

STARTER GUIDE To Student Life



HELLO!

Let's Get Going!

We have created this booklet to help you with the things you may find tricky when starting University. We know that the change from being in year 13 to being at University may feel like a scary one.

This guide is full of handy tips and advice to help you feel prepared to take the next step.

You are at an exciting time in your life and the best piece of advice we can give you is to enjoy it as much as you can!

BEST OF LUCK!





ACCOMMODATION

Find Your Home!



EN-SUITE

Your own bathroom



CATERED

Have some/all of your meals cooked for you



STUDIO

Living by yourself or with a partner. These are often self catering and your bedroom, kitchen and lounge space are all in one room.



SHARED ACCOMMODATION

Sharing between 3 - 12 people. You will likely share bathrooms and common spaces - e.g. lounge & kitchen. Some rooms may have an en-suite.

HALLS OF RESIDENCE

Often built by universities/colleges so usually on, or very near, campus. Can be catered or self catered. If you go fully catered you might not have a kitchen space.



PRIVATE ACCOMMODATION

Living in a house/flat with multiple bedrooms. Share your kitchen, bathroom(s), lounge spaces. With these always make sure you know what's included in the bills!

What's Included?



It's worth checking what is included in the price per week/month. Things like electricity, gas and water may already be included in your rent.

If these aren't included in your bills you will need to decide with your flatmates how this will be paid - could you all pay your landlord or will one person in the house pay? What arrangements will you all make to ensure they are paid on time?



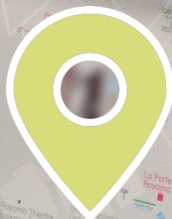
If you have a TV in the common space to use it someone needs to have a TV licence. If you plan on watching TV in your bedroom you also need a TV license.

What about Wi-Fi? Is it included in your bills or extra? For your useage would it be worth getting a dongle or hotspot from your current mobile provider?



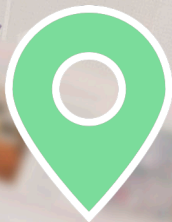
FIRST WEEK

Find The Locations!



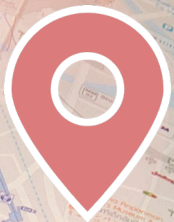
University Campus

Where are your lectures/
seminars? You can usually
find a campus map on the
University's website.



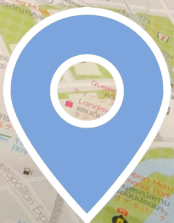
Supermarket

Where is the nearest/
cheapest supermarket to
your accommodation and
university?



Doctors

You need to register at a doctors in your new city or town. If you register as a 'temporary resident' you can still keep your GP at home too. The University or the NHS website can help you find the nearest one.



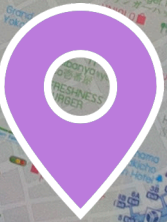
Train Station

If you are planning on visiting home during your time at University, you will need to know where the train station is.



Town/City Centre

It wont take you too long to find out where the best social spaces are .
University is a great time to do all the things you love or take up some new hobbies.



Accommodation

It's a good idea to work out how far your halls are from your University. Will you need to get the bus or can you walk?

FIRST DAY

Moving In

Getting You and Your Stuff There

If you have family or a friend that will take you by car ensure that you are only taking what will fit in the car! Look our guide about what to take with you on the next page!

Arrange Time to Collect Your Keys & Meet the Landlord

Make sure you meet the landlord so you can ask about:

1. Where is the fusebox?
2. Where can I switch off the gas/water supply?
3. What is the process for reporting breakages?

Take Pictures



Before you unload any boxes take photos of your room & common space - document any paint scratch, scuff or carpet rip! Mention broken items to your landlord so they can be fixed or replaced and you don't get charged!

Your deposit is hefty and you want to make sure you get the full whack back. It's not rare to lose nearly £500 for a scuffed wall!

Take a Door Wedge

Firstly - super handy for keeping your door open as you move boxes in and out. Secondly - even more handy for keeping your door open to meet your new flatmates, an open door is much easier to say “Hi!” through than a closed one!

The BIG Shop

It might be tempting to do a big food shop before you go but depending on time you plan to arrive at your accommodation it might be better to do it after you've unpacked. Firstly it saves you room in the car and secondly you'll get to know your new area a little more!



