



University for the Common Good

# International Student Welcome Brochure

January 2024







# Hello and welcome

**Hello and welcome from the Student Engagement and Events Team at Glasgow Caledonian University - we are delighted you have chosen to study at GCU! This is an exciting time as you take the next step towards your future.**

The International Welcome Programme is our way of supporting you in the opening stages of your journey at GCU. The programme includes social events, opportunities to meet students and staff, as well as other essential information.

As you begin your studies, you may find that joining a new university - and moving to a new city or country - can be a challenging experience. We are here to help you throughout this time. Remember, other students are going through similar experiences to you, so invite your new friends along to events and activities as well.

We wish you every success in your studies at GCU and hope the experience is rewarding, successful and, most of all, fun.

**[Read on to discover our Welcome Programme....](#)**

## Meet the Team

Jessica is our Student Events Coordinator and Hannah is our Student Engagement and Events Assistant. They are responsible for delivering our International Welcome Programmes, as well as Freshers' Week and other on-campus student events



## Student Ambassadors

We have a team of Student Ambassadors to support you on arrival and welcome you to GCU. Just look out for their light blue hoodies!



# Checklist

## Before you arrive

- ☐ Apply for your student visa
- ☐ Find long-term accommodation in Glasgow or surrounding areas. If you require support with this contact [accommodation.support@gcu.ac.uk](mailto:accommodation.support@gcu.ac.uk)
- ☐ Get travel insurance
- ☐ Check the latest travel information. You must prepare by reading [NHS travel guidance](#), the [Travel Health Pro](#) website and [the Safer Air guidance](#)
- ☐ Join our official [Facebook Group](#)
- ☐ Register for your International [Welcome Week Activities](#)
- ☐ Prepare for Scottish weather i.e. waterproof clothing and footwear
- ☐ Ensure your hand luggage includes your essentials and visa documents i.e. copies of your passport, visa, CAS and maintenance evidence
- ☐ Prepare method of transferring funds to a UK bank account in your name
- ☐ Pack a laptop or device which can connect to WiFi
- ☐ Bring a mobile phone which will work in the UK. [It may be cheaper for you to buy a pre-paid UK SIM card](#). Using a foreign SIM in the UK can increase the cost of calls/messages. You may also not be able to access the NHS out-of-hours (111) helpline from a foreign SIM.

## After you arrive

- ☐ Contact family and friends to let them know you have arrived safely
- ☐ Register with a doctor/GP
- ☐ Collect your BRP (Biometric Residence Permit) if required to do so.
- ☐ Open a UK Bank Account
- ☐ Arrange insurance for your possessions
- ☐ Apply for a National Insurance Number to allow you to work part-time
- ☐ Ensure you are aware of your student visa and working conditions, Contact; [visa@gcu.ac.uk](mailto:visa@gcu.ac.uk) for clarification

# Arriving in Glasgow

## (Free Airport Taxi Service)

**Make your arrival in Glasgow as stress-free as possible and sign up to our airport taxi service. We offer a free Airport Taxi Service for international students arriving at Glasgow International Airport in January 2024.**

This service is only available to new International students studying on full-time programmes at GCU. The registration process is simple:

All you have to do is sign up and provide details of your arrival time, flight number, programme of study, as well as select a drop-off points in Glasgow City Centre. Drop-off is **only** available to the points listed when registering. From here you can access public transport including buses, trains and subway, or arrange your own taxi for the rest of the journey.

When you arrive at Glasgow Airport, you will need to report to the Taxi Information Desk (located next to Domestic Arrivals and adjacent WHSmith and Visit Scotland's Information Desk), sign in with an Adviser at the desk and you will then be directed to a taxi.

The service will operate from **Monday 2nd of January 2024 to Sunday 11th February 2024 , 7am - 11pm daily.**

If you arrive later than 11pm, there will be a sign directing you to the taxi rank. Tell the Marshall that you're from Glasgow Caledonian University and they will give you a slip to give to the driver.

For more information on the service, please email [studentevents@gcu.ac.uk](mailto:studentevents@gcu.ac.uk)

If your flight time or circumstances have changed, email with your name, flight details and that you are a Glasgow Caledonian University student:

- [GLATaxis@glasgowairport.com](mailto:GLATaxis@glasgowairport.com)
- [studentevents@gcu.ac.uk](mailto:studentevents@gcu.ac.uk)

Register for the Airport Taxi Service here:

**[Airport pick-up service | GCU](#)**



# Getting to GCU

It is very easy to get to GCU. The city has two train stations – Glasgow Central Station and Glasgow Queen Street Station – these are both within walking distance of the University (uphill walk from Glasgow Central Station). We also have two airports – Glasgow International Airport (closest to Glasgow) and Glasgow Prestwick Airport. You can visit the [Induction webpage](#) for maps and travel information on [getting to the University](#).

## Glasgow

### University and colleges

- A Glasgow Caledonian University
- B City of Glasgow College
- C City of Glasgow College

### National and regional travel

#### Train stations

- D Central Station
- E Queen Street Station

#### Bus station

- F Buchanan Bus Station

### Local and regional travel

#### Train stations

- G Argyle Street
- H Charing Cross
- I Anderston

#### Subway stations

- J Cowcaddens
- K Buchanan Street
- L St Enoch





# GCU Welcome App



**Download our Welcome App now!**

**The app is packed full of helpful hints and  
tips about joining the University**

**Click here to access**

# Student Key Information

## Student visa

Most of you will be coming to the UK on a Student visa.

