

A guide to university life in St Andrews

Postgraduate Book 2021



@standrewsunion
@yourunionevents
yourunion.net

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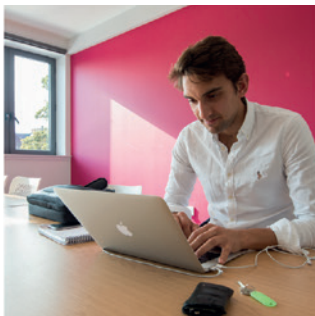
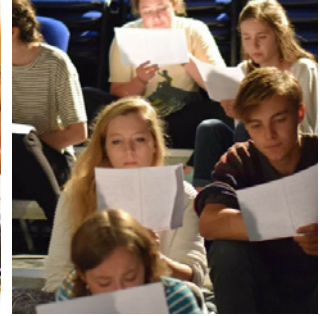
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Welcome

Welcome to St Andrews!

As a postgraduate student your experience at this University will be different to most of the incoming undergraduates, but the Students' Association is still here to represent you.

We hope you are excited for the year ahead and ready for everything St Andrews has to offer. We are your Sabbatical Officers (aka SABBs): representatives elected by the student body who work full-time to enhance and support your student experience. We are here to make sure you have an incredible time throughout the year.

Make the most of your time in St Andrews and get involved with as many societies and opportunities that come your way. Some of your closest friends, fondest memories, as well as some of your greatest challenges lie ahead of you.

Everything the Students' Association (aka the Union) works towards falls into three broad categories – **Representation, Activities, and Spaces**. Anna-Ruth, your Director of Wellbeing (DoWell), and Leonie, your Director of Education (DoEd), cover Representation, serving as your advocates for issues such as education, employability, welfare, wellbeing and equal opportunities. Avery, your Director of Student Development & Activities (DoSDA), is responsible for Activities, managing and facilitating all our student societies and Union subcommittees that are available to you. Your Director of Events & Services (DoES),

will oversee spaces, ensuring events, commercial services, and all Union venues best serve you. Lottie, your Students' Association President, serves as the 'face' of the Union; the chief representative of all students within the University, the local community, and the outside world as well as being responsible for managing the strategic direction of the Students' Association. Finally Jess, your Athletic Union President, oversees and develops sport at St Andrews.

There is plenty more to say about the Students' Association, but all the information can be found in this book: the ultimate guide to everything you need to know about university life.

If you want to find out even more about anything we have to offer you or have any unanswered questions, then please don't hesitate to get in touch. Our office is on the middle floor of the Union – come by any time!

You all have a lot to give, and St Andrews has a lot to offer. Take advantage of it.

All the support you need is right here, an email or a phone call away.

Have an amazing time in St Andrews!

Your Sabbs

Pictured from Left to right on opposite page: Anna-Ruth (DoWell), Avery (DoSDA), Lottie (Pres), Jess (AU Pres), Leonie (DoEd)



Who we are

We (The Students' Association) are here to make your University experience as amazing as possible, to give you opportunities, help you through the tough times and celebrate the amazing times.

We have a Board of Trustees that is the governing body of the Students' Association, a Student Representative Council (SRC) and Student Activities Forum (SAF).

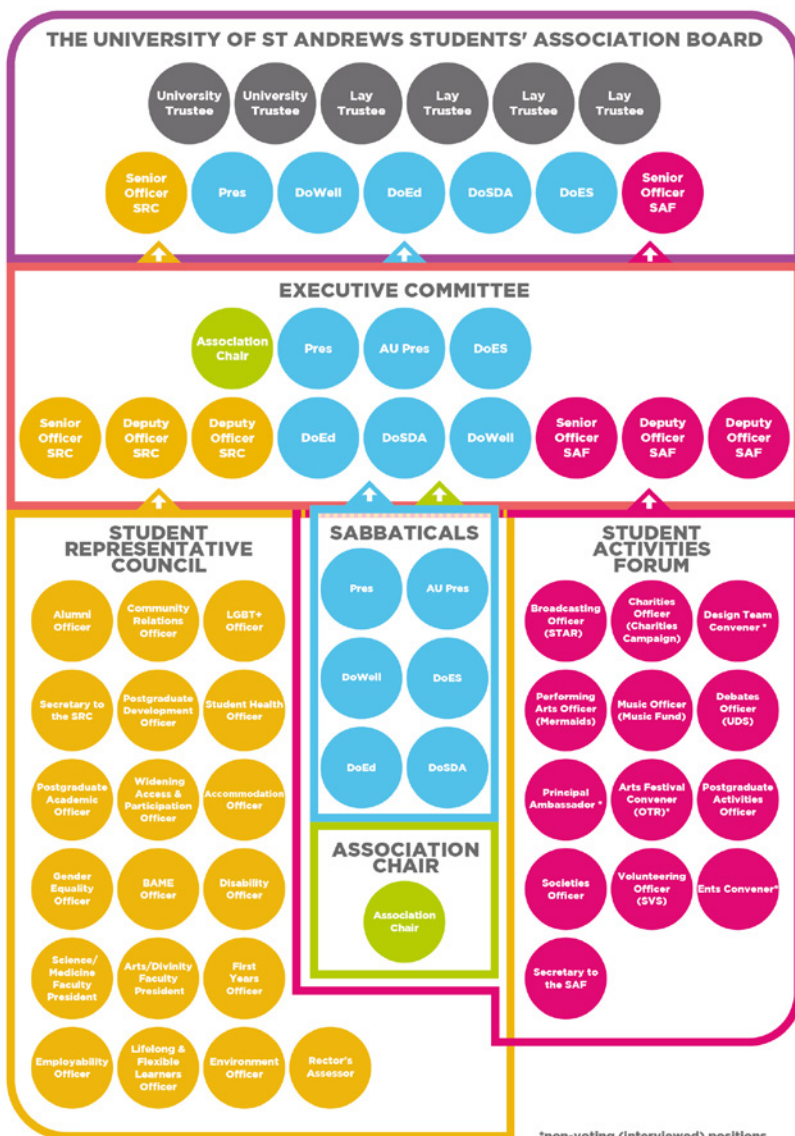
Postgraduate Officers

Two Postgraduate Officers sit on the SRC.

The PG Academic Officer, Caroline Williams, represents all postgraduate students at a university level; organising the postgraduate class representation systems and ensuring that all postgraduates have their voice heard. You can contact Caroline at pgconven@.

The PG Development Officer, Jasmine Rodriguez, serves as the postgraduate voice on Wellbeing Subcommittee. They work closely with the other elected representatives to work on wellbeing and improving the postgraduate university experience. You can contact Caroline at pgdevo@.

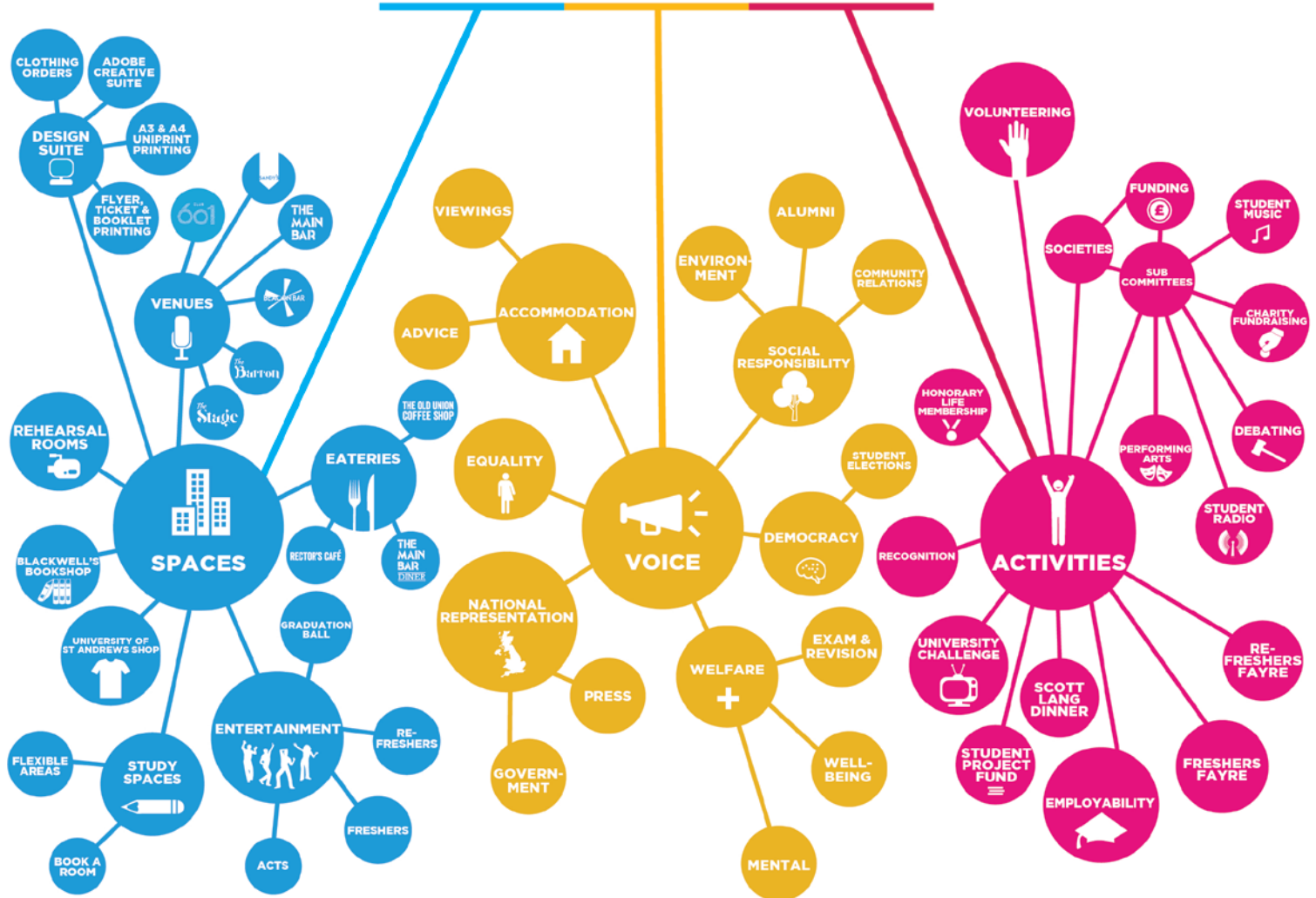
Additionally, the **PG Activities Officer** sits on the SAF and is responsible for overseeing the Postgraduate Society Committee. This role is currently vacant, so let us know if you are interested in taking it on!



