

THE UNIVERSITY OF ST ANDREWS STUDENTS' ASSOCIATION PRESENTS  
A GUIDE TO EVERYTHING YOU NEED TO KNOW ABOUT UNIVERSITY LIFE IN ST ANDREWS

# THE LITTLE BOOK 2020

YOUR  
UNION

UNIVERSITY OF ST ANDREWS STUDENTS' ASSOCIATION

# CONTENTS



## WELCOME

PAGE: 1 - 3



## SABBATICALS

PAGE: 4 - 5



## ACTIVITIES

PAGE: 6 - 7



## VOICE

PAGE: 8



## SPACES

PAGE: 11



## WELLBEING

PAGE: 12 - 13

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. The majority of our operations are run by students, for students. We're here for you if you need advice, information, or society activities. For more information, have a look at our website: [yourunion.net](http://yourunion.net)

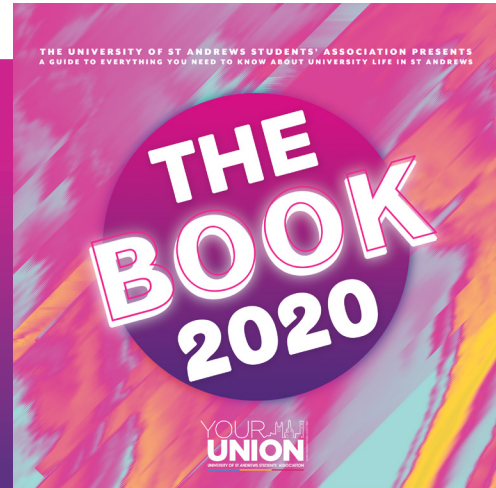
Every year we release "The Book" – a condensed guide to introduce you to all things St Andrews, University and Students' Association related. This year, to cut down on paper and to help get it out to as many students as possible, we have published it online at [yourunion.net/thebook](http://yourunion.net/thebook). This booklet gives you a little taster of what you'll find.

## THE BOOK

The digital edition of The Book offers an in-depth look at everything on offer to you in St Andrews this year.

Scan the QR Code  
to view The Book - Digital Edition.

[Read it Now](#)



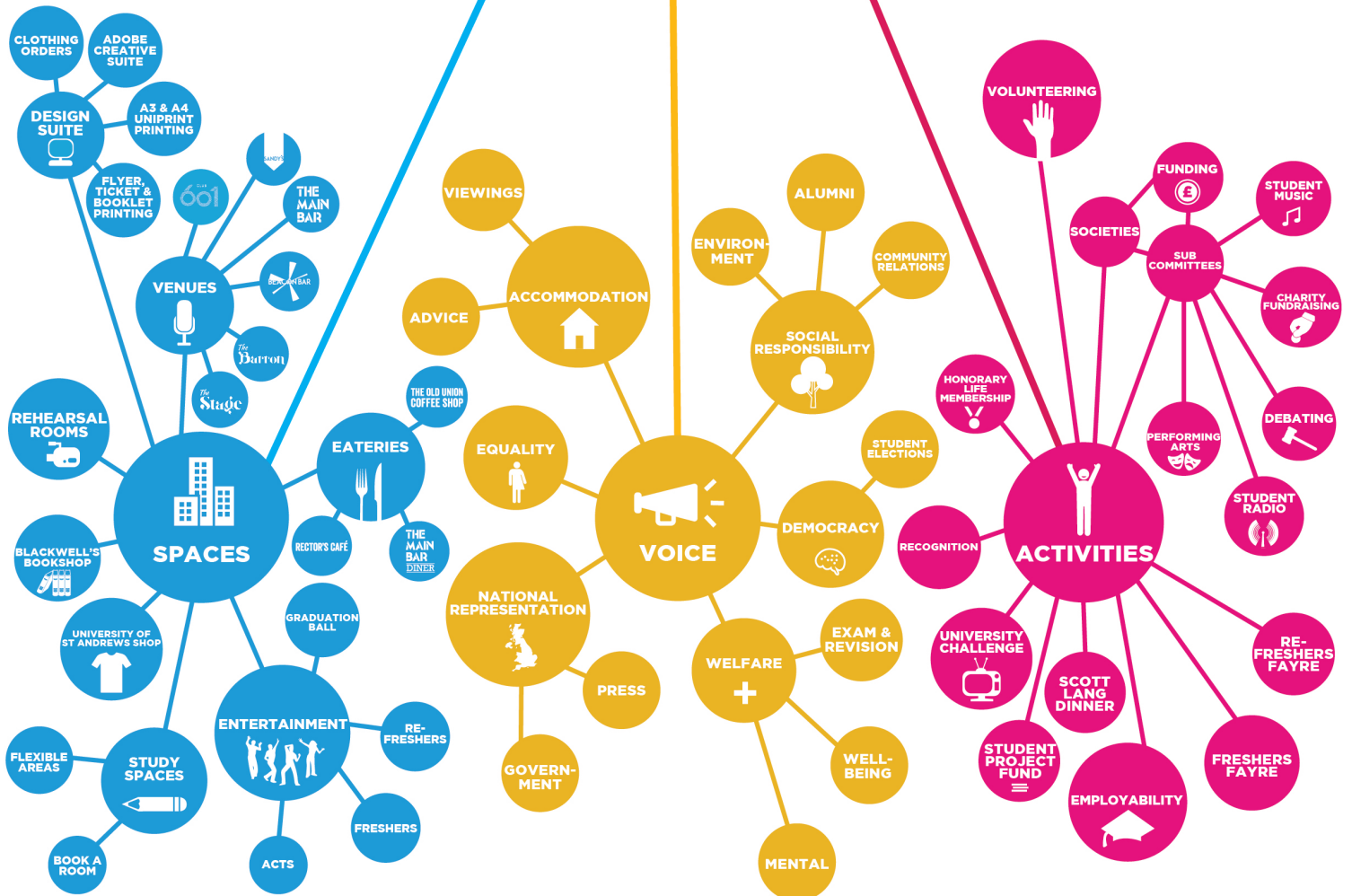
### Things to know about us:

