

Welcome to Aberystwyth: Your Guide to the First Few Weeks at University as an International Student



A very warm welcome to you to Aberystwyth University

I am very excited to welcome you all to Aberystwyth this coming academic year. As I am sure you will find, Aber is very special place, and I hope you find a warm welcome and settle into life here in Aber quickly. Many years ago, I too was a new student here and I hope that you too have the enriching and life changing experiences that I had. This is your place to grow both academically and personally, to achieve your potential and make your mark on the world.

We have been here in Aber for over 150 years, and over that time our focus has always been to ensure you have an outstanding education. You will be taught by subject-leading academics who will share with you the latest thinking and discoveries in their subject areas. You will also experience outstanding student support, designed to ensure you get the most out of your studies and time with us here in Aberystwyth.

Soon you will be settling into your new environment, surrounded by new people, new experiences and a host of new opportunities which I encourage you to embrace. Change can sometimes be a little daunting but be assured that there is a place for you here at Aber. Accessing these webpages is the first step to informing yourself of all that is on offer to help and support you as you transition to university life. These pages provide comprehensive information moving from your pre-arrival to induction activities, and academic department introductions and activities. It also provides useful practical information such as checklists, maps and so much more.

I wish you well for the first days and weeks at Aber, and hope to you welcome you, in person, when you arrive in September.



**Professor Jon Timmis,
Vice-Chancellor**

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This is your place...



Campus Map

To help you finding your way around campus from day one, you can use our interactive, online, campus map. Whether you're heading to your first lecture, looking for study spaces, or exploring what's available on campus, the map makes it easy to plan your route and discover key locations.



Online campus map:
www.aber.ac.uk/en/discover-aberystwyth/maps/



Arrival Checklist

- Collecting your Keys
- Organise your Visa Documentation
- Connect to Campus Wi-Fi
- Complete your Course Registration
- Register with a GP
- Open a UK Bank Account
- Get your SIM Card
- Get involved in Welcome Week Events and Activities
- Come to the Sunday Sessions
- Explore Campus
- Explore Teaching Spaces
- Meet your department
- Complete the Online Consent Training



You can access a more detailed checklist here:
www.aber.ac.uk/en/welcome/welcome-checklists/

If you ever need help during Arrival...

Staff will be on hand through the arrival period and we have a list of key contacts in our detailed checklist.

Collecting your Keys

When you arrive in Aberystwyth, if you are staying in University Residences, you will be able to collect your accommodation keys at your designated arrival point. Your specific move-in date and time will depend on which accommodation you are in, and the slot that you booked, so please make sure that you check the guidance before travelling.



Learn more:
www.aber.ac.uk/en/accommodation/new-students/moving-in/#when-can-i-move-in

Organise your Visa Documentation

Before you can register on your course, you will need to complete a Pre-registration Visa Document Check. We have created a step-by-step guide for you to help you.



Step-by-step guide:
www.aber.ac.uk/en/student-services/visasupport/protecting-visa/evisas/

Connect to Campus Wi-Fi

Once on campus, you can connect to eduroam, the University's wireless network which is available throughout campus and halls of residence. You will need your Aberystwyth University email address and password.

Complete your Course Registration

Online Registration is a crucial step in joining Aberystwyth University. All students must complete the Online Registration task through their Student Record before they can be formally registered and access services such as timetables, student finance, and university systems.



Online Registration:
studentrecord.aber.ac.uk

Register with a GP

Students living in Aberystwyth will need to register with a local GP (Family doctor). The process is simple and can be completed online.



Register here:
[www.aber.ac.uk/en/student-services/student-health/#registering-with-a-gp-\(family-doctor\)](http://www.aber.ac.uk/en/student-services/student-health/#registering-with-a-gp-(family-doctor))

Open a UK Bank Account

You will need to open a bank account in the UK while you are studying here. To find out more, please turn to **page 16** of this guide.

Get your SIM Card

You can purchase an eSIM online through a network company. Just select your preferred plan and buy it online. The most popular network companies in the UK are Giffgaff, O2, Three, Vodafone, and EE.

Get involved in Welcome Week Events and Activities

Over the next week there will be a range of events and activities for you to get involved in. Whether you're looking for something fun, useful, or both, there will be events for you.



Get involved:
www.aber.ac.uk/en/welcome/events/

Come to the Sunday Sessions

It is important that you attend one of our Sunday Sessions. These sessions provide new students with information that will help you to make the most of your time at university.



Learn more:
www.aber.ac.uk/en/welcome/sunday-sessions/

Explore Campus

Take part in our interactive, self-guided, tour of the campus. Through our digital Campus Quest, you can get to know your new home a bit better.



To get started, download the app for iOS or Android:
www.aber.ac.uk/en/welcome/the-campus-quest/

Explore Teaching Spaces

Before teaching begins, take some time to familiarise yourself with the University's teaching spaces. Many of your classes will take place in our central teaching rooms, so knowing where they are can help you feel more confident and prepared for your first week.



