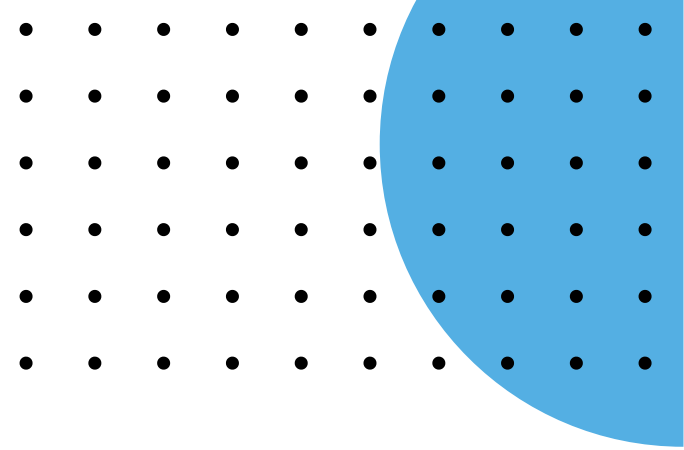
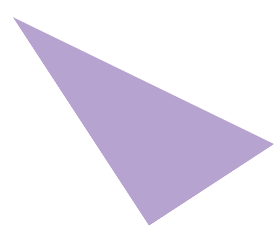


STARTER

Guide

TO STUDENT LIFE





Hello!

LET'S GET GOING!

We have created this booklet to help you with the things you may find tricky or new 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!

CATERED

HAVE SOME/ALL YOUR MEALS COOKED FOR YOU



EN-SUITE

YOUR OWN BATHROOM



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 NON-UNIVERSITY HOUSE/FLAT. THIS TYPICALLY WOULD BE WITH MULTIPLE BEDROOMS, SHARING YOUR KITCHEN, BATHROOM(S) AND LOUNGE SPACES.

**WITH THESE ALWAYS MAKE SURE YOU KNOW WHAT BILLS YOU ARE RESPONSIBLE FOR!



Costs to consider?



IT'S WORTH CHECKING WHAT IS INCLUDED IN THE PRICE PER WEEK/MONTH. THINGS LIKE ELECTRICITY, GAS AND WATER MAY OR MAY NOT 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?



IMPORTANT COSTS TO THINK ABOUT:

- ELECTRIC
- WATER
- GAS
- WIFI
- TV LICENSE
- LAUNDRY



Moving On Out

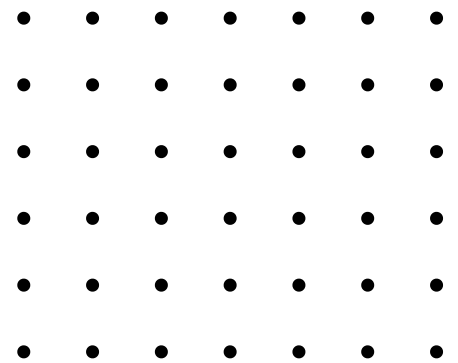
PACK YOUR BAGS!

WHAT CLOTHING DO I NEED

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
- SLIPPERS FOR COMMUNAL AREAS
- HOODIES/SWEATER/JOGGERS
- RAIN JACKET
- HAT/SCARF
- GOING OUT SHOES
- ONE SMART OUTFIT
- SPORTS CLOTHES
- TRAINERS



TIP

BEWARE OF 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?

REMEMBER!

THESE PACKING LISTS ARE GENERAL- WHAT YOU NEED WILL DEPEND ON YOU AND YOUR ACCOMMODATION!

Bedroom Essentials

BEDDING

- DUVET
- BOTTOM/FITTED SHEET
- 1-2 PILLOWS
- PILLOW CASES
- 1 MATTRESS PROTECTOR
- 1 THROW/BLANKET

TIP

BUY A DOUBLE DUVET SO YOU CAN ADD/REMOVE LAYERS OF WARMTH

OTHER ESSENTIALS

- LAUNDRY DETERGENT
- LAUNDRY BASKET
- DOOR WEDGE
- PHOTOS OF FRIENDS/FAMILY
- EXTENSION CABLE
- HEADPHONES
- CHARGERS FOR ELECTRONIC DEVICES
- BAG/BACKPACK FOR UNI/LECTURES
- WATER BOTTLE
- DECORATIONS
- IMPORTANT DOCUMENTS

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

ESSENTIALS

- SHAMPOO AND CONDITIONER
- SHOWER GEL
- HAND SOAP
- TOOTHBRUSH AND PASTE
- HAIRBRUSH
- HAIR PRODUCTS / MAKEUP
- SMALL BATHROOM BIN
- TOILET ROLL
- COTTON WOOL BUDS
- BATHROOM MAT
- TOWELS
- CLEANING SUPPLIES
- MEDICATIONS
- PARACETAMOL
- COLD AND FLU MEDICINE
- DIFFERENT SIZED PLASTERS
- FEMININE HYGIENE PRODUCTS

TIP

ALWAYS KEEP AT LEAST 2 SPARE ROLLS OF TOILET ROLL IN YOUR ROOM IF YOU SHARE!

