

**You
made
it.**



Welcome to Lancaster University
Your guide to undergraduate life 2016–2017



Congratulations.

All the hard work has paid off. You have been accepted to study at Lancaster – one of the top 10 universities in the UK with a global reputation for excellence. We can't wait for you to join us.

What happens next?

1. Go to the centre pages for a simple timeline explaining what to expect over the coming weeks.
2. For detailed guidance on all these steps, including your Welcome Week schedule, head to the Welcome site at lancaster.ac.uk/welcome. It contains everything you'll need.
3. Browse this guide to get a flavour of undergraduate life and helpful tips on making the most of your University experience once you arrive.

Find out about...

Study	Pg.4
Play	Pg.9
Work	Pg.22
Support	Pg.24

We hope you find this guide useful.
See you in October.

Study.



1,500+

ACADEMIC
STAFF



1,200

STUDY SPACES IN
THE REFURBISHED
LIBRARY



83%

OF RESEARCH
IS INTERNATIONALLY
EXCELLENT AND
WORLD LEADING



300,000+

AVAILABLE
eBOOKS



1,100+

COMPUTERS
AVAILABLE
FOR USE ON
CAMPUS

Your first year explained

Your undergraduate studies are divided into Part One (your first year) and Part Two (your second, third, and sometimes fourth years). Here are seven things you need to know about Part One.

1 You may have the chance to choose some of your modules

You will be automatically enrolled on compulsory modules, and your department will advise you whether there are others to choose from.

2 In some courses you can take a minor subject

Many degree programmes enable you to study minor subjects alongside your major in Part One. However, your course structure does not allow for this if you are studying subjects including Law, Medicine, Engineering and Physics.

3 Struggling to decide which minor to take? Help is available

On the Tuesday of Welcome Week, you'll be able to find out more about minor modules by attending department talks. Times and locations are available on the Welcome Week schedule at lancaster.ac.uk/welcome-week

4 Your modules must add up to 120 credits

Each module is worth a set of credits. The credit total needed for Part One for most degree programmes is 120. Most modules equate to 40 credits, which would mean you need to enrol in three.

5 There are some limitations to the modules you can choose

Certain subjects are not available to study as minor subjects. Some study combinations may cause timetable clashes, and popular subjects may have restrictions or reach capacity.

6 Part One choices can affect your Part Two options

Some Part One courses enable you to change your major for Part Two. However, you can only do this if you also meet the criteria for that subject.

7 You must pass Part One

You must pass all of your Part One modules to proceed to Part Two. Your marks for Part One do not count towards your final degree classification, but learning how to achieve the best possible results will help you throughout the rest of your course.

A quick guide to undergraduate study

Learning at university is designed to challenge and inspire. Take a look at what to expect and the types of support available to you.

Teaching

In your first year you can typically expect to receive nine to 15 hours of tuition per week. Staff will support you in all aspects of learning through lectures, seminars in groups of up to 15 students, practical classes, one-to-one meetings and online resources.

Insider advice

Outside of tuition time, you'll be expected to do plenty of individual study. However, you won't be left unsupported. Here are the four main places to go for guidance:

1 Course tutors

Tutors on each of your courses will provide you with advice on what you should be doing during your independent study time.

2 Your academic tutor

You will also be assigned an academic tutor, who will provide you with guidance on academic matters throughout your studies.

3 Student learning advisers

Each of the University's faculties has a dedicated student learning adviser. Find yours at lusu.co.uk/academic

4 Your college

Academic difficulties often stem from personal issues. Each college has staff eager to offer support whatever challenges you face.



Assessment and feedback

Assignments can take various forms, from essays and exams to group research projects. Whatever category it falls within, your assessed work will be marked by academic staff and returned to you promptly with feedback designed to help you develop. As well as written comments and grades, feedback can also take the form of comments in class and one-to-one meetings.

Study abroad

Most Lancaster undergraduate students have the opportunity to study abroad for a year. Some departments also have one term study abroad options, and your students' union offers a range of short trips. To find out more visit

lancaster.ac.uk/study-abroad



lancaster.ac.uk/study

Welcome to our academic community

Students and academics learn together at Lancaster, where ground-breaking research and cutting edge teaching go hand-in-hand. Here are a few of our latest academic projects to hit the headlines.