MOVING ON OUT

Pack Your Bags!

What Clothing Do I Need

Remember you don't NEED to take everything in your first week. Aim for 14 pairs of socks and underwear - giving you two weeks to do your laundry! Obviously more would be better!

Clothing Checklist

- Casual T-Shirts/Tops
- Casual Jeans/Trousers
- Going Out Clothes
- PJ's/Dressing Gown
- Hoodies/Sweater/Joggers
- Rain Jacket
- Hat/Scarf
- Going Out Shoes
- One Smart Outfit
- Sports Clothes
- Trainers

TIP!

Beware the 3AM fire alarm - have something warm just in case!



Get Ready Early

Leading up to the big day start to save boxes and bubble wrap - IKEA, Wilkos and Asda sell large cardboard boxes for next to nothing - really useful to load up all your belongings!

What Can You Pick Up When You Arrive?

Over the next few pages are some check-lists to help you think about what you will probably need in your new home - some of these you may take with you, others you might buy when you arrive - duvets and pillows for example take up a lot of space and aren't super expensive - so could you buy them on your first day?



BEDROOM Essentials

Bedding

- 1 Duvet
- 2 Bottom/Fitted Sheet
- 1/2 Pillows
- 2/4 Pillow Cases
- 1 Mattress Protector
- 1 Throw/Blanket

TIP!

Buy a 2 layer duvet so you can add/remove layers of warmth

Other

- Door Wedge
- Photos of friends/family
- Extension Cable
- Small Bin
- An Extra Phone Charger
- Throw/Blanket
- Hair Dryer/Straighteners

TIP!

Protect your electronics with a surge proof extension!

TIP!

Use a door wedge to keep your room door open - when you want to be social!

BATHROOM Essentials

Other

- Shampoo & Conditioner
- Shower Gel
- Hand Soap
- Cotton Wool Buds
- Cotton Wool Balls
- Toilet Roll

TIP!

Always keep at least 2 spare rolls in your room if you share!

First Aid Kit

- Tweezers & Mini Scissors
- Antiseptic Wipes
- Different Sized Plasters
- Bandage Roll
- Micro-porous Tape
- Rehydration Packets
- Paracetamol
- Cold & Flu Medicine
- Pain Killers

TIP!

Try to get a range of sizes and blister plasters too!

KITCHEN Essentials

Pots & Pans

- Medium Frying Pan
- Medium Saucepan & Lid
- Small Saucepan & Lid
- Flat Baking Tray
- 2 Wooden Spoons

For The Cupboard

- Cheese Grater
- Measuring Jug
- Mixing Bowl
- Foil
- Cling Film
- Tupperware
- Sandwich Bags
- Chopping Boards
- Colander

For The Drawers

- Good Knives
- Vegetable Peeler
- Tin Opener
- Corkscrew & Bottle Opener
- Tea Towel
- Sponge
- Rubber Gloves

For You

- Plates
- Mugs
- Cups/Glasses
- Cutlery Set
- Tea Towel

TIP!

Buy at least two chopping boards - one for raw meat and the other for veg!

TIP!

Buying only two of each of the "For You" items encourages you to wash!

Cupboard Essentials

- Pasta
- Rice
- Canned Tomatoes
- Baked Beans
- Olive/Vegetable Oil
- Salt/Pepper
- Plain Flour
- Sugar
- Tea/Coffee
- Spices e.g. Chilli, Paprika
- Mixed Herbs (Parsley etc.)
- Tuna
- Ketchup
- Stock Cubes
- Tomato Puree
- Long Life Milk
- Potatoes
- Garlic (Fresh or Granules)
- Onions

TIP!

For an emergency keep a carton of long life milk - could be a life saver!

ICE BREAKERS

Oh “Hi There!”

The Coin Game

Everyone draws a coin at random - look at the year on the coin they have drawn and talk about a memory from that year.

Would You Rather

“Would you rather be chased by one horse-sized duck or twelve duck sized horses?” and other questions are great for getting to know people - sites like BuzzFeed and LifeHacks have some great examples (some pretty strange ones too...)

Never Have I Ever

Take it in turns to go around the group and say something you have never done. Everyone else has to then say whether this is something they have or haven't done. If you have done them then you get a point - the person with the most points loses!