- Most of the Students' Association is run by student volunteers, and our governing body has a student majority.
- We have six full time student sabbatical officers (including the Athletic Union President), whose job is to represent you.
- We have over 150 affiliated societies that you can join, as well as 23 Union subcommittees that all students are automatically a member of.
- It's really easy to start your own society, and any affiliated society can apply for project and events funding from the Societies' Committee.
- The Students' Association coordinates School Presidents, Faculty Presidents and Class Reps in collaboration with the University.
- We train and support over 350 Class Reps, who also advocate on library and employability issues.
- School Presidents, Faculty Presidents, the Postgraduate Academic Convenor and the Director of Education form the Education Committee which represents your academic interests and meets weekly. This feeds into the Proctor's Office of the University.
- The President, Director of Education and Rector's Assessor sit on University Court, the governing body of the University.
- The 6 sabbatical officers and 32 student officers make decisions on behalf of the association as the Student Representative and Student Services Councils.
- The Student-led Teaching Awards is run every year to recognise and reward the excellent teaching that happens in St Andrews.
- We offer accommodation viewing services for students.
- All the money you spend in our bars and cafés goes back to the students!

# YOUR UNION

UNIVERSITY OF ST ANDREWS STUDENTS' ASSOCIATION

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# WELCOME TO ST ANDREWS

**Welcome to St Andrews!** The Students' Association is here to make your University experience as amazing as possible, and to provide you with support, guidance, and opportunities. We are your **Sabbatical Officers (Sabbs)**: full-time representatives elected by the student body who work to enhance your student experience. We're here to make sure you have an incredible time throughout the year!

Everything the Students' Association (aka the Union) works towards falls into three broad categories – **Voice** (Representation), **Activities, and Spaces**. Emma, Amy and Dan (your **Director of Wellbeing, Director of Education, and Students' Association President**) cover representation, serving as your advocates for issues such as education, employability, welfare, accommodation, and equal opportunities, as well as representing Students within the University and local community. Gavin, your



**Director of Student Development and Activities** is responsible for student activities in St Andrews through the societies and subcommittees, as well as extracurricular development opportunities. Tom, your **Director of Events and Services** oversees Union spaces, events, and commercial services and how they serve you. Finally, Sophie, your **Athletic Union President**, oversees and develops sport at St Andrews through Saints Sport.