Fight against Zika

Lancaster University is being funded to research the mosquito that spreads the Zika virus, which may cause birth defects in unborn babies.



Royal honour

Lancaster's linguistics centre received The Queen's Anniversary Prize in 2016 in recognition of its excellence, innovation and impact on the world.



Coding for all

Computer scientists at Lancaster University developed the operating system for the new BBC micro:bit given to almost a million school children.



Nuclear clean-up

Submersible machines are being created to assist the clean-up at nuclear sites such as disaster-stricken Fukushima Daiichi.



Defying dementia

Researchers at Lancaster University discovered that creative activities, such as designing musical instruments, can improve the quality of life of people with dementia.



lancaster.ac.uk



LancasterUniversity



@LancasterUni

Your study spaces

You have a range of study spaces to choose from including the Library, Learning Zone and PC Labs. They offer a choice of quiet and group spaces, as well as technology, resources and support.

Choose the right study space for your needs



Library

Individual study spaces and bookable group work areas
Open 24/7 during term time
Network PCs, laptop loans and Wi-Fi



Learning Zone

Group study spaces and presentation facilities
Open 24/7 throughout the year
Network PCs and Macs, laptop loans and Wi-Fi



PC Labs

Open access PC/Learning Labs available across campus
Most are accessible 24/7 using your University Card
More PCs available in departments

Insider advice

Access eBooks and digital resources

A huge range of library content is available to access from your phone, tablet or laptop.

Sign up for skill sessions

Check out a wide range of free training and events on the Library and ISS websites.

Use college facilities

Some colleges also offer dedicated study areas - take a look at your college website for details.



Want to know more?

Attend an Introduction to IT and the Library talk on Tuesday of Welcome Week.

Visit lancaster.ac.uk/welcome-week for more details.



lancaster.ac.uk/library



LancasterUniversityLibrary



@LancasterUniLib

Play.



6TH IN THE UK

FOR OUR SPORTS FACILITIES



9

COLLEGE BARS ON CAMPUS PLUS THE STUDENTS' UNION CITY CENTRE NIGHTCLUB



18

SPORTS FOR £1 A SESSION THROUGH THE JUST PLAY SCHEME



4 VENUES

IN OUR OWN CUTTING EDGE INSTITUTE FOR CONTEMPORARY ARTS



200+

UNION-AFFILIATED SOCIETIES

Sports and fitness

Look forward to elite level sports facilities and a huge variety of teams to choose from. Get ready to try something new.

Get competitive

If you want to play sport then there are lots of different ways to get involved.

Lancaster provides the unique chance to compete for your college in inter-college competitions, play Inter Varsity (BUCS) fixtures against other UK universities or take on the University of York in front of big crowds in our annual Roses tournament.

Have fun

If competitive sport isn't your thing, you can join our friendly Just Play sessions for just £1 per session.

For more ways to save money on sport at Lancaster, turn to page 20.

Want to know more?

Free Sports Centre taster sessions are available throughout Welcome Week, while Activities Showcases and the Freshers' Fair are the perfect way to meet sports teams and societies.

Visit lancaster.ac.uk/welcome-week for more details.

 lancaster.ac.uk/sport

 SportLancaster

 @SportLancaster

Facilities for all

Sports facilities on campus include:



an eight-lane, 25m swimming pool



a fitness suite with a 100-station gym



an 8.5m climbing wall



a sauna and a steam room



a physio/sports injuries clinic



a 3G artificial pitch



eight tennis courts



Societies

Societies are a major feature of life at Lancaster. Find out how they work and how to get involved.

Activities and interests

Whatever you're into, you're bound to find like-minded people at Lancaster, where you can pick from more than 200 societies affiliated to Lancaster University Students' Union.

Once you've arrived at Lancaster, you will have the opportunity to choose from a range of groups that cover:

- shared interests from baking to free running
- causes such as Oxfam and LGBTQ*
- different countries, cultures and religions
- political groups across the spectrum.

And if there isn't a society that matches your interest, the Students' Union can help you to set one up.

Insider advice

Be adventurous
University is the perfect place to try new things. Ever fancied trying comedy, presenting a radio show, singing or starting a business? Now you can.

Be greedy
There is no limit to the number of societies you can join, so sign up and see what suits you.