YOUR UNION

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UNIVERSITY OF ST ANDREWS STUDENTS' ASSOCIATION

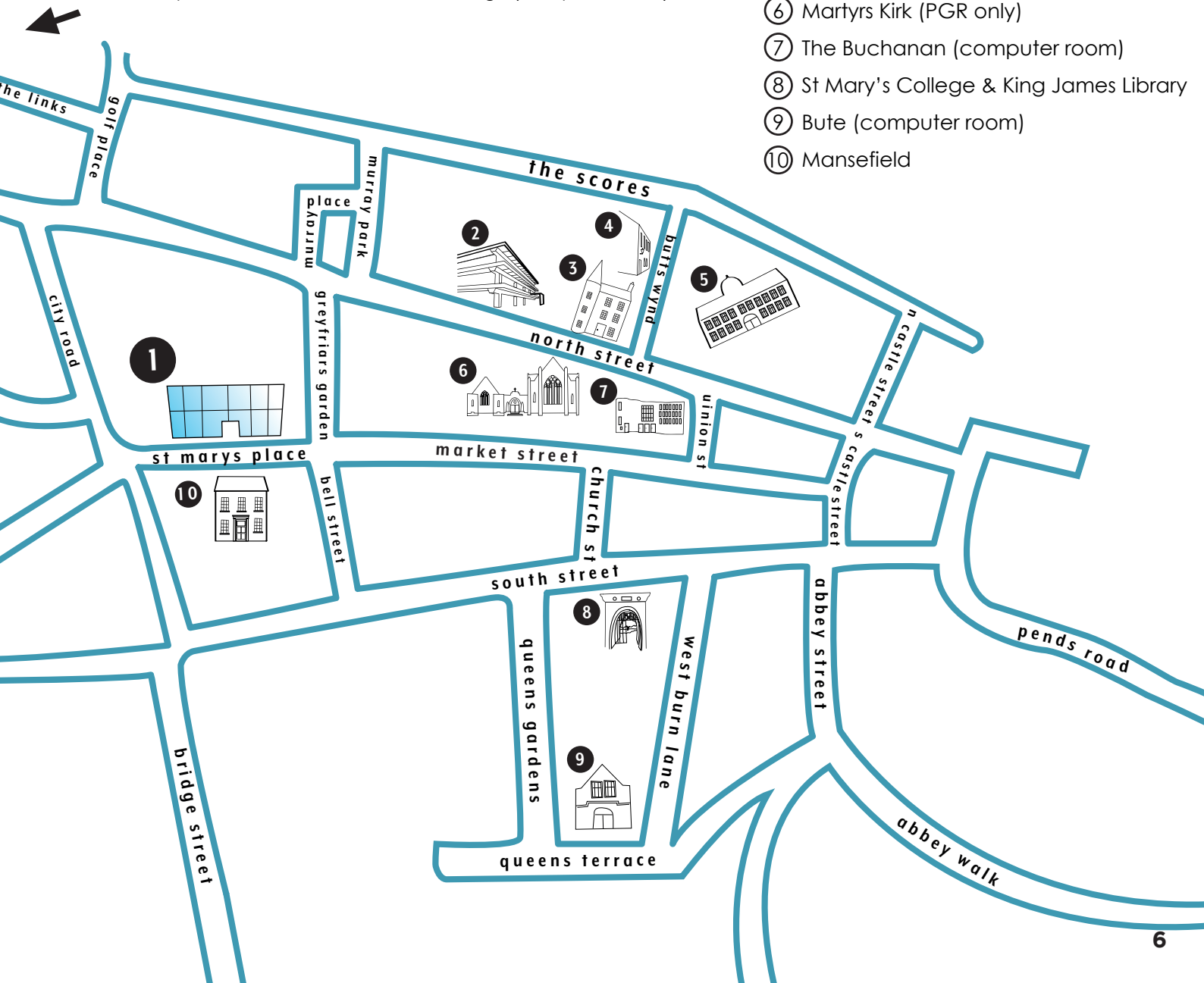


Things to know about us

- All the money you spend in our bars and cafés go back to the students!
- Most of the Students' Association is run by student volunteers.
- We offer accommodation viewing services for students.
- There are 12 subcommittees (or 'super societies') that are open to all matriculated students.
- The Students' Association trains and supports over 350 Class Reps.
- We have over 150 affiliated societies so there is always something to get involved in!
- The President, Director of Education and Rector's Assessor sit on Court, the governing body of the University.
- The minutes from all Students' Association academic meetings can be found here:
www.yourunion.net/voice/academicreps/minutes/.
- You elect 25 students to our Students' Representative Council each year to represent you on issues such as accommodation, welfare, equality, sustainability, and academics.
- Our student representatives work on a variety of projects, including sitting on University committees, leading student groups, and awareness campaigns.
- The Association runs the StAnd Together initiative alongside Student Services, working on student-led projects that promote wellbeing.
- The Student-led Teaching Awards is run every year to recognise and reward the excellent teaching that happens in St Andrews.
- We have a full time Education Advocate.
- All affiliated societies can apply for funding from the Societies' Committee for projects and events.
- It's really easy to start your own society: **www.yourunion.net/activities/societies/startasociety/**.

North Haugh: JF Allen Library, Gateway (computer room), Purdie (Dr Ettie Stewart Steele Reading Room), Purdie Common Room, School of Mathematics (computer room), School of Physics and Astronomy Level 2, School of Medicine Wedge (computer room)

- ① Your Union
- ② Main Library
- ③ The Old Union Coffee Shop
- ④ Butts Wynd (computer room)
- ⑤ Irvine (computer room)
- ⑥ Martyrs Kirk (PGR only)
- ⑦ The Buchanan (computer room)
- ⑧ St Mary's College & King James Library
- ⑨ Bute (computer room)
- ⑩ Mansefield



Sabbaticals



Association President

Name: Lottie Doherty

What I do: Accommodation, Sustainability, Affordability, Widening Access, Community Relations, and external representation

About Me: I'm originally from a small village in Kent, in the South East of England. I've just completed an Art History and Philosophy degree, and love spending time in museums and art galleries. I'm also interested in politics, and have been involved in several campaigns—mostly related to affordability and widening access.

Favourite thing about St Andrews: Being so close to the sea! I love going for a long walk on the beach when I need to de-stress, or meeting up with friends for a beach BBQ when the sun is out.

President tip: Try a bit of everything! There are so many subcommittees, societies, sports clubs and campaigns to get involved in that it might be a bit daunting but take a bit of time to try out different things such as going to a Give It A Go session or taking a module in a subject which isn't your degree topic.

Email: president@st-andrews.ac.uk | **Facebook:** @LottiePresidentStA | **Instagram:** @lottie_stapresident | **Twitter:** @StAPresident



Director of Education

Name: Leonie Malin

What I do: Academic Representation, Learning Experience and Education, Employability, and Postgraduate Studies, among other areas

About me: I graduated in International Relations and Sustainable Development and wrote my dissertation on applying decolonial theory to the norm of 'sustainable development' in Guatemala and Costa Rica. After my year as DoEd I am planning to complete an MSc in Latin American Studies.

Favourite thing about St Andrews: The best (and sometimes worst) things about St Andrews are the coincidental but fateful encounters with people around town!

DoEd tip: Class Representative nominations open in Week 1 and the elections will be held for every School in Week 2. Make sure you consider putting yourself forward as a candidate! Being a Class Rep gives you so much insight into your School, allows you to shape your educational experience, and provides opportunities to connect with your peers and Academic staff.

Email: doed@st-andrews.ac.uk | **Facebook:** @LeonietheDoEd | **Instagram:** @leonieemalin | **Twitter:** @StADoEd



Director of Wellbeing

Name: Anna-Ruth Cockerham

What I do: Student Health and Welfare, Support Services, Equality and Representation

About Me: I'm from just outside Edinburgh and I studied Mathematics. Before becoming DoWell, I was involved in the Union Debating Society, and I founded the Disabled Students' Network as the SRC Disability Officer.

Favourite thing about St Andrews: I love all the sites and architecture in the town, like the Castle, Sally's Quad, and the Cathedral. It makes walking round the town so nice!

DoWell tip: Don't be afraid to ask for help! There's a range of different support available to you in St Andrews that can help you when you're in need.

Find out about them later in this book!

Email: dowell@st-andrews.ac.uk | **Facebook:** ARCDowell | **Instagram:** @StADoWell | **Twitter:** @StADoWell



Director of Student Development and Activities

Name: Avery Kitchens

What I do: Student Activities, Societies, Careers, Museums, Volunteering and Co-curricular Development

About Me: I'm from North Florida in the United States and I studied Art History and International Relations. Before being elected as DoSDA, I served as the Societies Officer on the SAF and the First Years Officer on the SRC.

Favourite thing about St Andrews: I love the spontaneity that the town brings! You can run into someone on the street, and the next thing you know, you've gone on a 3 hour long walk down the beach, eaten ice cream and had a pint with them!

