Catering

The campus has the advantage of being surrounded by lots of places to eat including Lower Marsh Market (one of London's best-loved markets which is just 15 minutes from campus). The Mercato Metropolitano www.mercatometropolitano.co.uk is 2 minutes from the campus and has loads of food stalls, including Italian, Thai and Greek!

There are many other places to eat near the campus, including the Artworks www.theartworks.london/elephant, Dragon Castle (Dim Sum), Mamuska (Polish deli), Nandos (Portuguese chicken), Tia Top Mein (Noodle bar).

Entertainment

The campus is located close to some fantastic attractions and activities. Southwark Playhouse Theatre is just a 3-minute walk from the campus. Visit <http://southwarkplayhouse.co.uk> to see

what is on.

The Artwork's Elephant www.theartworks.london/elephant is a hub for food and drinks outlets, small business and studios.

The London Palace Superbowl www.palacesuperbowl.com/london.php, the Imperial War Museum www.iwm.org.uk and the Cinema museum www.cinemamuseum.org.uk are popular local attractions.

The Southbank Centre www.southbankcentre.co.uk has lots of information on exhibitions, festivals and what to do in the area.

There are some great walks to be enjoyed close to the campus. Take a walk along the River Thames and see Big Ben, The London Eye and St. Paul's Cathedral.

Shopping

There are loads of fantastic places to go shopping in London including Oxford Street, Carnaby

Street, Covent Garden, Harrods department store and Westfields shopping centre. For places to get student discounts, check out www.studentbeans.com.

Food Shopping

The closest supermarkets to the campus are Co-op Food (136 Southwark Bridge Road, SE1 0DG), Iceland (300/304 Elephant and Castle shopping centre), Morrison's (264 Walworth Road, SE17 1JE), Tesco Metro (326/328 Elephant Castle shopping centre) and Tesco Express (44-46 Borough Road).

Sport & Fitness

Students on the London campus have access to London South bank University Academy of Sport. Memberships range from £29 to £39, which cover a range of activities and facilities. Further information can be found on the London South bank University website www.lsbu.ac.uk/academy-of-sport.

'The Gym' www.thegymgroup.com/exclusive-student-offer offers a student discount and is a 10-minute walk from the campus on Waterloo Rd, Baron's Place, SE1 8UX.

The Castle centre www.everyoneactive.com/centre/the-castle-centre is also a 10-minute walk from the campus at 2 Gabriel Road, SE1 6FG. It has gym facilities

as well as a swimming pool.

The Academy of Sport at London Southbank University www.lsbu.ac.uk/academy-of-sport is open to the public. For information, see their website.

Fit4less <http://www.f4l.com/southwark> is located close to the campus at Moonraker Point, 1 Pocock Street, London, SE1 0FN.

If you are a resident of Southwark, you are entitled to use the swim and gym facilities free in six of the borough's leisure centres, operated by Everyone Active in partnership with Southwark Council. See www.everyoneactive.com/southwarkfreeswimandgym for information.



Paisley Campus

Catering

There are a range of cafes on campus offering a variety of hot and cold food. The campus is only a 5 minute walk to the town centre which also has a wide choice of cafes, restaurant and takeaways. There are vending machines throughout the campus.

Entertainment

The Students' Association runs a wide variety of events for all students on campus – see the website www.sauws.org.uk or visit the Student Union building on Storie Street.

The 'Showcase' multi-screen cinema complex is located at Phoenix Retail Park, Linwood Road, Paisley. See the website www.showcasecinemas.co.uk for advance bookings and 24 hour programme information or call 08712 201 000. Buses leave from Paisley Cross for Linwood Road. There are also multi-

screen cinemas at Braehead and Silverburn shopping centres. Paisley Arts Centre in New Street, PA1 1EZ and Paisley Town Hall, in Abbey Close PA1 1JF host musical and theatrical events. For tickets and information see <https://boxoffice.renfrewshire.gov.uk/PEO/default.asp>. Local newspapers will have details of local events and 'The List' www.list.co.uk has details of what's on throughout the UK.

Paisley also has a variety of pubs and clubs – check with other students which ones are popular. Glasgow city centre is 10 minutes by train and is one of the most vibrant and popular cities in the UK. There is a lot to do and see – cultural events, museums, art galleries, parks, monuments, live music, cinema, theatre and a lively night life. See <http://peoplemakeglasgow.com/> for information on attractions and events in Glasgow.

Shopping

Paisley town centre has a range of shops. See www.paisleycentre.co.uk and www.piazzapaisley.co.uk for more details. A greater selection of stores can be found nearby at Braehead Shopping Centre www.intu.co.uk/braehead and Silverburn Shopping Centre www.shopsilverburn.com. Buses run from Paisley to Braehead and Silverburn regularly throughout the day. Alternatively, travel into Glasgow city centre by train or bus.



Food Shopping

The nearest supermarkets to UWS student accommodation are 'Morrisons' at Anchor Mills or Falside Road, 'Tesco' at East Lane and 'Asda' at Pheonix Retail Park on Linwood Road. Budget supermarket 'Aldi' is also on Neilston Road and on Ferguslie Main Road. These supermarkets are located on bus routes with buses leaving from Paisley town centre. Tesco and Asda may offer a delivery service to your area – check online.

'Marks and Spencers' in the Paisley Centre sells quality food but expect to pay higher prices here.

There is a Food Hall in the Paisley Centre which has a variety of shops which sell fresh food, including a butcher and a fishmonger. It might be better value to buy fruit and vegetables from a greengrocer rather than from a supermarket. There are greengrocers in the Paisley Centre, on Paisley High Street, Wellmeadow Street and

Neilston Road. Most supermarkets sell vegetarian and vegan food. The health food store 'Holland and Barrett' at Paisley Cross, PA1 2AS stocks a selection also.

A 'Farmers Market' is held on the second and the last Saturday of each month in County Square (outside Gilmour Street Train Station). Local farmers sell their produce including a variety of good quality organic food. Expect to pay more for some items.

Local supermarkets and shops sell some world food items. Search online for details of specialist stores.

Sport & Fitness

The Students' Association runs a wide variety of sporting clubs open to all students. Check at the Students' Union building in Storie Street or email sp@sauws.org.uk for an up to date list of teams and societies.

The Robertson Sports Centre

at Thornly Park offers facilities which include a gym, courts for basketball, netball, volleyball and badminton and table tennis, martial arts clubs, five-a-side football/hockey pitches and a tennis court. For information, see <https://www.uws.ac.uk/university-life/sports-social/>.

The Lagoon Leisure Centre, 11 Christie Street, PA1 1NB has a swimming pool and a fitness suite. Various fitness classes are also held there. For further information see <https://www.renfrewshireleisure.com/lagoon-leisure-centre/>.

Pure Gym offer 24 hour gym access, over 50 fitness classes per week and no contract membership. The gym is located a 15 min walk from campus Renfrew Road PA3 4BX. See <https://www.puregym.com/gyms/paisley/> for more information.

Student
Services



International Student Support



Contact the International Student Support Team:

Email: internationaladvice@uws.ac.uk

Phone: 0141 848 3800 (The Hub) / 0141 848 3047 (London campus)

Web: www.uws.ac.uk/international

Moodle: International Student Support

Twitter: @UWS_IntSupport & @UWS_LDNSupport