3 Truths and a Lie

Think about some of the bizarre happenings in your life, give three different ones mixed in with a lie. The other players then have to guess which is the lie.

Question Starters

Everybody writes down a few questions on paper and throws them into the middle - whichever you pick out you have to answer. A few to get you started might be:

“What is your most useless talent?”

“What’s the most ridiculous thing you’ve convinced someone to believe?”

“What’s the best and worst purchase you’ve ever made?”

— “If you had a boat, what would you name it?”

“What’s the weirdest thing you’ve seen in someone’s home?”

“If you could start a cult what would you worship and why?”

“What’s the best nickname you’ve ever heard?”

“What’s the best Wi-Fi name you’ve ever seen?”

“What’s the best insult you’ve ever heard?”

“If you were transported 200 years into the past with no belongings/clothes - how would you prove you were from the future?”

HOW TO DEAL With Homesickness

It's absolutely natural to feel homesick sometimes, whether it happens day one or a few weeks in! Here are a few of our tips to get through those feelings.



LOOKING
FOR A FRIEND

1

Get Out Of Your Room

Don't let your room become the only space you stay in - use common areas or wedge open your door, feeling lonely happens when you feel like the only person in your bubble.

2

Be Kind To Yourself

It's fine to feel homesick - don't feel bad or guilty about it. Talk to your flatmates or course-mates - it's highly likely they'll be feeling it too!

3

Make A Plan

Get up and do something - go to the cinema or have a movie night (each choose your favourite film), have a FIFA tournament, plan to go to somewhere you've never been before - e.g. a bar or shop!

4

Reach Out

Get in touch with home and share a positive story! Catch up with friends who might be going through the same at another university!

5

Don't Let It Build

You'll mostly feel homesick when you're feeling worry elsewhere - if it's your finances or workload try to find ways to overcome them as soon as possible. Talk to your tutors, use the Big White Wall app, visit The Mix website or talk to your GP if you are struggling.

STAYING HEALTHY & Freshers Flu

Freshers Flu isn't flu at all, it's like a bad cold that mostly impacts on students within your first week. There are a number of reasons why you come down with Freshers Flu. It could be from mixing with a load of new people in a new area, or letting yourself get run down, or not eating enough good stuff, or from drinking too much alcohol or not enough water!



Cures for Freshers Flu

- 1. Eat Well:** Fruit and Vegetables - get in your vitamins!
- 2. Hydrate:** Don't do energy drinks - you'll feel a little better but it won't flush the bad stuff out like water will!
- 3. Sleep:** Have a duvet day or two, let your body recover, become the king or queen of naps.
- 4. Drugs:** Paracetamol, cold medicine, soothers, invest in some berroca to boost your energy.
- 5. Drop the Bad Stuff:** stop with the drinking and smoking and staying out late and let your body recover!
- 6. Antibac:** carry a little anti-bacterial gel and use it when you wash your hands or after being on public transport!

STAYING SAFE & Secure

While you don't really want to think about anything bad happening it's worth thinking about and planning for!

Always Lock Your Door

Without question theft rates in student areas are among the highest in the country. Common thefts are laptops/tablets/phones, often the thief will take them while the owner is in, so keep your door locked even if you're home!

Insurance

Do you need contents insurance? Most likely this will be YES. But check your parents home insurance policy first as some companies will cover your property even while you study away.

Emergency Contacts

Most phones have a facility for people to be able to access your emergency details without unlocking your phone - really handy for emergencies but also in case a good samaritan finds your lost phone!



GETTING CLEAN

Know Your Symbols



Iron



Tumble Dry



Wash at the given temperature



Hand-wash only



Bleach



Dry clean only



DO NOT - could be mixed with any symbol



High heat



Mid heat



Low heat

Golden Rules

1

Sorting - make sure you separate whites, darks, lights and brights!

2

Use detergent - for example Fairy Non Bio, Bold, Daz. Check how many washes you get for your money and bulk buy when there are deals!

3

Check pockets - pens and tissues can ruin a whole wash!

	Wash	Dry
Whites	Hot with Bleach	Low Heat
Lights & Brights	Warm	Low Heat
Jeans	Cold inside out	Low Heat
Darks	Cold	Low Heat



Coffee, Tea & Wine

Mix together baking soda and water to make a paste and scrub into stain before putting into the wash. White vinegar can also be used instead!