DoSDA tip: Take advantage of our 150+ societies and 22 Union Subcommittees! There is surely a student group out there for everyone, so make sure you check them all out at the Freshers' Fayre on the 6th and 7th of September!

Email: dosda@st-andrews.ac.uk | **Facebook:** @StAndrewsDoSDA | **Twitter:** @StADoSDA



Director of Events and Services

We're electing a new Director of Events and Services in August so you'll meet our new DoES once Freshers starts!

The Director of Events and Services leads on the Union's entertainment schedule and works with our commercial services like the bars and cafés. They also support subcommittees like STAR, Ents, and the Design Team.

You can find out more info about them once they're elected at yourunion.net/sabbs.

Email: does@st-andrews.ac.uk



Athletic Union President

Name: Jess Smith

What I do: All things student sport – Recreational to competitive sport – Committee development – Wellbeing in Sport – Representation.

About Me: I'm from Sheffield and I've just completed a Philosophy degree, focusing on contemporary issues. I've been involved in sport throughout my studies, mainly as part of the Badminton Club.

Favourite thing about St Andrews: I love all the options! Don't let the size of the town fool you into thinking that there isn't anything to do. Between all the sports clubs, societies, and union events, there is never a dull moment!

AU President tip: Get involved in sport – even if you don't think it's your thing! There are so many options that there will be something for everyone and sport is a great opportunity to take a break from your studies, look after your mental and physical health, and meet lots of new people! Even better, most clubs host free Give It A Go sessions in Freshers' Week, where you can try something new with no commitments.

Email: aupres@st-andrews.ac.uk | **Facebook** @ustapres | **Instagram** @ustaaupresident

Rector

Our current Rector is Dr Leyla Hussein OBE, a psychotherapist and human rights activist who is recognised globally as one of the key experts on ending female genital mutilation (FGM) and eradicating all forms of violence against women and girls. She was elected by the student body for a three-year term in October of 2020, after a group of dedicated students successfully coordinated and ran her campaign based on a commitment to 'Action, Access, and Accountability'.

The Rector and the Rector's Assessor, Stella Maris, work closely together to coordinate the activities of the Rector's Committee and represent student voices on University Court, the highest governing body of the University. Both of them volunteer their time to contribute to improving St Andrews student experiences. They aim to connect with and support as many students as possible during their terms. The Rector, Rector's Assessor, Association President, and Director of Education collaborate throughout the summer and term-time to represent diverse student voices on Court and build productive relationships with senior University staff.

Rectorial campaigns are always run entirely by students, who can approach anyone and ask them to stand for the position. Leyla ran to become the Rector of the University of St Andrews after being inspired by the students who reached out to her. She had previously visited St Andrews in February of 2020 to give a talk on the BAFTA-nominated documentary she presented, called The Cruel Cut. During her time as Rector, she hopes to help her Committee and the wider student body build their capacities to carry out meaningful, justice-focused work in St Andrews and around the world.

You can always reach out to Leyla and Stella through sending an email to **rector@st-andrews.ac.uk**. They look forward to hearing from you. The Rector's Committee would also love to connect with everyone through their **Facebook** and **Instagram** (@leylatherector), so make sure to give them a follow.



St Andrews traditions

Academic Families

At the start of the year, 3rd or 4th year students 'adopt' 1st year students to make a family. Your Academic family can be so much more than just the people you party with over the Raisin Weekend. For many, parents, siblings and extended family members become a source of close friendship, support and advice throughout university. Great places to meet family: it's not just nights out! You can meet potential parents with common interests at events put on by our many Union societies, AU sports clubs, and the academic family matching events put on in the Union.

Raisin

Raisin is two days of celebrations with your Academic families, which begin with your 'Academic Mum' hosting a party on Sunday morning, your 'Academic Dad' hosting a party in the evening, and ending with the famous foam fight on Monday morning! Before the foam fight, you'll be dressed in fancy dress by your Mum and then sent to your Dad's for a Raisin Receipt. Raisin has always been a fun tradition and a unique way of welcoming new students to the St Andrews community, so enjoy your weekend and don't feel pressured to do anything you don't want to do.

Red Gowns

St Andrews University undergraduates have been wearing red gowns since 1672. They were first implemented as a uniform so that local tavern owners would be able to identify students trying to buy a pint in the pub! Nowadays, red gowns are worn on formal occasions, University Chapel Sunday services, University ceremonies, and on walks along the pier. The way students wear gowns depends on their year of study. If you want to find out more, ask an older student about the 'academic striptease'!

Patrick Hamilton

Be careful not to step on the cursed 'PH' located opposite the entrance to St Salvator's Quadrangle on North Street. If you do, you might fail your degree! The initials mark the spot where Patrick Hamilton, a St Andrews Student and early Protestant reformer, was burnt at the stake for heresy in 1528. If you do, the only way to reverse the curse is by doing the May Dip.

Gaudie And May Dip

In memory of former-student John Honey, who rescued five sailors from a sinking ship off the shores of East Sands Beach in 1880, there is a torchlight procession along the pier with students wearing red gowns on April 30th. This ceremony is followed by a night of revelry and at sunrise on May 1st, everyone runs from the East Sands Beach into the North Sea to cleanse themselves of their Academic sins and ensure they pass their exams.







Activities

St Andrews has such a robust activities scene, and it plays a huge part in the St Andrews student experience. The Students' Association has so many different kinds of extracurricular activities for all students. We have 22 subcommittees in total and over 150+ societies ranging from Ballroom and Latin Dancing Society to the BAME Students' Network, from Mermaids Performing Arts Fund to Frog Society! There is definitely something out there for all students and if there's not, you have room to create your own!

www.yourunion.net/activities

Funding

The Students' Association financially supports all kinds of student activities, whether that be through societies or individual efforts.

Student Project Fund

Any student or student group, to support any project not covered by another fund.

Societies Fund

All affiliated societies, to support affiliated societies in hosting events or purchasing equipment.

Employability Fund

All affiliated societies, Careers- or employability-based events.

Mermaids Performing Arts Fund

Any student group, Theatre, performing arts, or production.

Anthony Tudor Fund

Any student group (production must be affiliated with Mermaids or On the Rocks), Theatre, performing arts, or production.

Education Discretionary Fund

School Presidents and Class Reps, Promoting academic representation.

Rector's Fund

Any student with a confirmed internship offer, Creating positive change through internship projects .

Visit: www.yourunion.net/activities/funding/ to find out more.

SAF

There are 11 Student Activities Forum (SAF) Subcommittees that each have a very active role within the Students' Association. Every matriculated student is automatically a member of these groups, so there are no membership fees! They are essentially huge societies, and you can get involved with them whenever you'd like.

www.yourunion.net/activities/subcommittees/

www.yourunion.net/representation/officers/

Subcommittees

Our activities fall into three major categories: **Societies, Subcommittees, and Association Projects**, all of which are managed by the Student Activities Forum (SAF). Whether you know what you love or want to try something entirely new, get out there and find out what interests you.

Charities Campaign:

Each year the Charities Campaign raises tens of thousands of pounds for charity through a number of events including RACE2, CATWALK and RAG Week!

St Andrews Union Debating Society:

The oldest of its kind in the world, founded in 1794. They hold weekly debates and training sessions for anyone who wants to get involved, as well as competing at an international level every year.

The Design Team:

Creating graphic content, they can help societies to make posters and logos. They also run a photobooth at events, and Photoshop help sessions.

Ents Crew:

Volunteer students who run all of our events, working hard to make our events look and sound great. They also manage our resident DJs who perform weekly.

Mermaids:

The student body for theatre, comedy, music, and other performing arts. Any student can propose a show that they want to put up, and Mermaids provide the funding, advice, expertise and enthusiasm to help you make it a reality.

Music Fund:

The branch of the Students' Association for music in St Andrews. They help to organise, fund and promote the wide array of Student music found in the town.

On The Rocks:

An entirely student-run arts festival incorporating art, photography, film, theatre, dance, fashion, music and comedy. It is the largest student-run arts festival in the UK.

PG Society:

Our branch of the Students' Association for Postgraduate Students. While all societies and subcommittees are open to postgrads, PG Soc. provides specific representation, events, and support to postgrads.

STAR:

St Andrews Radio is our broadcasting society, and the town's only radio station. It's also the biggest student radio in the UK by number of shows, with live shows from 9am to 2am every day during semester. Any student can apply to host a show. STAR runs The Record, Hearing Aid Magazine, and starTV.

SVS:

The Union's branch of volunteering for local projects in and around St Andrews. They run a wide variety of different projects which anyone is able to get involved in.