Explore here:
www.aber.ac.uk/en/timetable/zones/

Meet your Department

To find out more about your department, and course, you will need to attend your Academic Induction. Your department will also be running a range of other activities over the welcome period.



Learn more:
www.aber.ac.uk/en/welcome/academic-department/

Complete the Online Consent Training

Here at Aberystwyth University, we are committed to making our campus a safer place with a zero tolerance of harassment, hate crimes, abuse, and bystander behaviours. By doing our Online Consent training you are helping us to keep Aberystwyth Safe.



Complete the Training:
https://blackboard.aber.ac.uk/ultra/organizations/_49411_1/outline

Settling into University - Accessing Support

While starting university can be fun and exciting, we also understand that it can be daunting and sometimes stressful. This is why we have a range of different types of support that are here to help you, not just in the first few weeks, but for your whole student journey.

Ask Aber

If you have a question or concern and aren't sure who to contact, our Ask Aber team is here to help. They can support you with a wide range of enquiries – from library questions and academic skills advice, to accessing student support services. If they can't answer your query directly, they'll make sure to connect you with the right team who can.



Find out more:
www.aber.ac.uk/en/askaber/



Site Security

The Campus Security team is available 24/7 to help keep you safe during your time at university. They respond quickly to incidents, can offer advice on staying safe, and can provide support with any welfare concerns. Whether you need help, want to report something, or just need reassurance, the friendly team is always on hand – every day of the year.



Learn more:
www.aber.ac.uk/en/efr/campus-security/

Students Union

Aberystwyth University Student's Union (Undeb Aber) is here to represent your voice and help you to make the most of your student experience. Run by elected student officers, the Union works to ensure students are happy, healthy, and empowered, while offering a wide range of opportunities to get involved in such as clubs, societies, volunteering, and events. Undeb Aber can also provide you with independent advice and support.



Learn more:
www.abersu.co.uk/

Accommodation Office

Our Accommodation Office Team is here to support you throughout your time in university accommodation. Whether you have questions about your room, your contract, or day-to-day living, the team is ready to help.



Learn more:
www.aber.ac.uk/en/accommodation/about-us/#accommodation-office

ResLife

The Residence Life Team is here to support you while living in University accommodation, helping you settle in and feel part of the campus community. Made up of staff and trained student Residence Assistants (RAs), the team provides peer support, guidance on shared living, and help with any issues such as flatmate disagreements or adjusting to university life. They also organise social activities and events to help you connect with others and make the most of your student experience.



Learn more:
www.aber.ac.uk/en/accommodation/current-students/living-residences/res-support/about/



Wellbeing

The Wellbeing Team is here to support your mental health and overall wellbeing during your time at Aberystwyth University. They offer a safe, welcoming and non-judgemental space where you can talk about anything affecting your studies or personal life.

Support includes one-to-one wellbeing appointments, advice on accessing healthcare or specialist services, and a range of online resources.

You can access support by completing the online wellbeing registration form via the Student Services website, after which you'll be contacted by the Wellbeing Team.



Learn more:
support.aber.ac.uk

Wisdom Wellbeing

Wisdom Wellbeing is a free confidential support service available to all Aberystwyth University Students, offering 24/7 advice and support. The service can help with a wide range of concerns including mental health, stress, relationships, and financial worries, alongside providing self-help resources such as guided meditations.

You can access Wisdom Wellbeing at any time through the website or app.



Learn more:
www.aber.ac.uk/en/studentservices/wellbeing/health-assured/

Sexual Health Care

The Students Welcome Centre and Students' Union Building offer a range of free wellbeing and sexual health resources, spiking stoppers, condoms, pregnancy tests, and STI testing kits. These items are available to take whenever you need them, with no questions asked. If you would like further advice, support, or testing, you can also access free support through the local Sexual Health Clinic. Appointments can be booked by calling: 01267 248674.

Health Care

For non-urgent health concerns, you can book an appointment with your GP. If you require urgent medical attention or treatment for a serious illness or injury, Bronglais Hospital, located on Penglais Hill, provides emergency healthcare services.



Learn more:
hduhb.nhs.wales/healthcare/hospitals-and-centres/accident-and-emergency/

Accessibility

The Accessibility and Inclusion Team are here to ensure that you can fully access and make the most of university life. They offer advice and practical support for disabled students, those with long-term health conditions, and neurodivergent individuals, as well as students who may need additional support such as care leavers or estranged students. This includes help with Disabled Students' Allowance (DSA), reasonable adjustments, exam arrangements, and specialist study support.