Your time at St Andrews will go by faster than you think – so make the most of it and get involved with everything that comes your way! Some of your closest friends, fondest memories, as well as some of your toughest days lie ahead of you in this small coastal town. This year in particular will be filled with unique challenges, and even we don't always know what's going to happen. However, St Andrews has a fantastic community, and we're doing everything we can to keep you



safe. Together we can make this a great year. St Andrews has a lot to offer, so take advantage of it. There's so much more to say, and it can all be found here or in The Book online ([yourunion.net/thebook](http://yourunion.net/thebook)).

**We have no doubt that you'll fall in love with St Andrews and we can't wait to share it with you!**

**Have an amazing time in St Andrews!**

*Your Sabbs,*

*Dan, Amy, Emma, Gav, Tom & Sophie*



### STUDENTS' ASSOCIATION PRESIDENT



**Name:** Dan Marshall

**What I do:** Accommodation, Sustainability, Affordability, Widening Access, Community and External Relations.

**About Me:** I'm originally from Lancashire and I've just finished my degree in Astrophysics. I spent a lot of my time in St Andrews at the University Observatory and banging on about affordable housing.

**Favourite thing about St Andrews:** The amazing people I've met whilst I've been here not just students but staff and local people too!

**PRESIDENT TIP:** Get to know how representation works in St Andrews. Your Student Association Councillors do a lot of work on a variety of issues, check out the Your Union Website for how to contact them if you have any comments or concerns.

**Email:** [president@st-andrews.ac.uk](mailto:president@st-andrews.ac.uk) | **Twitter:** @StAPresident

### DIRECTOR OF EDUCATION

**Name:** Amy Gallacher

**What I do:** Education, Academic Representation, Postgraduate Studies, and Employability

**About Me:** I'm from Inverness originally and have just finished my degree in Experimental Physics. Before becoming DoEd, I was the School President in Physics and Astronomy.

**Favourite thing about St Andrews:** I love the beaches in St Andrews, especially walking all the way to the end of West Sands!

**DOED TIP:** Go along to any welcome events your School is running to meet fellow students, check out your School President's emails for academic tips, and become a Class Rep to make a real change in your modules.

**Email:** [doed@st-andrews.ac.uk](mailto:doed@st-andrews.ac.uk) | **Twitter:** @StADoEd



### DIRECTOR OF WELLBEING

**Name:** Emma Walsh

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

**About Me:** I am originally from San Francisco, but now live on an island between Seattle and Vancouver. As I student I was involved with the Wellbeing Subcommittee, was a part of the Sustainable Style Society, and tried to travel often.

**Favourite thing about St Andrews:** The fact that you're only ever a short walk from the sea! And the Kinnessburn Ducks of course.

**DOWELL TIP:** Stay safe during Freshers and look out for your new friends, catch the Student Services' Night Bus if you don't know the way back to halls, and don't be afraid to ask for support.

**Email:** [dowell@st-andrews.ac.uk](mailto:dowell@st-andrews.ac.uk) | **Twitter:** @StADoWell



## DIRECTOR OF EVENTS & SERVICES



**Name:** Tom Groves

**What I do:** Events, Spaces, Entertainment, Commercial Spaces

**About Me:** I'm from Jedburgh and I studied Physics & Maths. As a student I was involved in STAR, Ents and STIMS (Indie Music Society).

**Favourite thing about St Andrews:** The incredibly random ways in which everyone here knows each other.

**DOES TIP:** Try new things out! You never know just what you'll enjoy, so take the opportunity. There's so many amazing groups, so you'll definitely find something for you.

**Email:** [does@st-andrews.ac.uk](mailto:does@st-andrews.ac.uk) | **Twitter:** @StAdoES

## DIRECTOR OF STUDENT DEVELOPMENT & ACTIVITIES

**Name:** Gavin Sandford

**What I do:** Societies & Subcommittees, Extracurriculars, Volunteering

**About Me:** I'm from London, and I studied Computer Science. I was involved in Race2, Music, the Societies Committee, and Sports.

**Favourite thing about St Andrews:** Even though it's a small town, there's so much to do here!

**DOSDA TIP:** Get involved with societies, subcommittees, and other student activities! It is really the best way to make friends outside of halls and to spend your time outside the classroom – there is truly something for everyone.

**Email:** [dosda@st-andrews.ac.uk](mailto:dosda@st-andrews.ac.uk) | **Twitter:** @StAdoSDA



## ATHLETIC UNION PRESIDENT



**Name:** Sophie Ollivier Tyler

**What I do:** Club Sport- Recreational Sport- Inclusion & Wellbeing in Sport- Representation

**About Me:** I'm from York in North-East England and studied Geography. At St Andrews I was involved in the Trampoline and Gymnastics Club. I am also a keen ski racer and have a love for theatre.