Be a leader
Student-run societies are a great opportunity to gain experience in areas such as management, marketing or events, so look out for elections later in the year.



 lusu.co.uk/societies

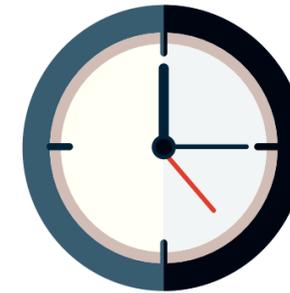
What's

Need more information?



Got a question?

- ✉ thebase@lancaster.ac.uk
- ☎ +44 (0) 1524 592525
- 🐦 @Lancaster_Help



Here's your countdown to
Welcome Week

next



7 weeks to go
15–21
August

6 weeks to go
22–28
August

5 weeks to go
29 August–
4 September

4 weeks to go
5–11
September

3 weeks to go
12–18
September

2 weeks to go
19–25
September

1 week to go
26 September–
2 October

It's ^{3–9}
here ^{October}

Confirm your accommodation

Planning to live on campus? We'll begin sending out accommodation offers towards the end of this week and continue as more students accept places and apply for rooms. For more info visit lancaster.ac.uk/accommodation

Say hello to your union

Expect to receive an email telling you all about Lancaster University Students' Union. They'll stay in touch throughout the countdown.

Don't forget...

If you have a disability/medical condition, help us to put support in place by registering with the Disability Service before you arrive. Get in touch with the team at disability@lancaster.ac.uk

Register online

An email will invite you to begin online registration about a month before your course begins. You will then complete registration in person the day after your college's arrival date (see next page).

Say hello to your department

Your department will get in touch this week to provide you with information relating to your course.

Say hello to your college

All students are members of a college. You will receive a welcome either through the post or via email this week. If you will live on campus, you'll also be told important information like what size bedsheets you need. All students will also be told how to pay a small one-off college fee that goes towards welfare, events and entertainment.

It's time to go

Campus residents should be ready to move in on Saturday 1st or Sunday 2nd October from 10am (see below for your college). And all students, including those who live off campus, should attend their **College Welcome Talk** later that day. Everyone will also register in person the day after their arrival date - look out for your eTicket sent via email this week. Find details of all events at lancaster.ac.uk/welcome-week

Welcome Week

Get settled in through a week-long schedule of social activities and academic inductions. You'll find details in your welcome schedule available at lancaster.ac.uk/welcome-week

I need to...

send back my decision.

Received your place after the start of the timeline?

Don't worry. You'll still receive all the prompts to complete the same steps. Just a little later.

I need to...

complete the online registration.

I need to...

read through the information and complete any actions requested.

I need to...

begin planning what to pack and pay the college fee.

I need to...

plan my journey, make the trip to Lancaster and then register the next day.

I need to...

visit the Welcome Week schedule for details of all my events. And have fun.

Colleges and their arrival days

- Saturday 1st October**
Bowland, Cartmel, Furness, Grizedale
- Sunday 2nd October**
County, Fylde, Lonsdale, Pendle

Eat and drink

Choose from dozens of places to eat and drink, including cafés, restaurants and college bars.



Start exploring

Lancaster has nine college bars on campus plus a range of other social spaces. There are also plenty of University-owned cafés and award-winning restaurants, as well as a host of independent outlets and franchises.

For after hours, the Lancaster University Students' Union offers student nightclub the Sugarhouse: Lancaster's biggest and best venue. There are also plenty more bars, pubs and nightclubs in the city centre, where live music is a major draw.

Insider advice

Five ways to have fun for less:

Get a Purple card

Lancaster's own student discount card will save you money on campus, in the city and online.

purple.lusu.co.uk

Save at the Sports Centre

Student membership is available at a reduced rate and you can also get a 5% discount by booking online using your Purple card during Welcome Week and Week 1.

lancaster.ac.uk/sportscentre

Free theatre and music tickets at Lancaster Arts

Sign up as a Lancaster Arts Under 26 Supporter and be eligible for free theatre and concert tickets throughout the academic year.

lancasterarts.org/students

Join the Campus Life Points Scheme

Scan your University Card to collect points at University food and drink outlets then treat yourself once you've built up enough.

lancaster.ac.uk/eat/campuslifeloyalty

Sign up for the Meet, Eat, Drink newsletter

Get up-to-date information on all the latest offers.

lancaster.ac.uk/eat



 lancaster.ac.uk/eat

 LancasterCampusLife

 @LUCampusLife

 lancastercampuslife

Retail and culture

Lancaster Arts brings cutting edge culture to campus, while Lancaster city offers a mix of history and tradition.