To find out more visit:
yourunion.net/activities



Societies

A Cappella Society
Action Against Homelessness Society
African and Caribbean Society
Amnesty International St Andrews
Anthropology Society
Art History Society
Art Society
Astronomical Society
Azerbaijan Society
Bacchae Classics Society
Ballroom and Latin Dance Society
Banking & Finance Society
Biology Society
Birding Society
Blood Donation Society
Book Club Society
Breakaway (St Andrews Hillwalking Society)
British Medical Association Society
Bute Medical Society
Capoeira Society
Catholic Society
Celtic and Ceilidh Society
Chemical Society
Chess Society
Chinese Hongpao Society
Chinese Students and Scholars Association (STACSSA)
Christian Union
Coffee Society
Comedy Society
Computing Society
Conservative and Unionist Association
Consulting Society
Czech and Slovak Society
Democrats Overseas
DICE
Disney Society
Doctor Who Society
Dog Walking Society
DreamWorks Society
Drug Science Society
Economics Society
Effective Altruism
Enactus St Andrews
Filipino Society
Filmmakers' Society of St Andrews
Fine Food and Dining Society
Folk and Traditional Music Society
Foraging and Bushcraft Society (FABS)
ForHer
French Society
Friends of MSF St Andrews
Frog Society
Gaming Society
Geography Society
Geological Society (GeolSoc)
Gilbert & Sullivan Society
Guide Dog Society
High Society
Hindu Jain Sikh Society
History Society
Hong Kong Public Affairs and Social Services Society (HKPASS)
Hong Kong Society
Hummus and Snacking Society
Inkligh
Investment Society
Irish Society
Italian Society
Jazzworks
Just So Society
Knitting Society
Labour Society
Latin American / Reggaeton society
Law Society
Liberal Democrats Society
Mackenzie General Practice Society
Madrigal Group
Malaysian International Group

Marine Society
Mary's Meals
Mathematics Society (SUMS)
Medical Ethics Society
Model United Nations
Music Society
Neuro Society
Oncology Society
One for the World
Philosophy Society
Physics Society
Pokemon Society
Poker Society
Polish Society
Pool Society
Populus
Project Anime
Protocol Magazine
Psychiatry Society
Psychology and Neuroscience Society
Quidditch and Harry Potter Society
Rap and Hip Hop Society
Refugee Action St Andrews
Rock and Metal Music Society
Russian Society
SaIntelligence - Machine Learning
Salsa & Bachata Dancing Society
Science Fiction and Fantasy
Sexpression
Shire of Caer Caledon
Singapore Society
South Asian Society (Sanskriti)
Springboks South African Society
St Andrews Adventure Group
St Candrews
St Mary's College Society
Student Archaeological Society of St Andrews
Students for Global Health

Students for Life
Sustainable Development Society
Swing Dance Society
Taste of Asia
Tea Society
Teddy Bear Hospital
Thai Society
UNICEF on Campus St Andrews
United Nations Association St Andrews
VC and Entrepreneurs Club
Vegetarian Society
Welsh Society
Wilderness Medicine
Wildlife And Conservation Society
Women for Women International
Women in Computer Science
YogiSoc

Visit:
yourunion.net/societies
to find out more.



Representation

The Students' Association represents you to the university, the local community, and the wider world. From the Students' Representative Council (SRC) to the Postgraduate Presidents and Officers, we are the home of student activism in St Andrews and work to ensure student concerns are heard.

www.yourunion.net/representation

Accommodation

There are lots of different options for accommodation in and around St Andrews, but finding the right place to live can be stressful—especially in the competitive private rental market! We provide a few different services which can help make your accommodation search a bit easier...

Property Viewing

You should always view a property before making a decision about whether to live there!

Over the pandemic, many landlords and letting agents have been providing virtual viewings where you can view the property through photographs and videos. These are useful, but if possible, the best way to view a property is to go and have a look at it first hand.

Even without Covid related restrictions, it is not always possible to view a property in-person. For example, a prospective international student might not be able to travel to the UK for the sole purpose of viewing a flat.

If you are unable to view a property in-person, we provide a private accommodation viewing service, where we will view the property on your behalf and provide you with a report. Contact HelpHub@ if you would like to use this service.

Lease Checking

If you've found the right accommodation for you, you'll need to sign a contract before it all becomes official. Contracts can be confusing, especially if you're not sure about your rights as a tenant. If something doesn't look right, or you would like a second opinion, our HR Manager Iain Cupples can have a read through your contract. He'll check that

your lease meets all the legal requirements and is up to date. You can send him an email at HelpHub@

Marks Out Of Tenancy

Marks Out Of Tenancy is a platform for reviewing landlords and properties. You can share your experiences of renting from a certain letting agent, or about the living conditions of a specific property, to help other students make decisions about their accommodation. If you've recently moved out of a property, leave a review.

www.marksoutoftenancy.com

The Accommodation Subcommittee

If you have any questions or concerns about anything accommodation-related, you can get in touch with our SRC Accommodation Officer and the Accommodation Subcommittee. They are here to represent students in all sorts of accommodation, and help answer any questions you have or guide you towards the best support. You can email the subcommittee at srcaccommodation@, and find out more information about their activities on their Union webpage.

www.yourunion.net/accommodation

Advocacy

The Students' Association provides a range of services directed towards delivering effective (and free!) student advocacy. We want all students to be able to rely on resources that will support them with whatever challenges they may face throughout their time in St Andrews. The Association employs an Education Advocate, who can help support and advise students on multiple processes, including but not limited to the following:

- Accessing academic support
- Submitting academic appeals
- Facing a termination of studies
- Addressing concerns that work has been unfairly assessed
- Confronting disciplinary proceedings
- Raising complaints

The support provided will always be independent, confidential, and non-directive. Do not hesitate to reach out via email to helphub@st-andrews.ac.uk if you think you could benefit from the advocacy service.

Equality

The Students' Association is committed to making St Andrews a more safe, welcoming, and inclusive place for all. In the Association Elections each year, you elect the members of our Equal Opportunities Committee (who also sit on the SRC) who represent our diverse student communities on a wide range of equality issues like tackling sexual violence, dealing with hate incidents, improving support services, and the inclusivity of the curriculum.

Alongside that, many of them also chair their own committees like Saints LGBT+, BAME Students' Network, Disabled Students' Network, Lifelong and Flexible Learners Forum, and the Interfaith Steering Group. These committees work to represent their community, raise awareness of equality issues, and build supportive peer networks.

If you're interested in getting involved in the work of the Equal Opportunities Committee or on equality issues more broadly, you can reach out to the Director of Wellbeing, Anna-Ruth Cockerham, for more information on dowell@st-andrews.ac.uk.

SRC

The Students' Representative Council (SRC) has been the legally recognised representative body of St Andrews students since 1889. They represent students on issues like accommodation, sustainability, education, equality, and welfare and are elected annually in March to represent students' interests.

Interested in getting involved in student representation?

The SRC meets approximately once a month during the semester and all our meetings are open for any student to attend and raise issues they think the SRC should be addressing. You can find out more about how to get involved with the SRC here: www.yourunion.net/representation/councils

You can reach out to any of our officers to find out how to get involved with their committees or raise issues with them you would like to be addressed.



**A full list of
representative officers can
be found here:**

www.yourunion.net/officers

SRC subcommittees

We also have a number of Students' Representative Council subcommittees that are open for any student to attend and get involved in.

Accommodation:

The Union's Accommodation Team exists to help all students in private flats or halls of residence with any problems they might encounter during their time in St Andrews.

Alumni:

It's aim is to connect our global alumni to St Andrews, and current students with alumni.

The BAME network:

Our newest subcommittee, representing BAME students in St Andrews. They provide events, support, and a community for its members.

Community Relations:

The representative for all students with regards to community matters. In order to fulfil this role, they sit on a number of local committees.

Disabled Students' Network (DSN):

Dedicated to representing disabled students, signposting support, hosting events, and running campaigns that provide community to disabled students and promote an understanding of disability.

Education Committee (EduCom):

Represents student opinion on education issues, in conjunction with the University and beyond.

Environment:

Helps students live more sustainably and get involved in environmental projects around campus.

Equal Opportunities:

Aims to provide a more open, safe, and accessible environment which allows all students to not only celebrate their diversity, but also promote their unity through the areas of increased understanding and awareness.

Lifers:

Responsible for representing those students who have entered University after a break from education. They support a community which is made up of commuters, parents, postgraduates, evening and part time students.

Saints LGBT+:

A social and wellbeing group for people in the LGBT+ community. They run campaigns and celebrations to highlight important issues.

Wellbeing:

Focus their efforts around mental health, sexual health, personal safety, and alcohol consumption.

Find out more at:

**[yourunion.net/representation/
subcommittees/](http://yourunion.net/representation/subcommittees/)**

Picture opposite: Community Relations litter picking and gardening as part of Community Action Day.



Academic representation

In St Andrews, we are incredibly lucky to have an engaged community of students and supportive Academic staff who work in partnership to enhance educational experiences at the undergraduate and postgraduate level. The primary goals of 'Academic representation' are to amplify student voices at all levels of the University, identify positive and negative feedback, and implement beneficial changes.

We rely on Class Representatives, the PGT President, the PGR President, the PG Officers, the PG Academic Convenor, the Director of Education, and other key officers to keep our system efficient and effective. Serving as an Academic Representative means you form a part of the largest body of democratically elected student representatives (we have over 350 Class Representatives alone!) and get a chance to participate in tailored training sessions designed to help you produce meaningful impacts.

Don't hesitate to contact Leonie Malin (doed@st) or Caroline McWilliams (pgconvenor@) for more information!

Class Representatives

Class Reps form the foundation of our strong system of Academic Representation in St Andrews. They are central to enhancing educational experiences in each School and serve as key student leaders in our community.

You can run to become a Postgraduate Class Rep for your module during Weeks 4 and 5 if you are interested in building closer relationships with Academic staff in your School, connecting with your peers, and representing student interests related to learning and teaching.

Presidents and Officers

The PGT President, PGR President and PG Officers (one for each: Part-time; Distance Learning and Commuting; International; and Graduate Teaching Assistants) are new positions for the Academic year 2021/22. Following on from a year-long project conducted by interns, the decision was made to implement this new structure to ensure that Postgraduate voices are heard at all levels. The Presidents will line-manage the Class Reps and report directly to the Postgraduate Academic Convenor.



Postgraduate Rep nominations will start on 7th October 2021 and voting will begin on 14th October 2021! If you have questions about being a Class Rep in your School, a PG President, an Officer or need more information, feel free to contact the PG Academic Convenor via email or visit:

www.yourunion.net/representation/academic/postgraduate/

We can't wait to see you get involved with our dedicated group of Academic Representatives!



Local and national elections

All students with an address in Scotland can register to vote! You can do so online at:

www.gov.uk/register-to-vote.

If you have recently moved address or changed your name, you will need to register again to be able to vote in the next election.