TIP

A FEW DAYS BEFORE YOU START PACKING, WRITE DOWN THINGS YOU ARE USING!

Kitchen Essentials

POTS AND PANS

- FRYING PAN
- MEDIUM SAUCEPAN AND LID
- SMALL SAUCEPAN AND LID
- FLAT BAKING TRAY
- KITCHEN UTENSILS

TIP

IF YOU CAN, BUY NICER QUALITY ITEMS WHICH WILL LAST LONGER THROUGH YOUR YEARS AS A STUDENT

FOR THE CUPBOARD

- COLANDER
- CHEESE GRATER
- MEASURING JUG
- MIXING BOWL
- FOIL AND GREASEPROOF PAPER
- CLING FILM
- TUPPERWARE
- SANDWICH BAGS
- CHOPPING BOARDS

TIP

WHEN PLANNING WHAT YOU NEED- THINK ABOUT WHAT FOODS YOU MOST LIKELY WILL BE MAKING

TIP

BUY AT LEAST TWO CHOPPING BOARDS - ONE FOR RAW MEAT AND THE OTHER FOR VEG!

Kitchen Essentials

FOR THE DRAWERS

- KNIVES
- VEGETABLE PEELER
- TIN OPENER
- CORKSCREW AND BOTTLE OPENER
- TEA TOWEL
- SPONGE AND WASHING UP LIQUID
- KITCHEN ROLL

TIP

IF YOU ARE SHARING A KITCHEN- SEE WHAT EVERYONE ELSE IS BRINGING-- YOU DON'T NEED 6 TIN OPENERS

FOR YOU

- PLATES
- BOWLS
- MUGS
- CUPS/GLASSES
- CUTLERY SET
- OVEN GLOVE
- REUSABLE COFFEE CUP
- WATER BOTTLE

TIP

BUYING ONLY TWO OF EACH OF THE "FOR YOU" ITEMS ENCOURAGES YOU TO WASH!

TIP

USING A REUSABLE COFFEE CUP HELPS REDUCE WASTE!

Kitchen Essentials

CUPBOARD ESSENTIALS

- PASTA
- RICE
- CEREAL
- CANNED TOMATOES
- BAKED BEANS
- OLIVE/VEGETABLE OIL
- SALT AND PEPPER
- PLAIN FLOUR
- SUGAR
- TEA/COFFEE
- SPICES E.G. CHILLI, PAPRIKA
- MIXED HERBS (PARSLEY, BASIL, ETC.)
- MAYO
- KETCHUP
- SOUP
- TOMATO PUREE
- NOODLES
- POTATOES
- GARLIC (FRESH OR GRANULES)
- ONIONS

TIP

DON'T FORGET SNACKS!

TIP

REMEMBER TO TALK TO YOUR FLATMATES TO ARRANGE WHO BRINGS THE KETTLE OR TOASTER (IF YOU NEED ONE!)

First Day

MOVING IN

GETTING YOU AND YOUR STUFF THERE

KNOW WHAT TIME YOU CAN ARRIVE, WHO MIGHT BE GOING WITH YOU AND HOW YOU ARE GETTING THERE.

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. WHERE DOES THE RUBBISH / RECYCLING GO?

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 ALL YOUR MONEY BACK!

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!

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 OR TRAVELLING DURING YOUR TIME AT UNIVERSITY, IT IS GOOD TO KNOW WHERE THE TRAIN STATION IS.



TOWN/CITY CENTRE

IT WON'T 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?

Ice Breakers

OH "HI THERE!"

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

GET OUT OF YOUR ROOM

DON'T LET YOUR ROOM BECOME THE ONLY SPACE YOU STAY IN - USE COMMON AREAS, WEDGE OPEN YOUR DOOR, GET OUTSIDE.

BE KIND TO YOURSELF

IT'S NORMAL 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!

KEEP YOURSELF BUSY

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!