Arts and theatre

There is much for you to enjoy when it comes to culture on campus. The Peter Scott Gallery, the Nuffield Theatre, the £10 million LICA Building and concerts in the Great Hall are brought together under the banner of Lancaster Arts - a programme that brings you the best in visual and performing arts from across the globe.

Lancaster Arts features in the city centre too, where you'll also find Lancaster Castle, the city's museums plus The Dukes and Lancaster Grand Theatre.



 lancasterarts.org

 [lancasterartsUK](https://www.facebook.com/lancasterartsUK)

 [@lancasterarts](https://twitter.com/lancasterarts)



Retail therapy

Lancaster city centre has all of the major shops, as well as lots of independent stores and boutiques. Meanwhile, the shops of Manchester, Preston and Liverpool are all just short trips away.

The campus also boasts supermarkets and general stores, two banks, a Post Office, pharmacy, seven launderettes, a hairdresser, a book shop and a travel agent.



Lancaster and beyond

Explore your city and what the rest of the region has to offer

lancaster.ac.uk/explore



Work.



£1.5M

WORTH OF PART-TIME
EMPLOYMENT
FOR OUR STUDENTS
HANDLED BY OUR ON-
CAMPUS RECRUITMENT
SERVICE EACH YEAR



3

MAJOR
CAREERS FAIRS,
ATTRACTING
TOP GRADUATE
EMPLOYERS



97%

OF OUR GRADUATES ARE
IN WORK OR FURTHER
STUDY WITHIN SIX
MONTHS OF GRADUATING



TOP 15

IN THE UK FOR
GRADUATE
EMPLOYMENT
PROSPECTS

Prepare for success

Preparing for life beyond university is an important part of being a Lancaster student. The Careers team works with the Students' Union, colleges and academic departments to support you every step of the way.

We can help you to...



Get your perfect graduate job

It's never too soon to start exploring your options through our wide range of career activities. Register at lancaster.targetconnect.net



Gain relevant work experience

Doing work experience while at university is the key to securing the best graduate jobs. Come and talk to us about opportunities including company insights, internships and placements.



Find part-time work while you are studying

The Employment and Recruitment Service is our own professional recruitment agency run by the University for students and graduates. It can help you find temporary work while you study.



Meet graduate recruiters

We run a range of careers fairs throughout the year – the Autumn Careers Fair will be the first big one after you arrive – and we host employer presentations and workshops throughout term-time. More opportunities are available through faculties and colleges.



Earn a Lancaster Award

Achieving The Lancaster Award is a major advantage when applying for jobs or further study. You can complete the award by participating in activities such as campus events, college activities and work experience. Register through the Student Portal.



Develop your skills

We offer CV writing sessions, interview skills workshops, tips on searching for jobs and how to prepare for assessment centres.



And pretty much anything else that will help you achieve your ambitions

If you need one-to-one advice simply book a consultation with the Careers team.

HELLO FUTURE

Want to know more?

A Career Development session takes place on the Tuesday of Welcome Week.

Visit lancaster.ac.uk/welcome-week for more details.



lancaster.ac.uk/careers



LancsCareers

Support.



1-STOP

STUDENT
ENQUIRY DESK
PROVIDED BY
THE BASE



500

HOURS OF STUDENT
SUPPORT PROVIDED
BY STUDENTS' UNION
ADVISERS IN 2015



24/7

COLLEGE PORTERS
PROVIDING SAFETY,
SECURITY AND
FRIENDLY SUPPORT
THROUGHOUT TERM



8

UNDERGRADUATE
COLLEGES WITH
STAFF DEDICATED TO
YOUR WELLBEING



1 TO 1

APPOINTMENTS
OFFERED BY TEAMS
SUCH AS THE DISABILITY,
COUNSELLING AND
VISA AND IMMIGRATION
SERVICES

Student services

Going to university can be daunting, so it's good to know that professional help is here if you need it.

The Base

The Base is your one-stop enquiry desk – if you need advice, check with them. The staff on the desk are your gateway to specialist support in a range of areas. They are located in Alexandra Square next to the Library and can help with issues such as:



Money

Advice is available on all aspects of student funding, financial awards and budgeting.