Sweat

Soak in a mixture of lemon juice and water and let it dry. Then wash on hot - use bleach if white or without if any other colour.



Mud

Soak in warm water with some detergent for at least one hour. Then wash normally - if the stain doesn't left try scrubbing in white vinegar.



Blood

Rinse in cold water, make a paste from baking soda and water and then scrub into stain, rinse with cold water. Wash as normal.

WHAT DO I DO IF..?

Common Fixes



“The power to the flat has gone off and nothing electronic in the flat is working?”

Check the fusebox - there will likely be one switch that is flicked down - flick this back up and power should be back on. A well labelled fuse box will also show you the room - if this keeps happening it's worth speaking to your landlord as something in that room is likely to be faulty.



“I’ve woken up in the middle of the night and I can smell gas?”

Don't light any matches or use any electrical switches. Open windows and doors and ventilate. Check the hob - has someone left a ring on? If you have a night manager at your accommodation phone them, if not get advice from 0800 111 999. They will likely advise you to switch off the gas at the meter.



“There’s a water leak in the flat and water has gone EVERYWHERE!”

Switch off the water using the stop tap - usually under your kitchen sink - turn it **CLOCKWISE** to turn the water off. Phone your landlord as soon as possible to get it repaired, know your rights in terms of your insurance if your belongings have been damaged.



“My TV cable has accidentally been cut through or it won't switch on?”

Unplug from the wall and pop the back off using a screwdriver.

The device isn't working:

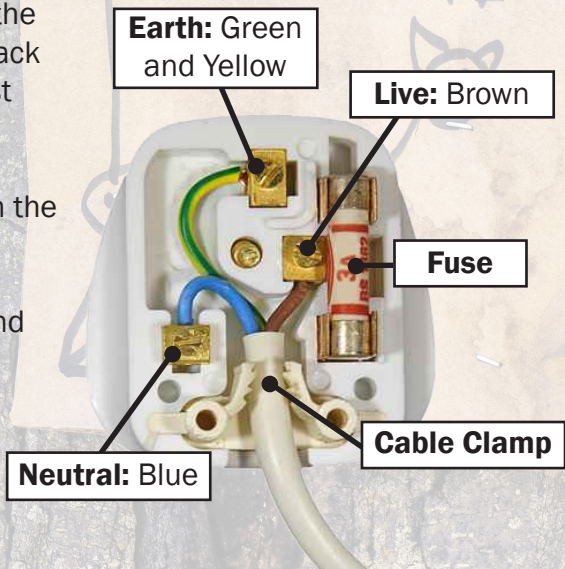
Pop out the fuse - you can use a flat screwdriver to lever it out and push in a new fuse with the same amps (number written on it e.g. 3, 5 or 13). Make sure you close the back.

I've cut through the cable:

Use a small screwdriver and remove the cable from the cable clamp. Remove the old cable by loosening the screws on each of the terminals (areas where the wires are held in place).

You might need to strip the main cable, then strip back a little of each wire. Twist the ends of the wire and push into the terminals. Re-tighten the screws on the terminals.

Clamp the cable back and close the plug.



RESOLVING ISSUES

How to Approach...



I'm the only one in the house that buys milk and people keep drinking it!

Look at starting a kitty for the flat to buy things that everyone uses e.g. butter, milk etc. Everyone adds £1 or so once a month and you can all take it turns to buy what you need using money from the kitty.



The kitchen bin is overflowing - I took it out last week and don't see why I should do it again!

Speak to your room mates - try to organise a cleaning rota, you might find some people prefer certain jobs e.g. vacuuming, cleaning appliances - they will be more likely to do these jobs! Try getting everyone together to have a tidy up/cleaning sesh to get everything back in order again!

Top Talking Tips!

Always try to speak to people *first* and *as soon as you can*. If you let it build things that annoy you turn to anger, turn to aggression.

Be direct, honest and clear about the issue and about the impact it's having on you. "I need you to... because..".



My next door neighbour constantly has music on until the early hours and it's really effecting me.

Talk to them first - some people don't realise how noisy they actually are. If they don't change, start to keep a diary and go to your landlord. Your sleep is directly linked to your well-being so it's important to address problems that affect it.