As stated on your visa decision letter, there are conditions attached to your immigration status and it is vital you adhere to these. These include working limitations and recourse to public funds.

You will be given further information about your visa conditions during the welcome programme upon your arrival to GCU. If you have any queries about your visa status or conditions of your visa please contact the VISA Team, on [visa@gcu.ac.uk](mailto:visa@gcu.ac.uk).

If you need to extend your Student visa, it is essential you contact the VISA Team at least 90 days before your visa expires in order for the VISA Team to check your eligibility to extend and guide you through the process if you are eligible to extend your Student visa. Please note it is not always possible for a Student visa to be extended.

Please remember it is your responsibility to ensure you have valid leave to study in the UK and that you do not breach any conditions of your visa. Please refer to your visa decision email for further information.

## Enrollment and Attendance Monitoring

You will be required to provide your passport and visa (BRP) when collecting your Student ID Card. It is important you register on time (this includes re-registering with the University as required), and maintain excellent attendance throughout your programme. This includes attending all lectures, seminars, tutorials and classes, undertaking assessments and submitting assignments and coursework on time and as required. You must inform your department of any temporary absence. Additionally, students with a visa to study in the UK must attend checkpoints throughout the year to re-present passport and visa documents. Failure to engage and attend in your course as required or failure to attend a checkpoint can result in students being withdrawn and their visas being curtailed (cancelled).

## Working in the UK

Your working conditions will be stated on your visa and on your visa decision email/letter. If you require clarification on your working conditions please contact the VISA Team. Most Student visa holders are permitted to undertake up to 20 hours per week during term time, and up to 40 hours per week during confirmed vacation periods. Please note there are restrictions in relation to the type of work you can undertake on your visa. These will also be outlined on your visa decision email/letter.

Please be aware that working more hours than you are permitted is considered a serious immigration offence. For the purposes of work, UKVI define a week as "a period of 7 days starting on a Monday and ending on a Sunday". As a Student visa holder you are responsible for ensuring you do not breach the working conditions of your visa.

Please note in order to work in the UK you will be required to obtain a National Insurance Number (NINo) and provide this to your employer. The VISA Team can advise you on the process of applying for your National Insurance Number (NINo). It is important you check your visa/BRP to ensure you have been issued the correct working conditions i.e. hours of work permitted. If they are incorrect, this must be reported to the Home Office within 7 days of receiving your decision. Please contact the VISA Team if you are unsure.

## Opening a UK bank account

We advise you to open a bank account in the UK. If you need to extend your visa or apply for a new visa in the UK it is advantageous to have a bank account in the UK to verify funds and pay for the application although not required. In order to make visa requirements easier to meet, we advise you to set up to receive monthly bank statements and register for Online Banking.



[GCU VISA Team website](#)

### Graduate Route visa

Please note the Graduate Route visa is not guaranteed to students and has various eligibility criteria. These include that applicants must complete their eligible course and obtain their award whilst still in the UK with a valid Student visa. Please note this means students undertaking resits or repeats in the last 4 months of their visa (grace period), may not be able to meet this requirement. To ensure you give yourself the best chance of being eligible for the Graduate Route visa after your course, it is vital you engage well with your Programme and ensure excellent attendance, as this will minimise the likelihood of having resits, which may then affect your ability to obtain your award before your Student visa expires

### Lost/Stolen Passport, VISA (BRP) or Police Registration Certificate

These are all important documents that you must keep very safe. We advise you do not carry these documents with you unless absolutely necessary, to minimise the risk of losing them. If you do lose any of these documents please contact the VISA Team immediately so they can advise you on the process of reporting the loss/theft to the Police and the Home Office, and to obtain replacement documents.

### Contact details

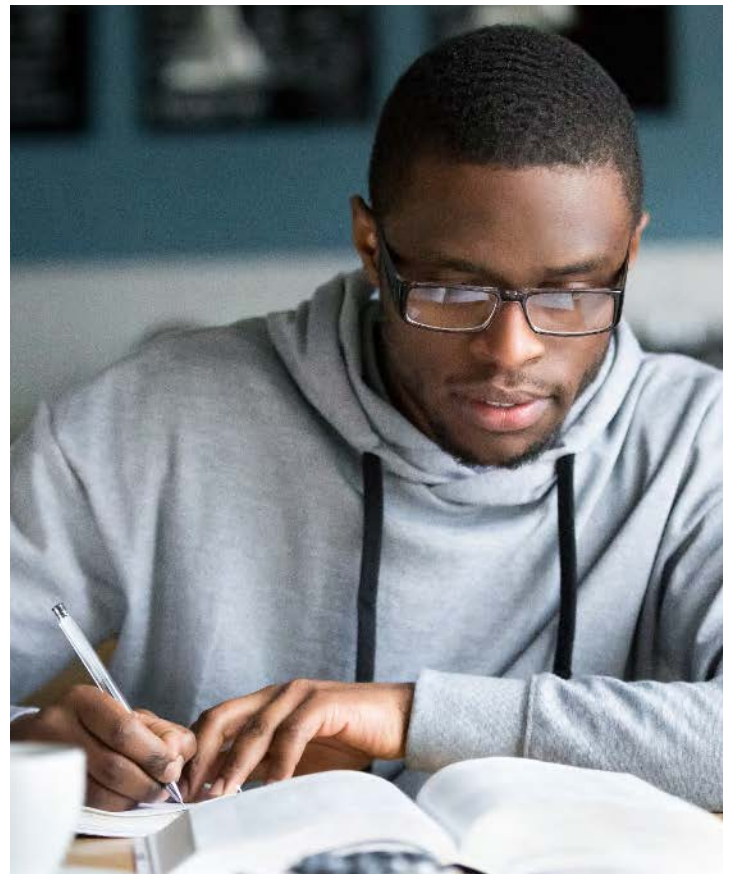
You must update the University if there are any changes to your Visa information, contact details, or term time address. You must check your student email account on a regular basis and respond to requests promptly. Please note Student visa holders must live within a reasonable commuting distance of their campus and if a term time address is provided which is not within a reasonable commuting distance of the campus you will be contacted in relation to this; the Accommodation Team and Student's Association may be able to support you in finding more suitable and closer accommodation.