You can vote in a U.K. general election if you are...

- Registered to vote in the U.K.
- Over 18
- A British, Irish, or qualifying Commonwealth citizen

You can vote in Scottish parliamentary elections if you are...

- Registered to vote at an address in Scotland
- Over 16

You can vote in Scottish local elections if you are...

- Registered to vote at an address in Scotland
- Over 16

If you are a U.K. student, you can be registered to vote at both your home and term time address. You will be able to vote in both locations for local elections but can only vote in one location in national elections, such as UK Parliamentary general elections and Scottish Parliament elections.

Student elections

Every spring we hold the Students' Association elections where we elect your representatives on the SRC and SAF, sabbatical officers, and School Presidents! All matriculated students are eligible to stand and vote.

Additionally, postgraduate elections are held in October where you will have the opportunity to choose your postgraduate officers and presidents!

Our representatives advocate for students on a variety of issues like welfare, equality, accommodation, education, and sustainability. Our elections are your chance to choose who represents you for the next year or stand and push for the changes you want to see!

Interested in finding out more about the elections, how to run, and the positions up for grabs? Head to

yourunion.net/elections



ST ANDREWS UNIVERSITY STUDENTS' ASSOCIATION
ELECTIONS



ELECTIONS
PLEASE VOTE
YOURUNION.NET/ELECTIONS

MY VOTE
1. IMPROVE
2. PROTECT
3. ADVOCATE
4. ESTABLISH

Alice Sophie
for SA President

SRC
student representative council

Ruth Wright
for SA President

Ruth Wright
for SA President

ELECTIONS
PLEASE VOTE
YOURUNION.NET/ELECTIONS

VOTE
AU PRESIDENT
17th March

ELECTIONS
SA

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ELECTIONS
UNIVERSITY OF ST ANDREWS STUDENTS' ASSOCIATION

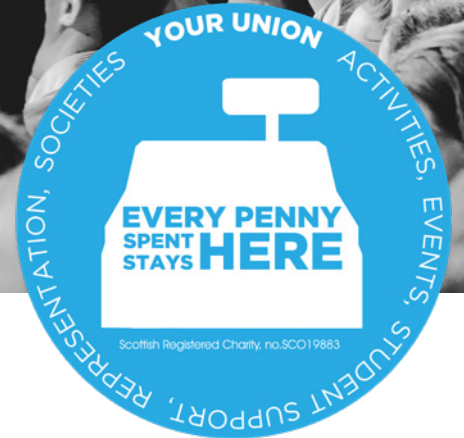
SSC
student services council

Run for President

ELECTIONS
PLEASE
YOURUNION.NET/ELECTIONS

EVERYONE WINS
WITH
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WHAT DO YOU WANT
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Spaces

The Union is host to a wide variety of spaces readily available to you no matter the occasion; from performing a showstopper in our theatre to having a pint with your mates or revising on our top floor, we cater for everyone!

www.yourunion.net/spaces

A BALANCE OF
BÖLD FLAVOUR
& LIGHT TASTE

LIGHTER TASTING PILSNER
AT ST ANDREWS UNION



PRAVHA®

FROM THE BREWERS OF STAROPRAMEN

drinkaware.co.uk for the facts
BREWED IN THE UK

Spaces

Main Bar

With a 2am licence and the best pints and drinks in town, the Main Bar is the biggest bar in town and is designed especially for you, the students. We offer a great range of non-alcoholic and alcoholic beverages alike, and just like every other part of The Union, every penny you spend goes back into the Students' Association to improve your experience here at St Andrews.

The Main Bar is everyone's favourite destination, be it for a quick game of pool, the weekly pub quiz, or a cheap night out. The Main Bar is a safe space for students to enjoy themselves.

We also serve a variety of delicious meals.

Sandy's Bar

A classic pub space and sports bar, famed throughout the student body for its Friday night Karaoke. Sandy's has a more traditional feel than the rest of the Union, with locally brewed ales on offer, a fine selection of whiskies and Chesterfield sofas and armchairs to relax in.

Sandy's bar has a huge projection screen that is perfect for catching the game - we'll be showing Rugby, American Football and much much more this year!

Beacon Bar

The Beacon Bar is the Union's "Premium Bar", offering a top class range of Gins, Rums and other spirits and liqueurs complimented, of course, by our cocktail list. With comfy designer sofas and views along the length of Market Street, the Beacon is an excellent place to escape the hustle and bustle of downstairs. Whether you are celebrating or just want to relax and enjoy a couple of drinks with friends, here is the place to do it, without having to pay the premium prices you might find elsewhere. We are striving to bring you the best we can in The Beacon Bar, so the range available will change throughout the year. If you find something you like, please let us know and we'll endeavour to keep it coming.

Club 601

The only nightclub in St Andrews. The biggest and best place to party in town. We've handpicked the best DJs in St Andrews and beyond to offer you an unrivalled clubbing experience right here in the heart of the Bubble.

From our famous Bop, to our regular club nights, we offer different experiences to cater for everyone. With society club nights and special acts coming throughout the year, Club 601 will be the home to some of your best and most memorable nights of the year.

Piazza

Prefer to sit outside? Not a problem. We have created a lovely outside area to sit and relax in. You can enjoy live music, watch sport and even have some food from our regular food vans.





Rector's Café

Need a place to sit back with a coffee, chill with friends, or a central study spot between lectures? Look no further than our very own Rector's Café. Named after the numerous Rectors who have graced our seaside town, Rector's sits at the front of our building providing a hub for town and gown alike. The café boasts reasonably priced hot and cold drinks, as well as wraps, paninis and other tasty treats.

Rector's Café is the perfect place for students, and should prove to be a big part of your university experience while you are studying here at St Andrews.



The Old Union Coffee Shop

Situated in North Street the Old Union Coffee Shop is located only a few hundred feet from the front doors of the Library. Like Rector's Café, it offers a range of hot and cold drinks as well as a variety of food to satisfy your hunger.

It's a great place to drop in between lectures for a coffee and cake. Sit in and soak up the intimate atmosphere, and walls adorned with the history of St Andrews.



The StAge

With a stage and retractable tiered seating, The StAge is ideal for theatrical, musical and comedy events alike. This is also a perfect space for "Question Time" events with a variety of speakers, and fashion shows including RAG Week's CATWALK.

The technical requirements for The StAge and Club 601 are supported by the Ents Crew – a group of student volunteers who dedicate time to making sure you have the best events possible in the Union.



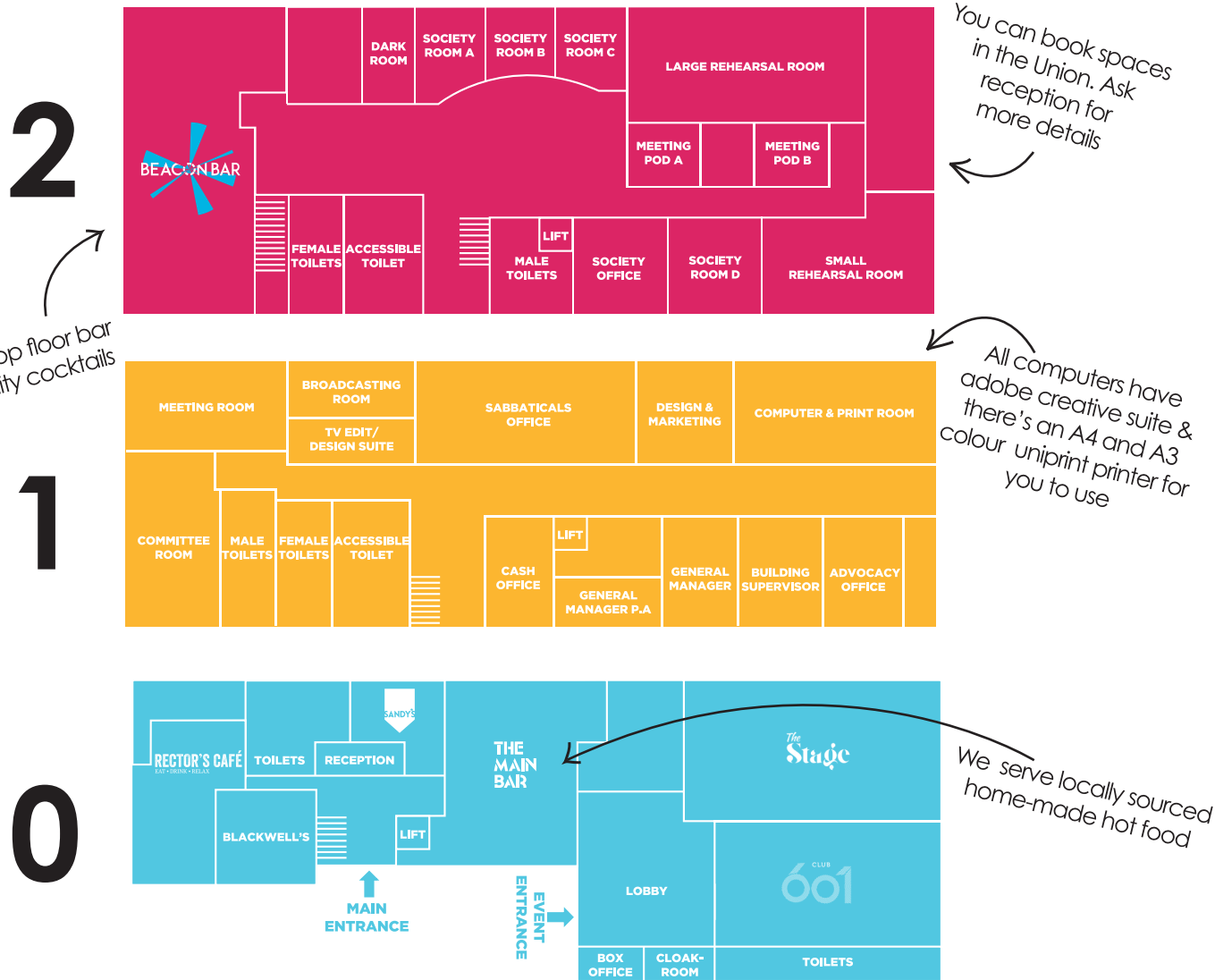
Yoyo Wallet

We recommend you download Yoyo Wallet. It's free to download and has some great benefits, like every time you pay you earn points which can then be redeemed against some great offers in our different spaces. It's also the fastest way to pay and is contactless.