Also you are paying to live there - don't pay to feel uncomfortable or unhappy!



I've let my room mates use my Netflix account but they've passed this information onto their boyfriends, when they all use I get locked out!

Before you share any account information ensure you set boundaries - think about "I've got one spare log in - you can use this on one of your devices but please log out if you're going to use another one so I don't get locked out!".

Speak to your room mates - explain the problem and ask them to sign out from theirs or their boyfriends devices. Remember you can always change the password...!

FINDING A JOB

Part-Time

Having a job while studying provides a lot of benefits, you meet new people, gain new skills, fill up some free time and you get a little cash too - which is never a bad thing. Here are some roles you could consider;



STUDENT AMBASSADORS

Working for the university to assist with open days, events and campus tours. Pays well and is flexible as you choose your own shifts.



BARISTA

Serving drinks and food in a local coffee shop. Great for building customer service skills and experience in hospitality.



SHOP ASSISTANT

Seasonal employment over busy Christmas retail period. Customer service skills whilst living at home over the holidays.



BARTENDER

Employed to work at the Student's union on campus. Sociable, fits around studies and a good way of meeting new people. However, may be unsociable working hours.

DER
AND
DAY
ERE ↓

WRITE A CV

Use easy to read fonts, give your mobile number and a sensible email at the top.

Personal Summary

A small paragraph about you what you have to offer.

Key Skills & Experience

- Bullet list of 5 skills you have, show off your strengths and achievements.

Work Experience/Volunteering

Name and dates worked between.

Responsibilities

List your duties and describe the skills you needed to be successful.

Key Achievements

Did you change or improve anything? Were you recognised for anything? What are you proud of?

Qualifications

List your qualifications in order of most recent.

References

Give the contact details of two different people who would give you a good reference.

FINANCES

Managing Budgets

Money In		Money Out	
Tuition Fee Loan		Tuition Fee	
Maintenance Loan		Rent	
Parental Contribution		Gas, Water & Electric	
Maintenance Grants		Food	
Other Grants		Travel	
Savings		Study Costs	
Part Time Work		Phone	
Holiday Earnings		Internet	
Bank Overdraft		Insurance	
		Toiletries	
		Socialising	
		Laundry	
		Sports	
		Holiday Costs	
		TV e.g. Netflix	
		Special Costs	
		Emergencies	
Total Cost		Total Cost	
Total			

Discounts & Cards


One great perk of being a student is the DISCOUNT! You are entitled to tons of different discounts and deals whilst you study at university.

You can access these via;
The free unidays app
(www.myunidays.com)
Or by purchasing an NUS
extra card for just £12 a year
(www.nus.org.uk/nus-extra).



FOOD

Stretch Your Budget



Buying in Bulk

Go big - you WILL use a lot of the standard kitchen staples e.g. rice & pasta, it's cheap and easy - buy the biggest bag you can get and lug it home.

Make BIG Portions

But don't eat it all that day! Have a bowlful then keep the rest in the fridge or freeze them for later!

Double up some of the recipes we've put in the book or make a big batch of our **Tomato Sauce** eat what you want and freeze the rest - when you defrost you can decide what you fancy eating!

The Glory of Tupperware and Freezer Bags!

Buy a few meal sized Tupperware containers or raid your family take away container stash. Use a dry-wipe pen to write the contents before you freeze them - then you can wipe the writing off when you reuse it!

If space is tight in the fridge empty food out of the packaging and put them in freezer bags - don't forget to write your name and the contents on the bag - use a permanent marker!



Buying in Season or Frozen

At certain times of the year when fruit and vegetables are being grown, supermarkets will often have them cheaper so it's a great time to buy.

Out of season you can't beat frozen veg on price - even fruit for smoothies! Just make sure you have enough freezer space!

Be a Bargain Hunter

Check the reduced section - you can always buy things and freeze them - just make sure you buy what you'll eat - don't fall into the trap of buying something just because it's 10p!

Similarly, get to know when your local shop reduces it's food - it will often be the evening/morning before they are due a delivery or often on Sunday evenings - do your shopping then!

SAUCY STARTERS

Cheap Sauces

Basic tomato sauce recipe - add different ingredients to make the different recipes over the next few pages or make a big batch and freeze to make whatever you fancy! Look out for **Tomato Sauce** in the recipes and use your batch to make it!