Academic matters

Get guidance on academic records, enrolment and exam-related issues.



Visas and immigration

The Base can arrange appointments with our experts in the Visa and Immigration team.



Disability

All students with declared disabilities including dyslexia can receive support from our dedicated team.



Wellbeing

A team of Counsellors and College Wellbeing Officers can provide confidential support.



Documents

Visit the Base to request documents such as confirmation of study and council tax exemption.



Spiritual wellbeing

Our campus has a multi-faith Chaplaincy Centre, with facilities for the Baha'i, Buddhist, Christian, Hindu and Jewish faiths. There are also new Islamic prayer rooms in Ash House



Nightline

Lancaster Nightline is a listening and information service run by students, for students. All calls are confidential and anonymous. Call **01524 594 444** or email **nightline@lancaster.ac.uk** during term-time from 10pm-8am



Accommodation

The Accommodation Services team can assist with on- and off-campus accommodation, and each College has a dedicated Accommodation Manager. Visit lancaster.ac.uk/accommodation



lancaster.ac.uk/student-based-services



LancasterSBS



@Lancaster_Help

Your college

Every Lancaster student can rely on the support of their college - a close-knit community that offers events and opportunities sure to enhance your university experience.

Lancaster is proud to be one of only a handful of UK universities to have a collegiate system. We have nine colleges in total; eight for undergraduates and one for postgraduates. Every student is a member of a college, and each one has its own distinctive character and community. Take a look at how your college can support you:



 lancaster.ac.uk/colleges



Want to know more about Lancaster colleges? Take a look at this quick explainer video.

lancaster.ac.uk/colleges



Personal support

Every student can find personal support in their college. You will be able to call upon a friendly support network that includes student reps, College Administrators, Wellbeing Officers and College Advisors, and Accommodation Managers. Your college support team can refer you to specialist support services if needed and will also liaise with academic departments on your behalf.



Inter-college competition

Friendly rivalries are a key feature of college life. In your first year you can expect a sustainability competition, an inter-collegiate quiz challenge and debating competition, and annual sporting competitions such as Founders (Bowland and Lonsdale), Legends (County, Fylde, Grizedale and Pendle) and Patriots (Furness and Cartmel). Rivalries remain friendly, though, and there are lots of combined social activities offering a chance to get to know people from other colleges.



Social activities

Colleges regularly organise day trips, quizzes, music events and comedy nights. Each college also throws its own Christmas ball and themed summer extravaganza – known as an Extrav. Elected students in each college form the Junior Common Room Executive. They work together on social, sporting and welfare activities.



Safety

24/7 safety and security is offered by your College Porters.



Plus...

Although every college is different, they all provide a range of facilities including Wi-Fi-enabled social spaces, games rooms and bars. Get in touch with your college for more details.

Want to know more?

Don't miss your essential College Welcome Talk, which will take place on your college's arrival day. Visit lancaster.ac.uk/welcome-week for more details.

Welcome to your union

Everything your students' union does contributes to one big vision: inspiring and supporting you to love Lancaster.

Visit your students' union

Based in Bowland College, Lancaster University Students' Union offers services crucial to the Lancaster experience. Feel free to drop in to see them. Their student-run welcome desk is open six days a week.

Representing you

Lancaster University Students' Union is an independent charity that represents all Lancaster students. You will have the chance to choose fellow students to lead the union as officers or act as your departmental reps.

lusu.co.uk/represent



Education and support

The union offers students free academic and welfare advice from a team of professional advisers. Support is available either face-to-face or via email and Skype, weekdays between 9am and 5pm.

lusu.co.uk/advice

LUSU Living

Many Lancaster students move off campus in their second year, and Lancaster University Students' Union provides a managed accommodation service to help you.

lusu.co.uk/living



Get involved

Your union offers a range of volunteering opportunities, including environmental, community and school-based projects. There are also opportunities to volunteer overseas, and every year the union helps hundreds of students learn skills to help them set up and run their own businesses.



lusu.co.uk



[LancasterSU](https://www.facebook.com/LancasterSU)



[@LancasterSU](https://twitter.com/LancasterSU)

IT access and support

At Lancaster you'll have access to a wide range of IT services. We'll also provide you with the support and training you need to make the most of them.