**Favourite thing about St Andrews:** As cliché as it sounds, I love the community here, you really feel a part of something! P.s. sports is a great way to find your people!

**AU PRESIDENT TIP:** Engage with the sports community! There's so much going on in individual, team, and recreational sport- not to mention coaching, social activity and development opportunities. There's something for everyone to keep you healthy and happy.

**Email:** [aupres@st-andrews.ac.uk](mailto:aupres@st-andrews.ac.uk) | **Twitter:** @UStAAUPresident

# ACTIVITIES

Your University experience isn't just lectures and exams – you can learn how to dance or take photos, connect with people through a faith or cultural group, or just find a group of people who share the same hobbies as you. In these strange times everyone will be working harder than ever to put on events in new ways, virtually or physically distanced, so there will always be something you can get involved with!

## SOCIETIES

The Students' Association provides the bulk of the activities and events in town, through our subcommittees and affiliated societies. There are 150 affiliated societies, covering everything from Dance to Yoga. Visit our website [yourunion.net](http://yourunion.net) for a full list of all societies, as well as information on how to set up a society yourself. If you have any questions you can chat to email the DoSDA or the Societies Officer at [dosda@st-andrews.ac.uk](mailto:dosda@st-andrews.ac.uk) or [socs@st-andrews.ac.uk](mailto:socs@st-andrews.ac.uk)



## VOLUNTEERING

There's lots of volunteering opportunities you can get involved with in St Andrews, with the opportunity to have this recorded on your HEAR transcript.

**Find out more at:** [www.yourunion.net/activities/volunteering/](http://www.yourunion.net/activities/volunteering/)

## SUBCOMMITTEES

We have 17 Student Services Council (SSC) and 6 Student Representative Council (SRC) subcommittees (larger societies that are managed by us) that each have a very active role withing the Students' Association. Every matriculated student is automatically a member of these groups, so there are no membership fees! They run events of all sizes, from some of St Andrews' biggest events to smaller, focused trainings. You can find out more about them on our website.

### SSC Subcommittees:

- |                      |  |
|----------------------|--|
| Alumni               | Saints LGBT+ Societies                       |
| BAME Student Network | Lifers: Lifelong and Flexible Learners Forum |
| Charities Campaign   | Mermaids Performing Arts Fund                |
| Community Relations  | Music Fund                                   |
| Debates (UDS)        | On The Rocks Festival (OTR)                  |
| Design Team          | Postgraduate Society                         |
| Ents Team            | St Andrews Voluntary Service (SVS)           |
| Environment          |  |

## GIVE IT A GO

If you want to join a group or get involved, we have a number of virtual events during Freshers where you can have a chat and find out more. Keep an eye on our social media for them:

**Music Fayre - Thurs 10th Sept**

**Charitable & Volunteering Fayre - Fri 11th Sept**

**Sports Fayre - Sat 12th Sept**

**Freshers Fayre - Sun 13th Sept**



# SAINTS SPORT

I'm Sophie, your Athletic Union President for the year! The Athletic Union is the body for student sport at St Andrews. It is joined with the University's Department of Sport & Exercise to form the organisation 'Saints Sport'. We have 52 sport clubs covering a range of activities, so we have something for everyone to get involved with, whether you fancy football or sub aqua. There is a great sporting community in St Andrews, with over 70% of the student body being involved in sport we are leading in engagement in the UK.

Saints Sport is based at the Sports Centre which has recently undergone a major £14 million redevelopment; our students have access to some of the best facilities in Scotland. There are many ways to get involved in sport and exercise, whether you are an Olympic athlete or a complete beginner. In addition to our 52 sport clubs we offer golf, climbing & tennis lessons as well as a weekly programme of fitness classes. If you are a keen gym goer, our gym was recently expanded as part of our redevelopment and also offers Personal Training sessions which you can book.

In a normal year we have numerous other events throughout the sporting year including our Dundee varsity matches, our Scottish Rugby Varsity, Sinners (our monthly Wednesday night out), Sports Ball and Awards Night. On top of our sport activity we also pride ourselves on our volunteering work within the AU, in the local community and across the globe.