### Healthcare

You must register with a Doctor (also referred to as a GP), while studying in the UK. You can visit your Doctor for all general medical problems. As a Student visa holder who has paid the Immigration Health Surcharge, you and your dependants are entitled to essential NHS healthcare which includes Doctor and Hospital Treatment.

We have close links with other medical services such as Dentist, Opticians, and Family Planning Clinics. If you would like any information on these services please contact [studentevents@gcu.ac.uk](mailto:studentevents@gcu.ac.uk)

- Register for a GP and dental practice at our on-campus drop in session: Tuesday 30th, January, from 10am to 4pm in Seminar room 1 of the Campus Life Lounge.





# University Services Resource List

## Student Support

Dedicated student support helpline staffed from Monday-Friday (9-5pm)

- Email: [studentsupport@gcu.ac.uk](mailto:studentsupport@gcu.ac.uk)
- Telephone: +44 141 331 3130

## Wellbeing

The [Student Wellbeing](#) team provides a free and confidential advice and support service, including counselling and mental health support.

- Email: [studentwellbeing@gcu.ac.uk](mailto:studentwellbeing@gcu.ac.uk)
- Room: M136, George Moore Building

## Disability Services

The [Disability Team](#) provides advice, information and services to disabled students and applicants

- Email: [disability@gcu.ac.uk](mailto:disability@gcu.ac.uk)
- Room: M136, George Moore Building

## Careers Service

The [Careers Service](#) offer a range of services to prepare you for the local and international job market, as well as activities that help you on your way to a successful graduate career

- Email: [careers@gcu.ac.uk](mailto:careers@gcu.ac.uk)
- Room: Campus Life Lounge, George Moore Building

## IT Service

The [IT Helpdesk](#) acts as the first point of call for all IT enquiries, questions and problems

- Email: [ithelp@gcu.ac.uk](mailto:ithelp@gcu.ac.uk)
- Telephone: +44 141 273 1234

## Faith and Belief Centre

The [Faith and Belief Centre](#) is here for staff and students, of any faith or none to use for prayer, meditation or social gatherings

- Email: [faith@gcu.ac.uk](mailto:faith@gcu.ac.uk)
- Room: Ground floor of the William Harley Building

## Student Funding

[Student Funding](#) queries related to scholarship opportunities and student funds that may be available

- Email: [funding@gcu.ac.uk](mailto:funding@gcu.ac.uk) and [scholarships@gcu.ac.uk](mailto:scholarships@gcu.ac.uk)
- Room: 14 & 15 Campus Life Lounge, George Moore Building

## Finance

For queries related to finance, tuition fees and accommodation if staying at Caledonian Court

- Email: [arstudent@gcu.ac.uk](mailto:arstudent@gcu.ac.uk)
- Telephone: +44 141 273 1376
- Drop in sessions on campus: 12pm-2pm, Monday to Friday in the VISA office in the Campus Life Lounge

## VISA:

The [VISA](#) team provides reliable advice and guidance on GCU student visa & immigration matters

- Email: [visa@gcu.ac.uk](mailto:visa@gcu.ac.uk)
- Telephone: +44 141 273 1244
- Room: Campus Life Lounge, George Moore Building

## Security

[Campus security](#) point of call for all students and staff and those staying at Caledonian Court

- Main Campus: +44 141 331 3787
- Caledonian Court: +44 141 331 3958
- Room: William Harley Building, main concourse

## GCU Library

Our award-winning [library](#), the Sir Alex Ferguson Library, gives access to more than 270,000 books, 350 open-access PCs and a huge range of online resources including databases, ebooks, journals and more.

- Email: [Library@gcu.ac.uk](mailto:Library@gcu.ac.uk)
- Telephone: +44 141 273 1000

## Accommodation

If joining Glasgow Caledonian University means living away from home, you can either apply for a place in Caledonian Court – our on-campus residences

- Email: [accommodation@gcu.ac.uk](mailto:accommodation@gcu.ac.uk)

You can also rent accommodation in Glasgow from a private landlord.