Tomato Sauce

400g	Chopped Tomatoes
75ml	Cheap red wine
1	Chopped onion
1	Veggie stock cube
1	Grated carrot
2tsp	Garlic
Pinch	Salt & Pepper

1. Put chopped onion into a sauce pan with a splash of oil, garlic, grated carrot and a pinch of salt & pepper. Cook until onions are soft

2. Add red wine and cook on medium for 4 minutes

3. Add chopped tomatoes and crumble in a stock cube





Bolognese

400g	Tomato Sauce
2tsp	Parsley
2tsp	Oregano
2tsp	Soy Sauce
1tsp	Garlic
500g	Mince

1. Put a tsp of oil in a frying pan, cook mince until brown
2. Heat tomato sauce in a saucepan, add mince, herbs and soy. Serve with pasta or a jacket potato!



Spanish Eggs

200g	Tomato Sauce
2	Eggs
50g	Chorizo
1tsp	Paprika
2tsp	Chilli flakes or powder

1. Heat a tsp of oil in a frying pan and add chopped up chorizo
2. After 5 mins add tomato sauce and cook through. Using a spoon make 2 dips in the sauce
3. Crack an egg into each dip and cook for 6-8 minutes

SPICY SAUCES

Cheap Sauces



Crowd Pleasing Curry

- 1 Diced potato
- 1 Butternut squash
- 1 Diced aubergine
- 6 tbsp Tikka Masala paste
- 3 tbsp Vegetable oil
- 2 Sliced onions
- 700g Tomato Sauce
- 400g Coconut milk
- 2 Red Peppers

1. Preheat oven to 180

2. Add 2 tsp of oil to baking tray and add chopped and peeled butternut squash, potato and aubergine with 2 tbsp of curry paste - try to coat the veggies in the paste

3. Roast for 30mins

4. Fry onions in oil until soft, stir in rest of the curry paste

5. Add tomato sauce and coconut milk and a little water - simmer for a few minutes

6. When veggies are roasted and them to sauce with the peppers and simmer for another 10-15mins

Serve with rice, or naan bread, or chapatis

OVEN

180C Fan
30mins Roast

Use the Chilli recipe to make loads of different recipes - from topping Rice, Jacket Potatoes (or wedges or chips) to making Tacos, Nachos and Burritos!

Chilli



400g	Tomato Sauce
400g	Baked beans
400g	Red kidney beans
1 tsp	Chilli or chilli flakes
1 tsp	Paprika
1 tsp	Ground cumin

- 1.** Rinse kidney and baked beans in a colander. Put into a saucepan with tomato sauce
- 2.** Heat tomato sauce in a saucepan, add mince, herbs and soy

Nachos



1 bag	Tortilla Chips
250g	Chilli
50g	Cheese

- 3.** Line a baking tray with tortilla chips
- 4.** Spread a few dollops of chilli on top and then cover with cheese
- 5.** Grill under a medium heat for 5 minutes

MEGA EASY Margherita

1 tsp	Olive oil
200g	Plain flour
7g	Packet easy-blend dried yeast
1 tsp	Sugar
125 ml	Warm water
85ml	Tomato Sauce
100g	Mozzarella, half grated, half chopped
50g	Grated cheddar or other cheese

OVEN

220C Fan
15 - 20mins Bake

1. Preheat oven
2. Oil baking tray
3. In a bowl mix together flour, yeast, sugar and a pinch of salt
4. Stir in warm water and keep stirring until ingredients combine
5. Get your hands stuck in and knead mixture until smooth - this may take a little while!
6. Roll out or carefully pull into a circle and place on oiled baking tray
7. Spread the tomato sauce over dough and leave a thin border for your crust
8. Sprinkle salt and pepper then add the cheese
9. Bake for 15-20 mins or until cooked through



EGGS

Are Eggs-ellent



Boiled Eggs

- 5 mins **Soft Boiled**
Set white with runny yolk - great for dipping!
- 7 mins **Mid Boiled**
Nearly set - yolk is still squishy!
- 9 mins **Hard Boiled**
Firm yolk - great for sandwiches!

For the perfect boiled egg fill a saucepan with water and bring to the boil.

Carefully place in an egg and time it!