- All our clubs offer some form of volunteering opportunity, whether that's coaching or helping to run the club committee .
- Many of our clubs do volunteering in the local community, from coaching sessions in schools, to running after school clubs, and even beach clean ups!
- We have two international coaching programmes in South Africa & Zambia every summer.

Saints Sport is committed to creating a safe and inclusive atmosphere for everyone who wants to get involved in sport. Two of our recent projects have included working towards the Silver Award in the LGBT Youth Scotland charter and also working in with Got Consent to provide sexual consent training.

Check out our social media pages, website or the Orientation app for information about our Sports Fayre and Give-it-a-go sessions. These events are a brilliant way to discover what your sporting passion is!

- **Instagram:** @gosaintssport,
- **Facebook:** @GoSaintsSport
- **Website:** [www.st-andrews.ac.uk/sport/](http://www.st-andrews.ac.uk/sport/)

I look forward to meeting you all as you begin your lives as Saints!

**Sophie Tyler- Athletic Union president- [aupres@st-andrews.ac.uk](mailto:aupres@st-andrews.ac.uk)**



# ACADEMIC REPRESENTATION

## SCHOOL PRESIDENTS

Here at St Andrews, the students and staff work in partnership to enhance the academic experience and we have a very strong system of academic representation, led by the Students' Association, at both the undergraduate and postgraduate level.

Every March the student body elects School Presidents for each School who serve as the key liaison between students and staff. Within their Schools they chair the Student Staff Consultative Committee and Class Rep Forum, as well as attending the School's Learning and Teaching Committee. Through the Students' Association they also make up the Education Committee and School Presidents' Forum.

School Presidents are supported by their elected Faculty Presidents and the Director of Education, as well as the Dean of Arts & Divinity, Dean of Science, and the Proctor. For Modern Languages, the academic representation system also includes a Convener for each subject.

## CLASS REPS

Class Reps are at the core of academic representation at St Andrews. They are democratically elected at the beginning of Semester one throughout every year of study in each of the Schools. Their role is to represent the student view within their School and raise any concerns to the relevant academic staff. They are trained and supported by the Students' Association and work very closely with their School President to help enhance courses, improve library resources, run careers events, and develop the social community.

Nominations for Undergraduate Class Reps will open in Week 1 with voting taking place in Week 2. Nominations for Postgraduate Class Reps will also be in Semester 1. If you are interested in becoming a class rep contact your School President, or visit [yourunion.net/classreps](http://yourunion.net/classreps)



JOE HORSNELL

**ARTS & DIVINITY  
FACULTY PRESIDENT**

Email: [artdivfp@st-andrews.ac.uk](mailto:artdivfp@st-andrews.ac.uk)



CHLOE FIELDING

**SCIENCE & MEDICINE  
FACULTY PRESIDENT**

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ABI WHITEFIELD

**POSTGRADUATE  
ACADEMIC CONVENER**

Email: [pgconvener@f-andrews.ac.uk](mailto:pgconvener@f-andrews.ac.uk)

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# SPACES

Many of the Union's spaces have been repurposed this year, to make sure the service we offer is as safe and effective as possible. Main Bar and Sandy's Bar will still be open, but Beacon Bar is now a bookable meeting space, and Club 601 is being used by the University for teaching.

Main Bar is the biggest bar in St Andrews, and happens to have the best-priced drinks. Despite being home to the pablo, it has lots of alcohol-free options. Sandy's Bar is the Union's classic pub space, with a more traditional feel than the rest of the building. Inspired by our late bar manager, Sandy, it has a selection of whisky, Chesterfield sofas, and regularly hosts sports events on its large projector screen.

Both Main Bar and Sandy's serve food throughout the day, and every penny spent in these bars goes back into the Union's services and societies, helping to improve your student experience. See the menu at [yourunion.net/food](https://yourunion.net/food)

The Union has two cafes: Rector's, and the Old Union on North Street. Rector's is named after the University's many Rectors, who have graced our seaside town since 1859. It's the perfect place to grab a hot or cold drink between lectures. It sells wraps and paninis, amongst other tasty treats. The Old Union is another great place for a study break, being situated right next to the Main Library.

All of our cafes and bars accept Yoyo Wallet, a fast and safe way of paying. The Yoyo rewards scheme means you'll occasionally get something for free, and we often run competitions to win Yoyo points.