Get in touch with our Accommodation Support team to be added to our mailing list and sent our accommodation guide

- Email: [accommodation.support@gcu.ac.uk](mailto:accommodation.support@gcu.ac.uk)

### Learning Development Centre

Each School in the University has a [Learning Development Centre](#) (LDC) which provides academic writing support for home and international students, ICT support, advice on study skills and other academic support and guidance

#### GSBS LDC:

- Email: [ldcgsbs@gcu.ac.uk](mailto:ldcgsbs@gcu.ac.uk)
- Telephone: +44 141 331 3300

#### SHLS LDC:

- Email: [LDC\\_hls@gcu.ac.uk](mailto:LDC_hls@gcu.ac.uk)
- Telephone: +44 141 331 3456

#### SCEBE LDC:

- Email: [askLDC@gcu.ac.uk](mailto:askLDC@gcu.ac.uk)
- Telephone: +44 141 273 1230

### Students' Association

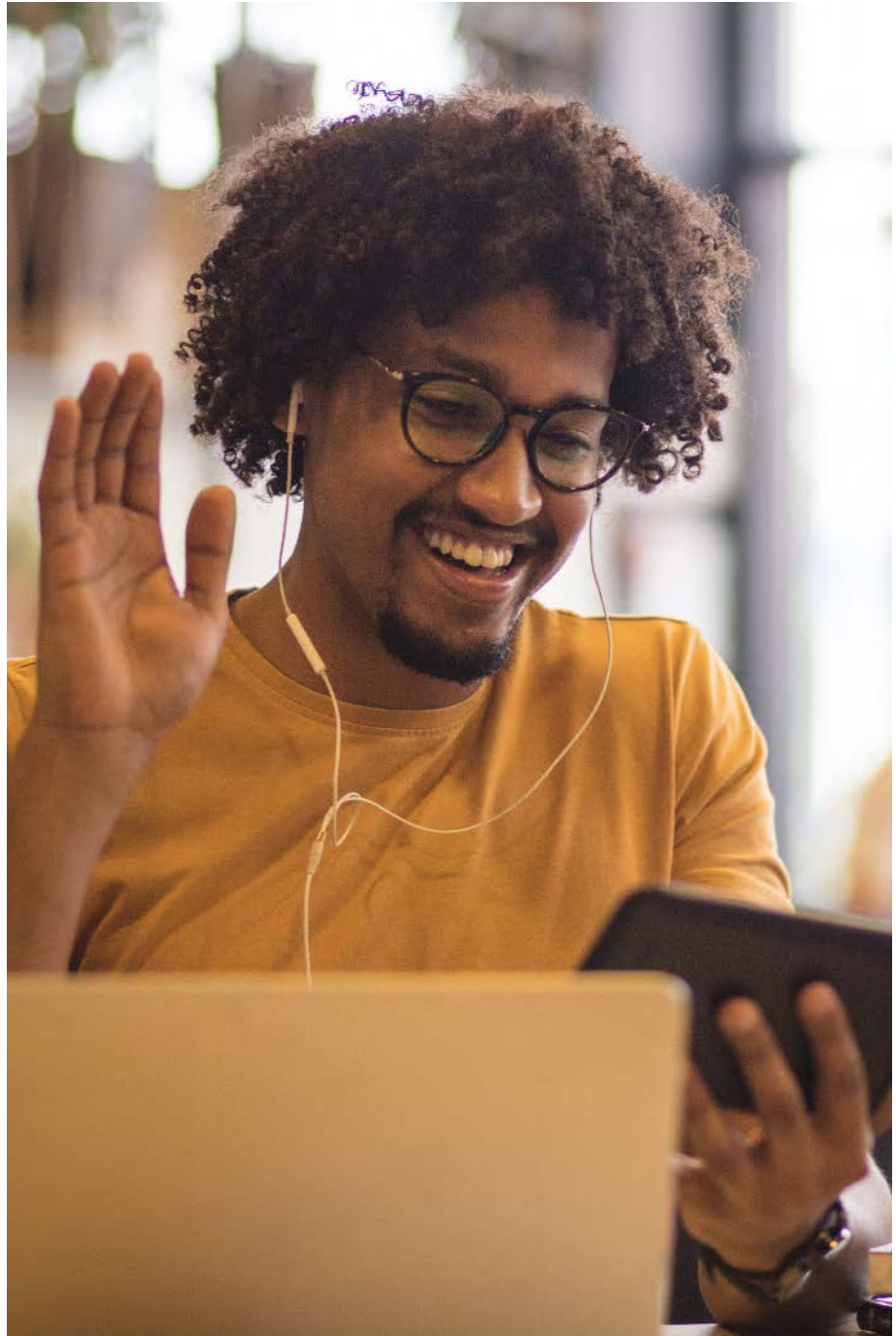
[GCU Students' Association](#) exists to represent and enable GCU students to enhance all aspects of their student experience.

- Email: [hello@GCUstudents.co.uk](mailto:hello@GCUstudents.co.uk)
- Telephone: +44 141 331 3886

### Students' Association Advice Centre

The [Advice Centre](#) provides a free, non-judgemental, independent and confidential service to all GCU students

- Email: [advice@gcustudents.co.uk](mailto:advice@gcustudents.co.uk)
- Telephone: +44 141 273 1650



# Accommodation

It is really important that you plan your accommodation before you arrive in the UK. There is a high demand for accommodation across Glasgow and it can be difficult to source accommodation once here.

## Caledonian Court

[Please look on our website](#) or contact our Accommodation Office for advice and information on Caledonian Court, our on campus accommodation.

- Email: [accommodation@gcu.ac.uk](mailto:accommodation@gcu.ac.uk)

Please note that Caledonian Court has limited availability left for Trimester B in the 2023/24 intake and is not suitable for families.



## Commutable distances

If you are unable to get accommodation within Glasgow we recommend living no more than 1hr 30 mins commutable distance. See our [accommodation dossier](#) for suggested locations with time to Glasgow by train, bus and car.

## Private Accommodation

Should you wish to seek private accommodation, we highly recommend you secure this before your arrival.

There are a number of privately run Purpose Built Student Accommodations in the city that provide en-suite rooms within a cluster flat and/or studio accommodation, for students living alone. Please be aware many of these are already fully booked.