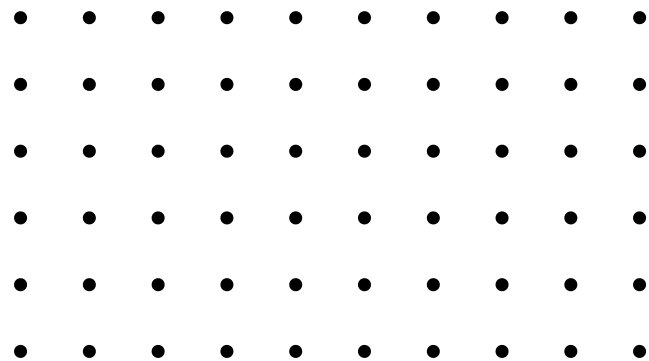

REACH OUT

GET IN TOUCH WITH HOME AND SHARE A POSITIVE STORY! CATCH UP WITH FRIENDS WHO MIGHT BE GOING THROUGH THE SAME AT ANOTHER UNIVERSITY!



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

- EAT WELL: FRUIT AND VEGETABLES - GET IN YOUR VITAMINS
- HYDRATE: DON'T DO ENERGY DRINKS - YOU'LL FEEL A LITTLE BETTER BUT IT WON'T FLUSH THE BAD STUFF OUT LIKE WATER WILL!
- SLEEP: HAVE A DUVET DAY OR TWO, LET YOUR BODY RECOVER, BECOME THE KING OR QUEEN OF NAPS.
- DRUGS: PARACETAMOL, COLD MEDICINE, SOOTHERS, INVEST IN SOME BERROCA TO BOOST YOUR ENERGY.
- DROP THE BAD STUFF: STOP WITH THE DRINKING AND SMOKING AND STAYING OUT LATE AND LET YOUR BODY RECOVER!
- 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 AND WINDOWS

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 IF YOU ARE ON SOMEONE'S HOME INSURANCE POLICY CHECK 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! DON'T FORGET TO ADD SOMEONE FROM YOUR FLAT TO YOUR EMERGENCY CONTACTS IF YOUR FAMILY/RELATIVES ARE NOT NEARBY.

Getting Clean

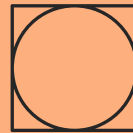
KNOW YOUR SYMBOLS

GOLDEN RULES

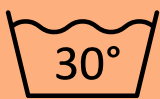
- SORTING - MAKE SURE YOU SEPARATE WHITES, DARKS, LIGHTS AND BRIGHTS IF YOU ARE WASHING IN HOT WATER!
- USE DETERGENT - FOR EXAMPLE FAIRY NON BIO, BOLD, DAZ. CHECK HOW MANY WASHES YOU GET FOR YOUR MONEY AND BULK BUY WHEN THERE ARE DEALS! DETERGENT PODS GO IN THE DRUM, LIQUID/POWDER GOES IN THE DRAWER.
- CHECK POCKETS - PENS AND TISSUES CAN RUIN A WHOLE WASH!



IRON



TUMBLE DRY



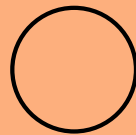
WASH AT
GIVEN
TEMPERATURE



HAND-WASH
ONLY



BLEACH



DRY CLEAN
ONLY



DO NOT -
COULD BE
MIXED WITH
ANY SYMBOL



HIGH HEAT



MID HEAT



LOW HEAT

Getting Clean

GET RID OF STAINS

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.

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.

Finding A Job

PART-TIME

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.

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.

REMINDER

A LOT OF STUDENT ACCOMMODATIONS WILL HAVE ON SITE STAFF/SECURITY/ PORTERS WHO CAN HELP WITH THESE.

Resolving Issues

HOW TO APPROACH...

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 BOTHERING 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!

Finances

MANAGING BUDGETS

MONEY IN		MONEY OUT	
TUITION FEE LOAN		TUITION FEE	
MAINTENANCE LOAN		RENT	
PARENTAL CONTRIBUTION		UTILITIES (GAS, WATER) - THIS IS SOMETIMES INCLUDED IN YOUR RENT	
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			

Finances

MANAGING BUDGETS

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. (ASK PEOPLE IF THEY DO STUDENT DISCOUNT)

REMEMBER TO LOOK AT LOCAL TRANSPORT E.G. BUSES THAT OFFER STUDENT TICKETS, TRAINS OFFER DIFFERENT RAILCARDS FOR TRAVEL.