Floor plan

Visit: yourunion.net/spaces to find out more about all our spaces and see our interactive map!



WEEKLY NIGHTS OUT

RESIDENT DJ'S

KARAOKE

PUB QUIZ

LIVE MUSIC

CLUB NIGHTS

LIVE SPORT



@yourunionevents | yourunion.net/events



Wellbeing

Everyone in St Andrews needs a little help finding their feet now and then. There are several places you can go for support and resources - from the Union's own Support Hub, the University's Student Services, to facilities around town. No problem is too small and we encourage you to reach out for support if you ever need it.

www.yourunion.net/support

Crisis support

Here are some essential contacts for those living in St Andrews for crises, emergencies, and urgent situations. Remember, emergency contact information is on the back of your matriculation card if you ever need it.

Emergency Services (999)

If someone is in immediate danger, this is how you contact the Police, Fire Brigade, and Ambulance Service in an emergency. Following a 999 call, you should contact your Residence Manager or Warden (in Halls of Residence), or Student Services or the Security and Response Team to let them know of your circumstances and access any support you might need from the University.

Student Services

(Daytime phone number: 01334 462020)

If you have urgent concerns about your welfare or the welfare of another student during daytime hours, you can drop into the ASC, Eden Court, or call Student Services on this number. Student Services also have staff on-call 24/7, and they can be contacted via the Security and Response Team.

Residence Manager or Wardenial Team

In Halls of Residence, these staff can be a first point of contact in urgent situations involving student welfare. You'll be given their contact information when you move in.

Security and Response Team

(24/7 phone number: 01334 468999)

The University's Security & Response Team operates 24/7 and can assist when an emergency, urgent situation or security concern arises, or connect you with the most appropriate Student Services member of staff on call out of hours (evenings/weekends).

NHS 111 and your GP:

If you are seriously unwell, you can call your GP Practice during working hours, or NHS 111 out of hours for advice on the appropriate medical care. If you need help getting to hospital, the Security and Response Team, halls of residence, or Student Services can arrange help.

Support

Support Hub

The Union's Support Hub can be your first point of call for information on a range of issues, including:

- Academic difficulties
- Sexual Health
- Physical Health
- Mental Health
- Disabilities
- LGBT+ issues
- Safety
- Accommodation
- Settling in
- Employability
- Relationships

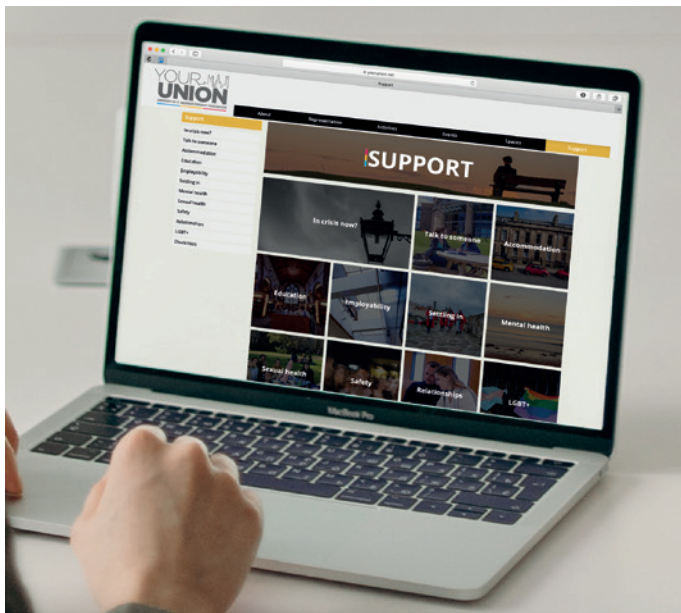
You can find our Support Hub at:
www.yourunion.net/support

Report and Support

Report and Support is an online tool where staff, students and members of the community can report issues of wellbeing, bullying, discrimination, abuse, assault, or harassment of any sort anonymously, or by reporting with contact details so an adviser can provide support.

The tool explains the process of reporting issues to the University, as well as including extensive information about the support available to you from the University and external services. You can use it to submit a report, access support, or find out more about your options.

You can access Report and Support and find out more here: reportandsupport.st-andrews.ac.uk



Mental Health

When you are at university, we know that your mental health can come under strain. You should never feel alone because of how you're feeling. About one in four of us will suffer from some difficulty with our mental health at some point. If you do feel like you're having a tough time, it is important to get the right sort of help as soon as possible. If you want to reach out to someone, you can see your GP, get in touch with Student Services, get matched with a Peer Supporter, or reach out to Nightline for an anonymous and non-directive listening ear.

Student Services:

TheASC@st-andrews.ac.uk, 01334 46 2020

Nightline:

nightline@st-andrews.ac.uk, 01334 46 2266

Samaritans:

jo@samaritans.org, 08457 90 9090

More details about Nightline, healthcare, Peer Support, and Student Services are later in this book.

Healthcare

Every student studying in St Andrews for more than 6 months has access to free NHS care. The nearest GP Practices are located in the St Andrews Community Hospital on Largo Road (approximately a 20-minute walk from the centre of town).

The University's Student Health Hub, an office located in the local Community Hospital, is staffed by university staff, who understand how to help you access health advice quickly. If you ever have a health issue, you can reach out to them by phone or email for information on what the best healthcare option would be. The office is currently closed, but the staff can still be contacted by email on StudentHealth@ for health advice.

You must register with a GP Practice when you arrive in St Andrews – you will normally be asked to register at matriculation with one of the practices depending on your surname.

If you don't register at the start of the semester, you can still register later. Just contact the practice that matches your surname or the Student Health Hub for information on how to register.

For more information on healthcare, look at the University website here: <https://www.st-andrews.ac.uk/students/advice/health/>

Surname begins with	Practice	Telephone Number
A-Nt	Pipeland Medical Practice	01334 476 840
Nu-Z	Blackfriars Medical Practice	01334 477 477

Sexual health

As with all parts of student life, it is important to stay safe when having sex. Students are particularly vulnerable to Sexually Transmitted Infections (STIs). Using a condom is not only one of the most effective methods of contraception, but it is also essential to protect your (and others) sexual health. There are also many other forms of contraception, like the coil, implant, or pill, and each come with their own benefits and drawbacks. Your GP will be able to help you decide what option is the best for you.

If you're looking for **free condoms and lube**, the Union hands them out and they are also available in Halls of Residence. We stock a range of different types of condoms for different purposes, including different sizes and flavours. During office hours, you can visit the Director of Wellbeing in the Sabbatical Office or the Education Advocate on the middle floor of the Union to pick up condoms, or you can ask at reception during the evenings.

It's possible to get **emergency contraception** that can normally prevent pregnancy up to 72 hours after sex. You can get the morning after pill over the counter at any of the local pharmacies and you should take it as soon as possible. The Sexual Health Clinic can also offer the copper coil, which can be used as emergency contraception as well as long-acting contraception.

Sexual Health Fife also provides sexual health services for students, like STI tests, contraception, and advice for people who have experienced sexual violence or unwanted pregnancies. Full information about the services they offer and how to make an appointment is available on their website:

www.sexualhealthfife.scot.nhs.uk

Remember it is important to get consent whenever you engage in any kind of sexual activity. Sexual consent means a person freely agrees to have sex or engage in sexual activity. You can remember what consent looks like through **FRIES**:

- **Freely given:** Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.
- **Reversible:** Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.
Informed: You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **Enthusiastic:** When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.
- **Specific:** Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

StAnd Together



StAnd Together is a joint initiative between the Students' Association and the University with a focus on student wellbeing and mutual support. StAnd Together currently includes three student-run projects: the Got Consent, Got Support, and Got Limits campaigns. You can find out more about the initiative here:

www.yourunion.net/representation/stand-together/

Got Consent?

Got Consent is a student-led initiative aiming to raise awareness of sexual misconduct, educate students in bystander intervention and support survivors. Got Consent leads conversations with fellow students through training workshops, informational resources, and educational events.

If you want to get involved Got Consent recruits volunteers at the start of every semester, so look out for that this year! If you want to find out more or about other ways you can get involved, visit our stall at the Freshers' Fayre, find us on Facebook, follow us on Instagram, or email us on GotConsent@

Got Limits?

Got Limits is a student initiative working to promote health, safety, and inclusivity around alcohol in St Andrews. Got Limits runs training workshops for committees, shares resources, and holds events where all students can fully enjoy the St Andrews social scene whilst feeling safe, comfortable, and included.

If you're interested in getting involved or finding out more about Got Limits then visit our stall at the Freshers' Fayre, find us on Facebook, follow us on Instagram, or email GotLimits@.

Got Support?

Got Support? runs the Peer Support Network – a one-to-one meet-up service open to any student looking for a little extra company and connection during their time at St Andrews. The Peer Support Network is made up of student volunteers trained in active listening who are available to meet up for coffee, have regular chats, or attend society events with the students they are paired with. Got Support also runs active listening workshops for societies and sports clubs and befriending events.

To be matched with a Peer Supporter email PeerSupport@ including your academic year, the kind of support you would like (emotional support, someone to go to events with, coffee and a chat, etc.), and your interests. The Peer Support Coordinator will pair you with a volunteer. We may also ask for extra information to help us make the best match. Your Peer Supporter will email to arrange to meet up.