Additionally, there is also traditional private accommodation. Should you wish to secure this type of accommodation, please ensure your landlord is registered under the [Scottish Landlord Register](#).

You can find further information on this, as well as [top tips when looking for private accommodation on our website](#) or contact our Accommodation Adviser for advice and information on private accommodation:

- Email: [accommodation.support@gcu.ac.uk](mailto:accommodation.support@gcu.ac.uk)



# Support for international students

Visa Immigration Support and Advice (VISA)

**V.I.S.A.**  
Visa Immigration  
Support and Advice

**The VISA Team specialises in visa and immigration advice within the University. If you have any enquiries regarding your visa status, please contact the team directly. All visa and immigration advice can only be given by qualified staff within VISA at the University.**

## Confidential Support and Advice

The VISA Team offer advice and guidance on Student visas, visa conditions including working permissions, police registration and more.

They provide personalised checklists to students making Student visa applications overseas or in the UK, assisting with completing online application forms for in-country students and providing tailored support for students both inside and outside the UK. The VISA Team are also here to help with other questions from international students and are connected with various departments across GCU to ensure the international student experience including visa support is as seamless as possible. All communication is confidential and free of charge.

## Getting in touch

There are many ways to contact our VISA Team, please see below for options available. Please also browse our website [www.gcu.ac.uk/visa](http://www.gcu.ac.uk/visa) whilst you await a reply, where you may find the answer to your question.

Quick link to Drop in booking form: [Click here to book now](#)

- Email: [visa@gcu.ac.uk](mailto:visa@gcu.ac.uk)
- Telephone: +44 (0)141 273 1244 (If you cannot reach the team by phone during busy periods please email us or book a Drop in slot and we will contact you as soon as possible)

The VISA Team are currently experiencing a high volume of queries but will respond to you as soon as possible.

## FAQs for new international students

The VISA Team have collated some of the most frequent questions from new international students coming to the UK to study at GCU, you can view the [FAQs online](#).

For visa enquiries and appointment requests:

- Email: [visa@gcu.ac.uk](mailto:visa@gcu.ac.uk).
- Website: [www.gcu.ac.uk/visa](http://www.gcu.ac.uk/visa)

For information and advice on travelling to the UK, check out the VISA Team's [webpage on travelling to and entering the UK](#)



Check out the GCU VISA Team on social media



[gcuvisa](#)



[gcuvisa](#)



[gcuvisa.eventbrite.co.uk](http://gcuvisa.eventbrite.co.uk)

# Learning Development Centres

Each School in the University has a Learning Development Centre (LDC) which provides academic writing support for home and international students, ICT support, advice on study skills and other academic support and guidance.

The LDCs are inclusive and committed to providing support for all students including those with disabilities or specific learning and teaching needs. Students are welcome to visit the centre to seek assistance related to their studies. The Centres currently provide a variety of online academic support; through a combination of workshops, small group sessions, one-to-one appointments and tailored teaching within modules. The support available to students is provided in a professional and supportive environment enabling them to develop the skills required to succeed at university.

Contact your school's LDC for more information or [see their webpage here](#).

## Get in touch

School of Health and Life Sciences (SHLS): [LDC\\_HLS@gcu.ac.uk](mailto:LDC_HLS@gcu.ac.uk)

Glasgow School for Business and Society (GSBS): [ldcgsbs@gcu.ac.uk](mailto:ldcgsbs@gcu.ac.uk)

School of Computing, Engineering and Built Environment (SCEBE): [askLDC@gcu.ac.uk](mailto:askLDC@gcu.ac.uk)



# Student Wellbeing Service

**Our service offers FREE and CONFIDENTIAL advice and services to ALL students at GCU.**

The Student Wellbeing Service offer support through our Counselling team, Wellbeing Advisors and Mental Health Advisors, and a Disability Team, alongside other resources including online information, wellbeing workshops and more.

## Disability

Do you have a long term health condition or disability which might affect your studies? Our team of Advisers can offer you advice and support so that you are able to fully participate in university life, and perform to the best of your ability. In the UK, we have a culture and laws which ensure that disabled people are treated equally to those without a disability. [For more information see our website.](#)

## Wellbeing and Mental Health

To get the most from your time at the University, it is important that you are happy and healthy. However, it is not uncommon to feel sad and lonely when you are away from your home, friends and family - especially if this is the first time you have experienced living independently. The Student Wellbeing service runs an informal programme of activities for students to take some time out to focus on their health and wellbeing, including free yoga sessions. This is a good opportunity to meet people, explore the city and develop new skills in a relaxed and friendly environment. [Visit the Wellbeing Service webpage page for further information.](#)

In the UK it is not unusual to go and talk to a professional counsellor for help if you are struggling emotionally or psychologically.

We want to reassure you that the Student Wellbeing Team is able to offer support to you. All of our counsellors and advisers are qualified and experienced in working with international students and understand some of the cultural issues that students experience.

[For more information see our website.](#)





# The Cost of Living

In the last 12-18 months, we have seen more and more students arriving, many with families, who have an unrealistic expectation of living costs in the UK. Many believe that as long as they can get into the UK, then working and/or the University will provide them with enough income to support them during their time .

In the vast majority of cases, this is simply not true, especially for those travelling with families. As a result, we see students getting into financial hardship and, sometimes, having to leave the UK before they have managed to complete their studies. We do not want this to happen to anyone!

It is important that you properly know and understand about UK finances before you choose to come to the UK. If you have a family you should find them suitable and affordable housing, as well as arrive in proper time for the start of the School term, before you travel. Failure to do so can be extremely stressful for you and especially any children who may be travelling with you.