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. SOME STORES SUCH AS B&M AND HOME BARGAINS OFFER ITEMS AT A CHEAPER RATE THAN OTHER SUPERMARKETS. TALK WITH HOUSEMATES ABOUT POTENTIALLY DOING A GROUP ONLINE FOOD SHOP.

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!

Food

STRETCH YOUR BUDGET

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
2	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/
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
6TBSP TIKKA MASALA PASTE
3TBSP VEGETABLE OIL
2 SLICED ONIONS
700G TOMATO SAUCE
400G COCONUT MILK
2 RED PEPPERS

1. PREHEAT OVEN TO 180C FAN.
 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

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
1TSP CHIILI/CHILLI
1TSP FLAKES
1TSP PAPRIKA
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

1. LINE A BAKING TRAY WITH TORTILLA CHIPS

2. SPREAD A FEW DOLLOPS OF CHILLI ON TOP AND THEN COVER WITH CHEESE

3. GRILL UNDER A MEDIUM HEAT FOR 5 MINUTES

Mega Easy

RECIPES



MARGHERITA PIZZA

1TSP OLIVE OIL
200G PLAIN FLOUR
7G PACKET EASY-BLEND
DRIED YEAST
1TSP SUGAR
125ML WARM WATER
85ML TOMATO SAUCE
100G MOZZARELLA (HALF
GRATED, HALF
50G CHOPPED)
GRATED CHEDDAR OR
OTHER CHEESE

1. PREHEAT OVEN 220C FAN
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-ELLENT

Eggs



BOILED EGGS

5 MIN SOFT BOILED
SET WHITE WITH RUNNY
YOLK - GREAT FOR
DIPPING!

7 MIN MID BOILED
NEARLY SET - YOLK IS
STILL SQUISHY!

9 MIN 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

1. HEAT WATER IN A SAUCEPAN UNTIL BUBBLES SPREAD ACROSS THE SIDES. PUT A DROP OF WHITE VINEGAR IN.
2. CRACK EGG INTO A SMALL BOWL.
3. STIR THE WATER IN THE PAN AND CREATE A LITTLE WHIRLPOOL.
4. STEADILY POUR THE EGG INTO THE WHIRLPOOL. LEAVE TO COOK FOR 4-5 MINS OR LONGER IF YOU WANT A FIRM YOLK.
5. REMOVE FROM THE PAN WITH A SLOTTED SPOON.

EGGS-ELLENT

Eggs



OMELETTE

2 EGGS
2TSP BUTTER
50G CHEESE

TIP: TRY DIFFERENT TOPPINGS AT STEP 3 - MUSHROOMS, TOMATO, HAM ETC.!

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



PANCAKE

100G FLOUR
2 EGGS
300ML MILK

TIP: TRY WITH GOLDEN SYRUP, NUTELLA, LEMON JUICE & SUGAR, FRUIT...

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!

Microwavable

MUG CAKE



CHOCOLATE FUDGE MUG CAKE

4TBSP FLOUR
2TBSP SUGAR
2TBSP COCOA POWDER
3TBSP MILK
3TBSP 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

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!

Potato

MANY WAYS



WEDGES

1TSP PAPERIKA
PINCH SALT & PEPPER

TIP: PARBOIL: COOKING
VEGETABLES IN BOILING
WATER FOR 5/10MINS.

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
PAPERIKA - MIX WELL!

3. BAKE AT 200C FOR 35 MINS OR
UNTIL CRISPY

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

Final 5 Top Tips

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.

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!

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!