Poached Eggs

Heat water in a saucepan until bubbles spread across the sides. Put a drop of white vinegar in.

Crack egg into a small bowl. Stir the water in the pan and create a little whirlpool. Steadily pour the egg into the whirlpool.

Leave to cook for 4-5 mins or longer if you want a firm yolk. Remove from the pan with a slotted spoon.



Omelette

2 Eggs
2tsp Butter
50g Cheese

1. Beat eggs in a bowl and add a pinch of salt and pepper
2. Heat butter in frying pan on a medium heat until butter foams
3. Add eggs and let cook for a few seconds letting the bottom become firm
Add half of the cheese
4. Flip omelette over and add other half of the cheese

TIP!

Try different toppings at step 3 - mushrooms, tomato, ham etc.!



Pancake

100g Flour
2 Eggs
300ml Milk

1. Whisk flour, eggs and milk together in a bowl
2. Heat a tsp of oil on medium heat in a frying pan and let the pan get hot
3. Add a dollop of pancake mix and swirl carefully around the pan to give a full coating of it
4. Let the bottom side firm up and then flip!

TIP!

Try with golden syrup, nutella, lemon juice & sugar, fruit...

MICROWAVABLE Mug Cakes



Chocolate Fudge Mug Cake

4 tbsp Flour
2 tbsp Sugar
2 tbsp Cocoa powder
3 tbsp Milk
3 tbsp Melted butter
1 Egg
Choice of flavourings!

COOK

1000w Microwave
3 to 4 mins
Until it stops rising!

- 1.** Melt butter in your mug in 10 second bursts
- 2.** Add flour, sugar, cocoa and stir well
- 3.** Add milk and egg and stir until everything blends
- 4.** Add flavourings e.g. vanilla or peppermint essence, chocolate chips, marshmallows etc.
- 5.** Cook in microwave for 3 - 4 mins, the cake should rise up - when it stops rising it's ready



Coffee break .

POTATO

Many Ways

Mashed Potato

500g Potatoes e.g. Maris Piper

50g Butter

25ml Milk

- 1.** Peel and chop potatoes into quarters
- 2.** Place potatoes into a pan of boiling water adding a pinch of salt
- 3.** Boil until you can push a fork through one fairly easily
- 4.** Drain the potatoes and put them in a large bowl and start mashing
- 5.** When most of the lumps have gone add the butter and milk and mash until smooth!



Wedges

1tsp Paprika
Pinch Salt & Pepper

1. Cut potatoes into quarters or smaller depending on the size of the potatoes
2. Parboil potatoes, drain and then put on a baking tray, pour on oil, salt and pepper and paprika - mix well!
3. Bake at 200C for 35 mins or until crispy

OVEN

200C Fan
35mins

TIP!

Parboil: cooking vegetables in boiling water for 5/10mins.

Jacket Potato & Loaded Skins

1. Stab the potato with a fork a few times and rub a little oil, salt and pepper into the skin
2. Bake at 200C for 60 - 80mins or microwave first for 5mins then oven for 35mins

For Loaded Skins:

3. Cut potato in half, scoop out the middles and mash with cheese, spring onion and bacon.
4. Put the mash back in the skins, sprinkle some extra cheese on and then put under a medium grill until the cheese bubbles

OVEN

200C Fan
60 - 80 mins

FINAL FIVE

Top Tips

1

BUDGET

Get to grips with what money you have coming in and going out - give yourself weekly allowances and try not to use your overdraft unless you HAVE to.

2

LEARN TO COOK

Get some basic recipes from your family/friends that don't require fancy equipment and learn to cook them before you go - don't fall into the stereotype of eating beans and noodles all year long!

3

FIND FRIENDS

Use your first two weeks to make new friends, join a society to meet people from outside of your faculty or look at what events are happening at the Student Union!

4

KNUCKLE DOWN

Take responsibility for your education - this isn't school or college - no one will chase you if you miss a deadline or remind you that ones coming or to catch up on your work. It's got to be you!

5

SUPPLEMENT YOUR STUDIES

You will get some free time so use it well - get a job, find an industry placement, look at summer internships, do a work exchange abroad - things that will boost your CV.

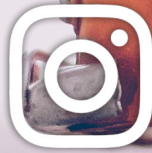




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