**IMPORTANT:** Remember that the cost of living is subject to inflation and that the UK is currently seeing a significant rise in areas such as food, rent and utility bills (gas and electric etc).

For lots of useful information and tips on budgeting and managing your money see [Student Funding web page](#)



# Careers Support for International Students

## Careers Support for International Students

Arriving to study at GCU is an exciting time for you. Career planning is so important, no matter what stage of your studies you are at or where in the world you want to work. The careers team can support you while you are here and help you to plan for a brighter future.

Our careers advisers are professionally qualified and we have careers partners working alongside programme leaders in each School. Workshops and presentations may be delivered as part of your programme or through a series of opt-in sessions. Details about careers events and activities are regularly posted [on our website](#)

## Opportunities for Students and Graduates

We can help you to:

- Explore internships, part-time or voluntary work while you study or during the vacation periods
- Find out about graduate opportunities and provide job search advice and support for the UK and global markets
- Understand the UK recruitment and application process

[GCU Careers website](#) is a key source of information and opportunities. As an international student you may be planning to return to your home country after finishing your studies, so be sure to check out our [Global Careers section](#).

## Work Experience Opportunities

We know that you may want to gain work experience while you are here so be sure to check out the opportunities that we have on [CareerHub@GCU](#). This will include internships, part-time and on campus opportunities as well as graduate positions. By undertaking work experience, you will be able to gain the essential skills which employers value.

## Career Appointments and Drop-Ins

You have a choice of either a 45minute or 15minute appointment with a Careers Adviser. It's easy to book an appointment with our [online appointment service](#). The Careers Service runs a drop-in most days, please check the signs at the front of the Careers Service or the Careers Service blog for the latest availability.

## The Common Good Award

[The Common Good Award](#) is a personal development and skills award that is open to all students. Getting involved in this award scheme will help you to provide valuable evidence of the skills, experience and Common Good Attributes you have been gaining through paid or voluntary work, giving you a competitive edge in the jobs market.

We look forward to seeing you in the Careers Centre. You will find us on Level 1, George Moore Building.

# Medical and Dental Registration

## Registering at a Doctors Surgery

We are hosting opportunities on campus to register for a doctor at a nearby medical practice.

- Drop in session date: Tuesday 30th January
- Time: 10am-4pm
- Location: Seminar Rooms 1, Campus Life Lounge, Level One, George Moore Building

Alternatively, if you'd like to register for a GP online, you can fill out an application for [Woodside Health Centre](#).

Should you require any medication, we recommend you bring at least two weeks supply, as you may not be able to access this instantly. Alternatively, register for a local Glasgow based doctor below.

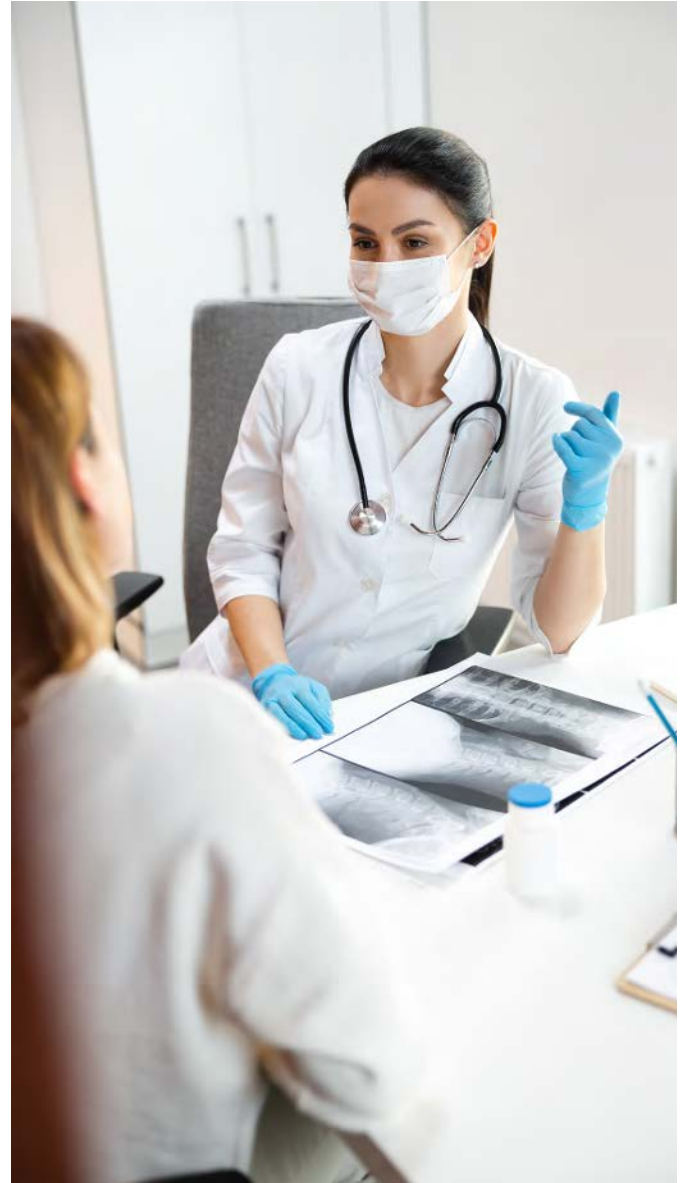
- Website: [www.drleslieandpartners.com](http://www.drleslieandpartners.com)
- Telephone: +44 141 201 5560

## Registering for a dentist

### Woodside Dental Practice

We have worked with Woodside Dental practice for a number of years now and many of our students choose to register with them. Come along to one of our drop in sessions or visit their website for more information.