# WELLBEING

We are so excited to have you all join the St Andrews community and are working hard behind the scenes to make sure that whatever the circumstances, you feel welcomed here. We know it is a particularly difficult time to be starting university, but we want to ensure that you are aware of all the support you have available to ease the transition.

Within the Students' Association we have our Wellbeing and Equal Opportunities Subcommittees, as well as StAnd Together (our collaboration with Student Services).

Here are some of the support systems in place for you at St Andrews:

## Advocacy:

The Students' Association runs a free, confidential and independent advocacy service which is available to all current students. We can provide advice on academic issues like appeals, complaints against the university and accommodation, whether it is university run or private.

You can contact the advocacy service at [helphub@st-andrews.ac.uk](mailto:helphub@st-andrews.ac.uk) which will put you in touch with our full-time advocate Iain Cupples.

## Got Consent:

A student led initiative to combat Gender Based Violence which teaches students about consent and provides bystander intervention training. You will interact with materials created by Got Consent as part of your matriculation, and it is likely you will attend one of their workshops during your time at St Andrews.

## Peer Support:

A student led support service, made up of students trained in active listening. Peer Supporters are matched with students in the community who may be struggling for a range of reasons; such as loneliness or stress, and can also help you with language or social skills. If you think you would benefit from a Peer Supporter at any point in your time at St Andrews, you can access Peer Support by emailing [peersupport@st-andrews.ac.uk](mailto:peersupport@st-andrews.ac.uk) or through a referral from Student Services.

## Got Limits:

A new initiative between the Student's Association and Student Services focusing on promoting healthy & safe drinking habits. It provides student led training for student groups so they can hold events that contain safe alcohol protocols and create a welcoming atmosphere for non-drinkers.

## Nightline:

A fully anonymous support line run by highly trained student volunteers. Their service runs every night that halls are open from 8pm to 7am, and are willing to talk through any problem, big or small. You can either contact Nightline via their phone service at **01334 462266**, through their instant messaging service or via email at [nightline@st-andrews.ac.uk](mailto:nightline@st-andrews.ac.uk).

## Help Hub:

The Union website has a help hub that acts as a full guide to all sorts of services. You can find information on a huge range of issues ranging from mental health, to accommodation and finances and employability.

If you have any questions, or want to know more about the services available to you through the Students' Association, please email the Director of Wellbeing at [dowell@st-andrews.ac.uk](mailto:dowell@st-andrews.ac.uk).



# CORONAVIRUS & TOWN

## OUR COMMUNITY

The town of St Andrews is one of the things that makes our University so special. The beautiful beaches, the history and the people, all make St Andrews a unique place to live and study. Throughout your time here, we'd encourage you to explore and get to know the town and the surrounding area a little better. Our Community Relations subcommittee will be running lots of events to help you find out a bit more about St Andrews as a place and help give back to our community.

You can reach them at [comrels@st-andrews.ac.uk](mailto:comrels@st-andrews.ac.uk).

It is always important to be respectful and considerate of the community that we live in and remember that we share the town with many people that are outside of the student bubble. This is more important this year than ever before. The population of St Andrews is on average older than in many places and we have many vulnerable members of our community. The ease with which coronavirus seems to spread means that we all need to take precautions to protect each other and our community.



## KEEPING SAFE

Protecting yourself and others comes down to 5 easy steps:

1. Make yourself aware of the current Scottish Government advice around social distancing and the maximum numbers of people that can gather together in one place.
2. Where social distancing is difficult or where otherwise asked to do so, wear a face covering unless you are exempt from doing so for medical reasons.
3. Regularly wash your hands with hot soapy water for at least 20 seconds or use hand sanitiser where this is not possible.
4. Be careful, considerate and cautious at all times. This might mean when passing people in the street, giving them a little extra room or it might mean trying to avoid the town centre at busy times.
5. If you develop symptoms such as new continuous cough, a fever or a change/loss of taste or smell, you should immediately self-isolate and contact both the NHS through **NHS Inform** and the University at [covidhelp@st-andrews.ac.uk](mailto:covidhelp@st-andrews.ac.uk) to get advice, support and access to a test.

We all need to be aware of these steps to protect each other and to avoid additional restrictions and lockdown measures being imposed on St Andrews. You can find out more at [yourunion.net/coronavirus](https://www.yourunion.net/coronavirus).

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**For our full guide visit:**

<https://www.yourunion.net/coronavirus/>

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