The first time you meet with your Peer Supporter, you will discuss how you would like your relationship to work. This includes what you want to get out of the programme, and things like how you interact if you bump into each other outside of your meetings, how you want to tell others you met if they ask, and whether you'd like to be connected on social media. Most of the students using Peer Support meet with their Peer Support around once per week, but this can be adapted to your needs. If things don't work out with the Peer Supporter you are initially matched with, please let the Coordinator know and they will pair you with a new volunteer.

If you want to find out more about Got Support and how to get involved visit us at the Freshers' Fayre, find us on Facebook, follow us on Instagram, or email PeerSupport@.

Alcohol, drugs & nights out

Going out is a large part of many people's university experience. Whether your night out involves embarrassing dance moves, getting dressed up or chatting with your friends, it is important to feel safe and comfortable on a night out. Here are some of our tips for a safe night out:

Plan ahead: Make sure someone knows your whereabouts and plan how you're getting home. The Night Bus runs every 30 minutes and is free for staff and students to use – find the timetable at: www.st-andrews.ac.uk/students/tech/bus

Eat before you drink and have plenty of water: This helps to prevent you getting too drunk.

Pace yourself: Alternate alcoholic drinks with non-alcoholic. Set a maximum amount of drinks. Designate a few nights of non-drinking per week. The UK's Chief Medical Officer recommends you drink less than 14 units of alcohol a week to prevent long-term harm. A unit is half a pint, a small glass of wine, or one 25ml measure of spirits.

Stay with friends and don't ignore someone in trouble: Watch out for people in your group, and shout for help or call the police immediately if you find someone in distress. Look out for signs of alcohol poisoning or overdose in others.

Stay alert and in public places:

Ask for Angela: use the codeword "Angela" at the Union to alert staff to an incident of harassment if you want to be taken to a safe space.

Don't drink and drown: While it may seem fun to continue drinking at the beach after the bars have closed, it is important to act responsibly near water.

Alcohol numbs the senses and increases the risk of drowning. Act with care and caution if you go to the beach, or somewhere remote, and remain with a friend or a group.

Be aware of drink spiking: Never leave your drink unattended. Don't accept a drink from someone you don't know and watch your drink while it's poured. Be aware of any suspicious change to your drink.

You should look out for **signs of alcohol poisoning** in you and your friends. Some common signs are:

- Severely slurred speech
- Confusion
- Irregular or slow breathing
- Vomiting
- Pale or blue-tinged skin (due to a low body temperature)
- Being conscious but unresponsive

If you see someone you think is suffering from alcohol poisoning, stay with them, stop them drinking any more, keep them sitting up and awake, give them water if possible, and **call for help**. If they've passed out, lie them on their side and make sure they are breathing properly.

We know that some students use drugs (for a variety of reasons) but they aren't always safe and are often illegal. You should keep in mind that you cannot always be sure what you are taking. You shouldn't ever be pressured into taking drugs if you don't want to. The best way to stay safe is to stay sober, but if you do choose to use drugs follow our tips for a safe night out above and look out for **signs of overdose**:

- Nausea and vomiting
- Loss of consciousness
- Difficulty breathing
- Aggression
- Enlarged pupils
- Shakiness
- Hallucinations

Remember an overdose is a medical emergency – so call 999 for help as soon as possible.

You may need help on or after a night out, for example to get home or deal with an emergency. If you're worried about getting home safely, you can call your hall duty phone or the University's Security and Response Team – 01334 468999 – for advice. The contact information for Nightline, Student Services, and the University Security and Response Team are also on the back of your matriculation card.



WE'RE HERE FOR YOU EVERY NIGHT HALLS ARE OPEN

An anonymous and confidential listening and information service run by student, for students

Where can I find help...?



Available by Phone
01334 46 22 66

Where can I buy textbooks...?



Available by SkypeCall
@StAndrewsNightline

I am so stressed about work...



Available by IM
<https://nline.IM/>

I don't feel like I belong here...



Available by Email
nightline
@st-andrews.ac.uk

I want to ask them out but I'm too
scared...

Sometimes I feel like I want to go to
sleep and never wake up...



ST ANDREWS
NIGHTLINE

For up-to-date hours, please visit our website at <https://www.st-andrews.ac.uk/nightline/>

Student Services

University can push you outside of your comfort zone and you might experience all sorts of difficulties and worries throughout your time here. Student Services is always here to help you make a success of your time in St Andrews. No problem is too small and you can reach out for help at any time.

Student Services offers a range of support services for students, including:

- Wellbeing Advisors and Coaching
- Mental Health Coordinators for students with mental health conditions
- Counselling
- Money Advisors
- Advice for International Students
- Specialist Postgraduate Advisors
- Disability Support
- Support for students who have experienced sexual violence or harassment
- Out of Hours and Crisis Support

More information about the support available in the University, including support from Student Services is available here:

www.st-andrews.ac.uk/students/advice

The ASC – The Advice and Support Centre

Based at 79 North Street, the ASC is the front door for Student Services and the first point of contact for all student queries; a one stop shop for information. If you need guidance, counselling, emotional support, advice on practical matters, money issues and international visa queries or simply want directions to somewhere in town, our friendly staff at the ASC are happy to help you – and there is very little about life at the University of St Andrews that they don't

know about! The front desk staff represent a variety of services and in most cases will be able to handle your query there and then. If not they will be happy to refer you on to one of their colleagues for more specialist advice, and make you an appointment should you need one.

The ASC is normally open 9.30am-5pm Monday to Friday, or you can reach out to them via phone on 01334 462020 or by email on TheASC@.

Making an appointment

If you want to make an appointment with Student Services, you can book an initial consultation with a member of the Student Services Team. We will offer advice, support, and guidance with personal or study-related matters and work collaboratively with you to identify the best avenues for any further support. This appointment could be a one-off session or lead to a referral for further support. You can make an appointment online, by emailing TheASC@ or over the phone on 01334 462020.

You can also reach out to some of the specialist teams directly:

- Disability Team: disability@
- International Advisors: AdvInt@
- Money Advisors: MoneyAdvice@

Remember, if you're ever not sure who to contact about an issue you're experiencing at university, you can always contact the ASC to be put in contact with the appropriate people.

Chaplaincy

What do we do?

- Confidential listening to any student about any issue or problem – no religious pressure at all
- One-to-one exploration of any issue in faith
- Discussion groups, like the Grief Group, Thinking Allowed, and Turning Pages
- University Worship
 - > Sunday: 11 am, St Salvator's Chapel; 4 pm Evensong, St Salvator's Chapel
 - > Wednesday: Evensong, St Salvator's Chapel, 5.30 pm
 - > Candlelit Compline, 10 pm Thursday, St Leonard's Chapel
 - > Orthodox Services, St Leonard's Chapel
 - > Christmas Carol Services
 - > Graduation Day services
 - > Morning Prayers, 8.40 am, St Salvator's Chapel, Monday to Friday
- A building opposite the Union with space for faith groups, private meditation, and student societies to meet, talk, do exhibitions, cook, eat, bake (for St Andrews institution, the Bake Sale™).
- Interfaith exploration, discussion and events, organised by the Inter-faith Steering Group
- International Students Befriending Scheme, putting students for whom English is not your first language in touch with local families, as well as day trips exploring Scotland.
- Hospital visits for you or someone you know
- Weddings... OK, may be a bit down the line for most Freshers...

Who are we?

- Chaplain Donald MacEwan (pictured)
- Assistant Chaplain Samantha Ferguson
- A team of honorary chaplains and faith contacts
(Buddhist, Christian, Humanist, Jewish, Muslim, Pagan)

How to get in touch?

- Drop in to the Chaplaincy, also known as Mansefield, 3 St Mary's Place
- Contact the office (01334) 462866 or chaplaincy@st-andrews.ac.uk
- Contact Donald on: dgm21@st-andrews.ac.uk or 07713 322036
fb.com/mansefield/



Money and jobs

Looking after money for the first time can seem daunting, but if you give yourself a budget ahead of time, you can reduce some of the stress caused by the student lifestyle. After tuition and rent, you'll need to think about food, drink, books, events, and travel! With food and drink – do a weekly shop instead of buying groceries daily and look at doing a group trip to the bigger supermarkets outside the town centre to find better deals. If you're in catered accommodation and know you've got a busy day ahead, ask for a takeaway lunch or dinner from halls.

Try to avoid buying new books if you can. A lot of students will give their old textbooks to second-hand bookstores in town or sell their textbooks on various Facebook pages –meaning you get a better deal!

St Andrews doesn't have a big culture of going out at the weekend, instead you'll find people plan their nights out around one-off events. We have a lot of balls and these cost, on average, £40, so it might be worth deciding ahead of time which ones you're keen to attend and budget your monthly allowance accordingly.

If you need information on things like opening a bank account, paying fees, bursaries, and scholarships, the University has a lot of information on managing your money here: <https://www.st-andrews.ac.uk/students/money/>

If you ever have money worries and don't know what to do, you can reach out to the **Money Advisors in Student Services**. They can advise on the funding available that can support you and ways that you can manage your money. You can contact them for an appointment on MoneyAdvice@.

Students are welcome to find part-time work during their studies. The Careers Centre is a great place to start if you are looking for a job – and for when you start to look for internships. We wouldn't recommend working more than 20 hours a week to maintain a good work-life balance and avoid getting behind in your studies.

There's lots of part time work available in St Andrews, mainly in local shops and bars, Halls of Residence, and even the Union! The Careers Centre has loads of information on part-time work in St Andrews, including the rules for international students, the National Minimum Wage, and information about local job opportunities. You can find out more here: www.st-andrews.ac.uk/careers/jobs-and-work-experience/part-time/

Saints Sport

Welcome to the Saints Sport community!