- Website: [woodsidedentalpractice.com](http://woodsidedentalpractice.com)
- Telephone: +44 141 332 0793







# Peer **A**ssisted **L**earning **S**upport (*PALS*)

As a new student at GCU, we want to make your transition to university life as stress free as possible.

Signing up to our Peer Assisted Learning Support (PALS) programme connects you to students already studying on your degree programme (Senior PALS) meaning that you can gain from their experience, as well as ask questions specific to your course.

PALS also gives you the chance to get to know your new classmates in an informal environment allowing you to make vital social connections before meeting in person, in the future.

[Sign up to the PALS programme](#)

# Find support and friendship with Global Buddies



# GLOBAL BUDDIES

Join now and make Glasgow feel like home:

[gcu.ac.uk/currentstudents/getinvolved/globalbuddies](https://gcu.ac.uk/currentstudents/getinvolved/globalbuddies)



# Your new home from home

**Coming to university is a chance to discover new interests and make new friends – and there will be plenty of opportunities to do both on and off campus. Glasgow is home to over 130,000 students, so whether you're a local or new to the city, you'll be in great company.**

## People make Glasgow!

Glasgow's a great place to live – and it's just small enough that you'll feel at home right away. It's bursting with cafés, museums and galleries, bars and clubs, world-class sports facilities, shopping and theatres. There's definitely something for everyone, and you'll find plenty of student discounts and offers.

A compact city that's easy to explore from GCU's city-centre campus, Glasgow boasts world-famous architecture and plenty of green spaces. Plus, our great air, rail and

coach connections make it easy to explore Scotland's stunning countryside and cities, the rest of the UK or even Europe.

## Scenic Scotland

With a beautiful landscape filled with mountains, hills, lochs and rivers, Scotland is the perfect place for getting outside. You'll never be short of things to do when you're not studying.

## Things to do in Scotland

- Experience the world-famous Edinburgh Festival and Hogmanay

(New Year) festivities.

- Explore breath-taking scenery and test your nerve with adventure sports.
- Investigate our colourful history of epic battles, castles, myths and legends.
- See global music artists or discover up-and-coming bands at world famous venues such as King Tut's or Barrowlands.

Get to know Scotland  
[peoplemakeglasgow.com](http://peoplemakeglasgow.com)  
[visitscotland.com](http://visitscotland.com)  
[gigsinscotland.com](http://gigsinscotland.com)





### Sport and recreation

GCU has a vibrant sports scene, much of it focused on the Arc, the on-campus health and fitness centre. The Arc has two sports halls and three gyms and is home to 35 sports clubs and the base for activities organised by the Students' Association – from badminton and basketball to riding, swimming, martial arts, hockey and football.

### Fashion and shopping

Glasgow has been rated the best place to shop in the UK outside London's West End, so it is ideal for

students with a passion for fashion. Glasgow's 'Style Mile' showcases designer labels and high-street brands, and there is also a great range of independent and vintage shops, cementing the city's growing global profile as a leading retail, cultural and style centre.

### Things to do in Glasgow

- Go shopping! Glasgow is the second largest retail centre in the UK
- Visit one of the city's 13 free museums
- Experience one of Europe's richest

art collections in the city's many galleries

- Watch a sporting event at Hampden Park Stadium
- Enjoy a famous band at one of the city's music venues
- Admire the elegant "Glasgow style" architecture across the city centre
- Visit one of the dear green place's 90 stunning green spaces, - more per head than any other European city
- Join one of the many walking tours offered around the city





# International Student Welcome Activities

Further information on how to book these events will be available on the [January 2024 \(GCU International Welcome Group\) on Facebook](#) and our [GCU Student Events | Eventbrite](#).



## **Welcome Night with the GCU Students Association** Thursday 18th January - 6pm to 9pm Re:Union Bar & Grill

Our GCU Students' Association and Student Events team invited you to our Welcome Night. The Full Time Officers will be hosting an interactive quiz and tell you all about the GCU Students' Association - including the services that they offer and their great societies that you can join!

## **Welcome Talk**

**Friday 19th January - 9.30am to 11am**  
**A005, Deeprose Lecture Theatre, Govan Mbeki**

After a night of socialising join us at our Welcome Talk, hosted by our Student Events team. We'll be discussing the International Welcome Programme and other services provided by GCU.

## **Scavenger Hunt**

**Friday 19th January - 11.30am to 1pm**  
**A005, Deeprose Lecture Theatre, Govan Mbeki**

Join us for an orientation challenge giving you the chance to familiarise yourself with GCU and the city of Glasgow. Prizes to be won!

## **Trip to IKEA**

**Sunday 21st January - 10am to 2pm**

**Sunday 28th January - 10am to 2pm**

Still need to grab some essentials for your new home away from home? We're putting on a trip to our local IKEA where you can browse and pick up some bargains - and maybe even stop by for some Swedish meatballs! Please note, students are limited to two bags per person and are unable to bring back large furniture items due to the size of the bus

## **Mural Trail**

**Monday 22nd January - 11am-12.30pm**

**Monday 29th January - 11am-12.30pm**

Glasgow is home to breathtaking murals, and this is your chance to experience them! Join us on our mural trail and see how these masterpieces are brightening up the city centre - as well as supporting local artists by providing a space for their unique creations. It's also a great way to get to find your way around Glasgow city centre!