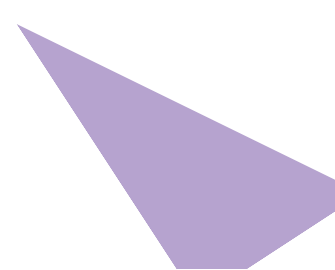
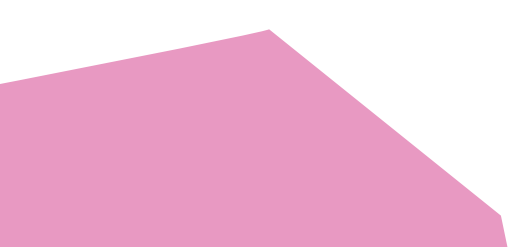
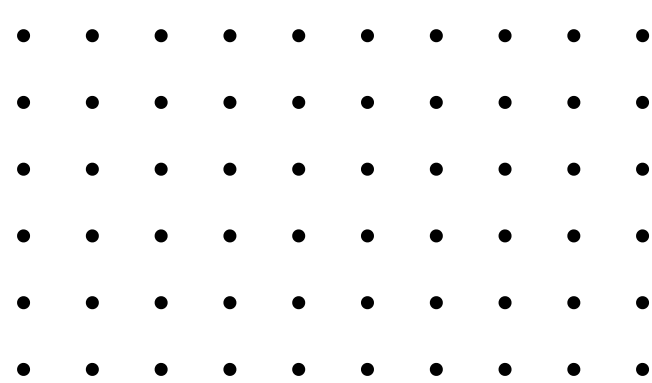
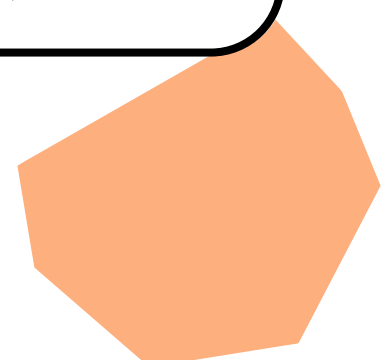
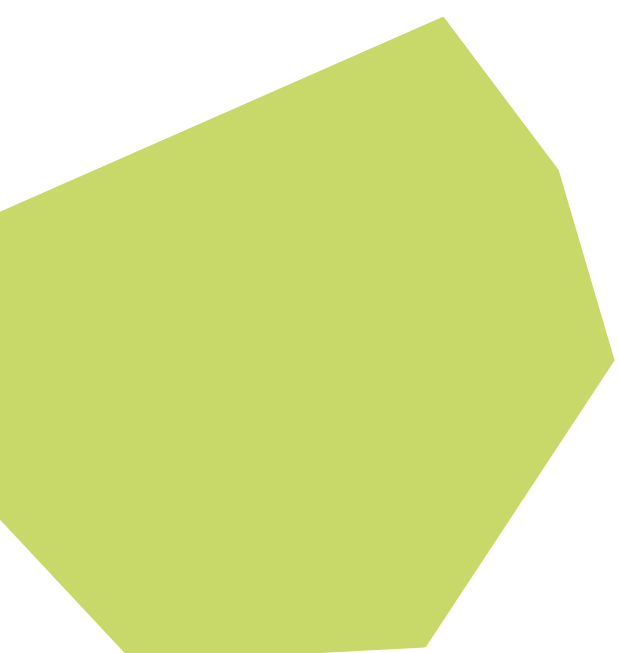
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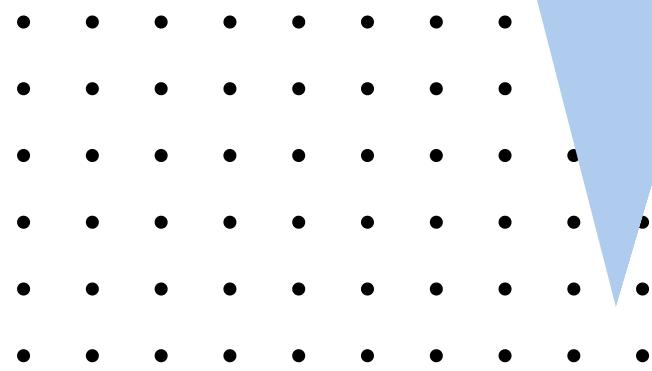
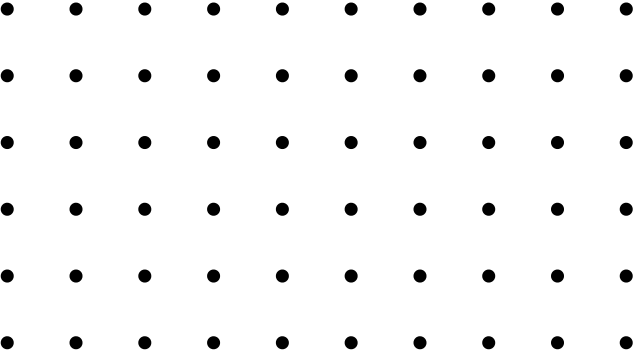
TAKE RESPONSIBILITY FOR YOUR EDUCATION - THIS ISN'T SCHOOL OR COLLEGE - NO ONE WILL CHASE YOU IF YOU MISS A DEADLINE OR REMIND YOU THAT ONES COMING OR TO CATCH UP ON YOUR WORK. IT'S GOT TO BE YOU!



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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KNOW | BECOME | CHOOSE | PRACTISE | UNDERSTAND