I'm Jess, your Athletic Union President for the year. I got so much from my time in the Badminton Club - meeting some of my closest friends, balancing the stresses of uni life, and developing as a player and a leader - that my main goal as AU Pres is to get as many students involved in sport as possible, including PG students! Playing sport is a fantastic way to add regularity to your schedule, take a break from research, and de-stress, and with the variety of options at Saints Sport, there will be something to suit every interest and commitment level!

Sports clubs – The Athletic Union has over 50 student-led clubs which offer everything from recreational sessions to competitive teams and come with a variety of commitment levels. Many clubs have strong PG communities which you can get involved in, or the option to turn up and meet new people!

If you're in St Andrews by the 6th of September, come along to our Sports Fayre, where you can meet the clubs, and our Give It A Go sessions where you can try out the sports! If not, browse the club websites <https://sport.wp.st-andrews.ac.uk/student-sport/clubs/> or drop the committees an email to register your interest!

Gym membership – Purchasing a gym membership is another fantastic way to get involved and make the most of Saints Sports state of the art facilities – including the new indoor tennis courts, the climbing wall, and the 8-court Sports Arena. This membership allows you to access the gym, attend our regular fitness classes, and book courts - so that you can get active whenever suits your schedule.

Recreational sport – If you just want to get active whilst meeting new people, our recreational programme - comprising of Society Sports, Hall Games, and open sessions - might be for you. These sessions run throughout the year and are a great way to get involved with no strings attached.

Volunteering - Off the pitch, Saints Sport prides itself on its volunteering. We offer international coaching opportunities in South Africa and Zambia, many clubs support the local community through outreach programmes and Junior Saints, and committee members dedicate their time to making the clubs run like clockwork. All your volunteer hours can be logged on the online portal, so you'll gain recognition on your university transcript as well as developing skills.

Events - The Saints Sport community is also fostered through the many events that we run, with the year being kicked off with the Annual Scottish Rugby Varsity between St Andrews and Edinburgh. Throughout the year, there are many other competitive and viewing opportunities for students, as well as a host of social events like Sinners – the 601s sport night out – and Sports Ball. Individual clubs also host a variety of events, socials, and in-house competitions!

To find out more about what's going on, check out our @go-saintssport Instagram, our Go Saints Facebook page, or our website: <https://sport.wp.st-andrews.ac.uk/>

I'm very excited to see what the next year holds for Saints Sport, and can't wait to meet all the new Saints!



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Studying

Studying in St Andrews while living with Covid is a unique challenge. The University and the Students' Association have worked closely together during this time to ensure spaces and resources are provided for all in a safe and successful manner. As a student, you have access to a wide range of spaces and services to support you throughout your studies, whether these take place remotely or in-person.

Libraries

The University Main Library has always been a central hub for studying, group work, and engaging with a wide range of resources that will help you immensely throughout the duration of your degree. The Main Library has capacity for hundreds of students. However, there are other spaces you can access to study too! The St Mary's College Library can be found on South Street, the JF Allen Library (in the Physics building) and the Library at the Gateway are located on the North Haugh.

The Thomson Reading Room at Martys Kirk is available for use by all postgraduate students and University staff. There are 20 study spaces available in this decommissioned church, located across the street from St Salvator's Chapel.

For more information, please visit www.st-andrews.ac.uk/library/library-spaces.

IT Services

IT Services help students stay connected and access the tech they need while studying. They provide a range of services, like eduroam wifi, Microsoft 365, printing and computing facilities, the University app store - AppsAnywhere, a PC Clinic to repair your damaged tech, and IT help available seven days a week.

There are a number of computers and printing facilities in every library and hall of residence. The University also maintains four 24-hour computer rooms throughout St Andrews.

Get in touch with the IT Service Desk for support, find how-to guides on the IT website and get the latest updates on Twitter: @StAITServices.



Important people



Professor Mapstone is Principal and Vice Chancellor of the University of St Andrews and is responsible for running the University. The core values of her Principalship are excellence, inclusivity, and fairness. Since before the pandemic started, she has placed special emphasis on social responsibility, sustainability, and opportunities for digital development within the University Strategy. Professor Mapstone meets regularly with members of the Students' Association and is always interested to hear from students about their activities and experiences here. Professor Mapstone's research engages with literature in Scots and Latin before 1707 and with book history.



Professor Peddie is the Senior Vice-Principal Education (Proctor) at the University of St Andrews. She is responsible for areas relating to learning and teaching, as well as student-facing units. In collaboration with the Director of Student Experience, Professor Peddie is involved in sustaining University relations with both the Students' Association and the Athletic Union, meeting regularly with the Sabbatical Officers. She is a Professor of Biology and has been Head of the School of Biology. She taught Marine Biology to both undergraduates and Masters Students, and has a particular interest in how experiential learning impacts on teaching.

Dean of Learning and Teaching, Professor Frank Lorenz Müller, avplearningteaching@st-andrews.ac.uk

Dean of Arts and Divinity, Professor Paul Hibbert, avpdeanarts@st-andrews.ac.uk

Dean of Science, Professor Ineke De Moortel, avpdeansci@st-andrews.ac.uk

Provost, Dr Monique Mackenzie, provost@st-andrews.ac.uk

Associate Provost (Education), Dr Jacqueline Rose, assocprovost-pgt@st-andrews.ac.uk

Associate Provost (Students), Dr Charles Warren, assocprovost-pgr@st-andrews.ac.uk

Vice-Principal (Research and Innovation), Professor Tom Brown, vpresearch@st-andrews.ac.uk

Director of Student Experience, Ros Claase, dirstudexp@st-andrews.ac.uk

University Court

University court is the supreme governing body of the University, responsible for strategic planning and management of all human, physical, and financial resources. The Rector is the Chair of Court. The Association President, Director of Education, and the Rector's Assessor are its three student members.

Senatus Academicus

Senatus Academicus is the highest decision-making body for all academic matters. The Senate approves all degrees conferred by the University, and sets down the regulations and procedures for learning and teaching. The Senate Office is also responsible for high-level academic appeals.

Glossary

Academic Alert A warning email from your Module Coordinator if you're missing too many mandatory classes or missed a deadline. They exist to support you, so if you get one, talk to the Module Coordinator

Academic Appeal An independent appeals process when students feel they have had an essay or exam unfairly graded, studies terminated, or their right to process revoked. The first step is to talk to your Head of School

Academic Parents Typically third or fourth year students who adopt first years into their academic family

ASC The ASC is your go-to place if you have a question about absolutely anything. It's on North Street, beside the pathway to the Library

CEED Centre for Educational Enhancement and Development. CEED can help if you need help building writing skills, using programmes like Excel, or chairing a committee.

May Dip A St Andrews tradition where students run into the North Sea at sunrise on the 1st of May.

MySaint The University web-portal. It offers a personalised, customisable overview of your University life. You can self-certify for missed classes, check your timetable and find your transcript.

Matriculation The essential registration to become a member of the student body

Mermaids The Performing Arts Subcommittee

MMS Module Management System. All of your modules can be found on MMS and this is where you will upload coursework.

Moodle All of your modules can be found on Moodle and tutors often upload reading lists and lecture recordings onto the Moodle page.

Proctor Vice Principal Education. The Proctor assumes responsibility for areas of the University related to learning and teaching.

Provost Provides academic leadership for postgraduate students

Raisin A two-day celebration with your academic families, culminating in a world famous foam fight

Rector Chair of the University Court, the supreme governing body of the University, elected by students

Sabbaticals Six students elected to represent the student body by working full time to run the Union and Athletic Union for the year

SAF Student Activities Forum

SRC Students' Representative Council

SVS St Andrews Voluntary Service

Helpful QR codes



yourunion.net



[societies list](#)



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5 Tips for Postgraduates

1) Explore What St Andrews Has to Offer

St Andrews is so much more than the town centre! You can walk along Lade Braes or the Fife Coastal Path for beautiful views of the town and surrounding area.

The recently reopened Wardlaw Museum is a major new cultural space for St Andrews, with four thematic galleries on the University's groundbreaking research and global impact, showcasing its extraordinary art, history, science and natural history collections. Complemented by an exciting programme of temporary exhibitions, interactive experiences for all ages, and a beautiful sea view from the terrace and garden.

Attend a Chapel service on Sunday or go to Evensong or Compline. These are excellent ways to see the university's beautiful chapels and hear live choirs.

2) Join in on Student Societies and Traditions

Societies are the heart of the student experience in St Andrews. All societies are open to undergraduate and postgraduate students. The Students' Association has over 150 unique societies ranging from societies for Academic schools to Frog Society! St Andrews also boasts several unique student traditions you can experience, including Raisin Weekend (PG students are often adopted into Academic families!), May Dip, or the Gaudie.

3) Run to be a PG Class Rep and Develop Your Skills

Run to be a Postgraduate Class Representative during the first semester! Nominations will open on October 7th and voting will take place during Week 5. This is a great way to get involved in academic representation and make an impact in your School. You will be able to engage with other PG reps, UG School Presidents, and University staff to make a difference in learning and teaching at St Andrews.

You can also register for GradSkills courses with the Centre for Educational Enhancement and Development (CEED) to gain extra skills that look great on your CV.

4) Check Out the Students' Association Building

The Students' Association building is more than just a few bars! The building has Rector's Café, meeting rooms, offices and Club 601 – the main night club in town! The Union is truly the hub of student life and we hope you will enjoy some of the spaces and services we have to offer.

5) Download the Orientation App

The Orientation App is a great way to organise all the activities that you are interested in participating in during Freshers' Week. You can curate your own schedule and star events that you are keen to go to. Sports Give-It-A-Go's, society events and Academic inductions are all included on the app.



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