## **Myths & Legends Walking Tour**

**Tuesday 23rd January - 1pm and 6pm**

Scotland is steeped in history with myths and stories passed from generation to generation. Join us on a guided virtual tour of Scotland courtesy of The Keltic Ginger (Scotland Tours) as we share some of these stories with you.



**British Afternoon Tea: Butterfly & the Pig**  
**Wednesday 24th January - from 2.30pm**

Britain is well-known around the world for being masters of afternoon tea. Join us at one of Glasgow's most famous tea rooms, The Butterfly and the Pig, for the chance to sample the tradition. You'll receive tea/coffee and a selection of cakes. It doesn't get more British than this!

**Meal Out at the Bier Halle**  
**Thursday 25th January - 6pm-8pm**  
**Thursday 1st February - 6pm-8pm**

A great way to meet and chat with other new students over a meal in a popular German bar & restaurant in Glasgow city centre. Enjoy a pizza & drink on us!

**Day Trip to Blackness Castle & Kelvingrove Art Gallery and Museum**

**Saturday 27th January, approx 9am-5pm**

Join us for a day of Scottish history and culture! We'll first explore the imposing Blackness Castle, a fortress on the shores of the Firth of Forth before stopping in the charming village of Linlithgow. We'll conclude the day at Kelvingrove Art Gallery and Museum, where art and history come together for a perfect Scottish experience. Tickets cost £12, [Buy Tickets on the GCU online store](#)

**Medical and Dental Registration**

**Tuesday 30th January - 10am-4pm**

**Room: Seminar room 1, Level 1 George Moore Building**

We're offering a drop-in session for those who want to register with a GP (doctor) or dental practice. Pop by anytime between 10am-4pm for information from local services.

**Learn the Lingo with Taste of Scotland**  
**Wednesday 31st January - 6pm-8.30pm**  
**Re:Union Bar and Grill**

The Scottish accent can be difficult to understand. In this interactive workshop, you'll learn some basic words and phrases to get you started, as well as the famous Glasgow humour and give you advice about living here.

You might have also heard about some of the weird and wonderful things we eat here in Scotland! Now this is your chance to try our traditional dishes. Vegetarian options will also be available.

**Movie Night**  
**Wednesday 7th February - 5pm-8pm**  
**Re:Union Bar and Grill**

Join us for a heartwarming movie night with 'Sunshine on Leith.' This feel-good film follows the lives of two soldiers returning home to Edinburgh, exploring love, friendship, and family against the backdrop of Proclaimers songs.

**Welcome Ceilidh**  
**Friday 9th February -**  
**Time: 6.30pm doors, 7pm-10pm**  
**Where: The National Piping Centre**

Our live ceilidh band is guaranteed to get you up on your feet as we celebrate one of Scotland's most time-honoured traditions. A haggis buffet will also be provided.

Tickets £15 each. [Buy Tickets on the GCU online store](#)



Our full list of events and activities can be found on our GCU Student Events Eventbrite page which will be updated throughout the year:

## [GCU Student Events | Eventbrite](#)

For more information about our student events, contact [studentevents@gcu.ac.uk](mailto:studentevents@gcu.ac.uk)





### **The Keltic Ginger (Scotland Tours)**

The splendour of Scotland's scenery is not to be missed so make the most of your time here by getting out of Glasgow and exploring it! We work closely with The Keltic Ginger – a local tour operator specialising in affordable day trips for students around Scotland. They offer weekly tours to some of the country's most breath-taking attractions – all delivered by knowledgeable and experienced guides. If you're looking to see Scotland at its finest, we recommend booking a trip with The Keltic Ginger.



Keep up to date on social media:

Facebook: <https://www.facebook.com/thekelticginger>

Instagram: <https://www.instagram.com/theKelticGinger/>

Twitter: <https://twitter.com/TheKelticGinger>





# Food and drink

Food and drink around campus is supplied by Baxter Storey, a fresh food company that value quality ingredients, great people and exceptional service.

## George Moore Restaurant

Start your day in the restaurant and choose from a selection of hot filled rolls, yoghurt, cereal bar, porridge, freshly baked pastries and fairtrade tea and coffee. At lunchtime you'll find an array of hot main meals, a full salad bar, homemade soups and a selection of fresh, tasty sandwiches.

As well as this, the George Moore restaurant will have a fresh rotational menu with shawarma, chicken selectors and ramen all making an appearance.

## Grab N' Go'

Need a quick snack between classes? The Grab N' Go can be found in the George Moore building - offering a selection of hot and cold snacks and drinks.

## Sir Alex Ferguson Library

Located on the ground floor of the Sir Alex Ferguson library, our cafe offers a wide range of hot food, snacks, and drinks. We are also now serving Starbucks Coffee which can be purchased at the cafe.

## Re:Union Bar and Grill

Found in the GCU Students' Association building, the Re:Union Bar & Grill is a place to grab a drink, food, play pool or socialise with classmates and friends.





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[www.GCUstudents.co.uk](http://www.GCUstudents.co.uk)



University for the Common Good

**Campus Life Team**

Glasgow Caledonian University  
Cowcaddens Road  
Glasgow G4 0BA

Contact: **Student Events Team**

Email: [studentevents@gnu.ac.uk](mailto:studentevents@gnu.ac.uk)



Connect: **GCU Student Life**



Website: [gnu.ac.uk/students/studentlife/events](http://gnu.ac.uk/students/studentlife/events)