Get connected

Access university information on the go:

iLancaster mobile app

Our free mobile app, iLancaster, gives you University resources on the go, including personal timetables, maps and local bus times.

Wi-Fi

Laptops and mobile devices can be connected to the secure eduroam Wi-Fi service across campus.

ResNet

If you live on campus, you can use the Residences Network (ResNet) wired connection in your room to access the web and other IT services.

Visit lancaster.ac.uk/welcome for more details.

Get support

The IT services and facilities at Lancaster are provided by Information Systems Services (ISS). If you need support you can choose from the following options:

- Visit the ISS Service Desk in the Learning Zone
- Call the desk on 01524 510987
- Email on iss@lancaster.ac.uk
- Search for solutions at answers.lancaster.ac.uk



Insider advice

Before you arrive you will be asked to register online. This will give you a University Account and access to a range of IT services.

Get free software

As a Lancaster student there's a range of software you can install at no cost, including Office applications and antivirus software.

software.lancaster.ac.uk

Access software on demand

Application Jukebox (AppJ) enables you to access a range of University software on Windows PCs and laptops as and when you need it.

appj.lancaster.ac.uk

Get your info in one place

The Student Portal provides you with easy access to your University email, course and exam timetable, and modules.

portal.lancaster.ac.uk

Develop skills

Use free training sessions and workshops to help you improve your IT skills.

lancaster.ac.uk/iss/training



lancaster.ac.uk/iss



[@ISSLancaster](https://twitter.com/ISSLancaster)

Health facilities

A doctor, dentist and pharmacy are all available on campus.



lancaster.ac.uk/health-services



Health Centre

You must register with a doctor. Most students choose our on-campus Health Centre. The practice also has a surgery on King Street in Lancaster city centre.



Pharmacy

We have a pharmacy in the centre of campus that can provide advice and dispense prescriptions.



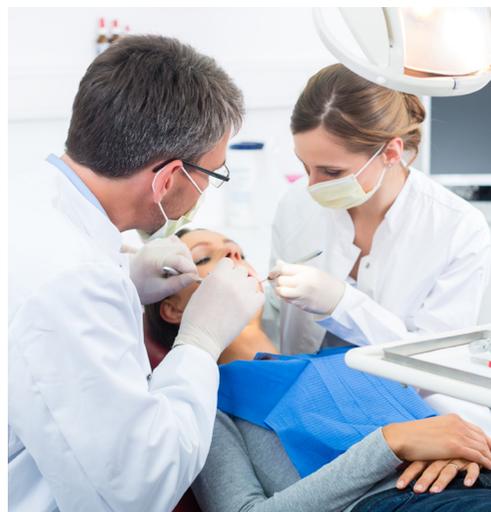
Dental clinic

Our on-campus dental clinic offers DENPLAN-accredited private treatment.



Emergencies

If you are on campus and using a mobile phone, call 999, then immediately contact Security Reception on 01524 594541. You may also dial 999 from any internal telephone line. This will connect you to the Security Reception, which is staffed 24 hours a day, 365 days a year. They will call emergency services on your behalf.



Travel advice

Our campus has excellent transport links with the highest bus frequency of any UK campus university and quality off-road cycle routes.

Getting here

For detailed instructions on how to reach campus by road, rail and air, visit lancaster.ac.uk/travel



Getting around



Buses

There are regular bus services from campus to the city centre and beyond, as well as hourly services from campus to Preston and Blackpool.

lancaster.ac.uk/bus-travel



Cycling and walking

There are numerous cycle racks around campus, and most colleges also have secure cycle stores. It takes 15-30 minutes to cycle to the city centre.

lancaster.ac.uk/cycling



On campus

Get your bearings and find facilities by using the campus map. You can access it on iLancaster (see page 20) or at the following link:

lancaster.ac.uk/maps/campus

Insider advice

How to make the most of transport links at Lancaster:

Save money

UniRider bus season tickets are good value. You can buy them from the LUSU Welcome Desk in Bowland College.

Never miss your bus

Bus timetables are available on the iLancaster app, and there are display screens in Alexandra Square and the Underpass showing departure times.

Bike sales and maintenance

There will be a second hand bike sale on campus in October and term-time bike maintenance services all year round.



Want to know more?

Attend a Transport and Environment Talk on Tuesday of Welcome Week.

Visit lancaster.ac.uk/welcome-week for more details.



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