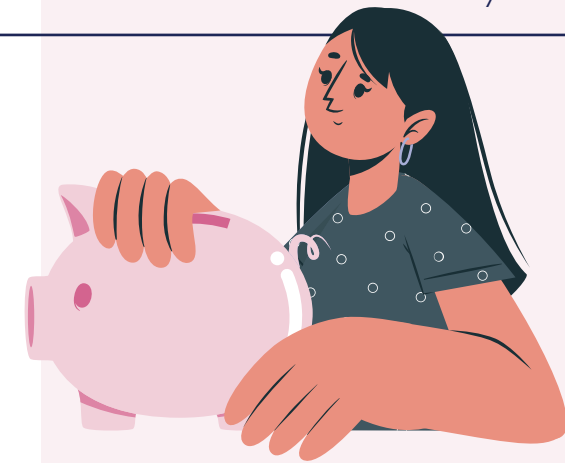
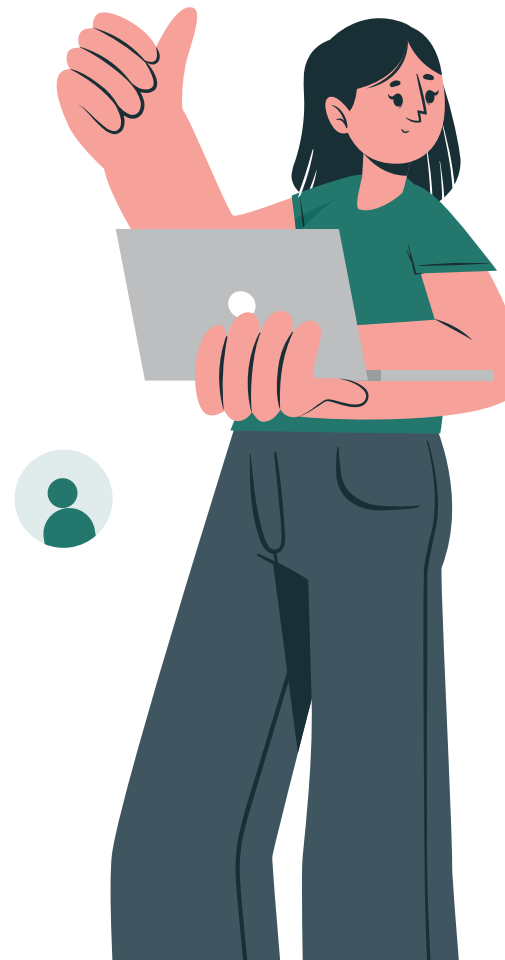
Learn more:
www.aber.ac.uk/en/studentservices/accessibility/

IT Service Desk

The IT Service Desk is available to provide help and advice in accessing and using all IT services. These include usernames and passwords, email, Aber Cards, internet access, file storage, computers, and software.



Learn more:
www.aber.ac.uk/en/its/contactus/



Advice and Money

The Advice and Money Team is here to help you manage your finances and make informed decisions during your time at university. They offer guidance on student finance, budgeting, and funding your studies, as well as support with issues such as delays in funding or accessing additional financial help like the Student Hardship Fund. The team can also advise on academic options if money concerns are affecting your studies.



Learn more:
www.aber.ac.uk/en/studentservices/money/

Finance

The Finance Team provides information and guidance to help you understand the costs associated with studying at Aberystwyth University and how to fund your studies. This includes details on tuition fees, student loans, and additional funding opportunities such as scholarships and bursaries. They can help you plan ahead and ensure you are aware of any extra costs linked to your course, so you can manage your finances with confidence throughout your time at university.



Learn more:
www.aber.ac.uk/en/study-with-us/fees/

Settling into University - Campus

Cafes and Restaurants

We have several hospitality outlets on campus, including The Foodhall, CaffiBach, and the Students Union Shop and Bar. All of our cafés and restaurants offer a wide selection of food and drink options that support every dietary requirement including dairy-free, vegetarian, vegan, and gluten-free.



Learn more:
www.aber.ac.uk/en/hospitality/

Arts Centre

Aberystwyth Arts Centre is an award-winning and leading hub for culture, creativity, and entertainment. It is the perfect place to see a live show, watch a new or specialist film, or enjoy a coffee and a cake with friends.



Learn more:
www.aberystwythartscentre.co.uk/

Sports Centre

Our on-campus Sports Centre offers a range of facilities including a swimming pool, a Nordic Saunarium, 3G Pitch, and even a climbing wall. Our gym offers the best fitness equipment on the market, with 130 training stations including bikes, rowing machines, and treadmills. There are also a range of classes offered. All students staying in university accommodation will have access to the gym and all classes for free.



Learn more:
www.aber.ac.uk/en/sportscentre/

Faith Spaces

We offer dedicated multi-faith spaces across campus where students and faith societies of all beliefs can pray, reflect, meet, or unwind. Open daily, these welcoming spaces provide an inclusive and neutral environment that celebrates and supports the religious diversity of our campus community.

Students can also access a wide range of faith spaces and places of worship throughout the local area.



Learn more:
www.aber.ac.uk/en/equality/inclusivespaces/faith-provision/

Social Spaces

Alongside our cafes and restaurants, we also have a number of 24/7 social spaces and bookable rooms across campus that can be accessed by anyone who is living in university accommodation.



Learn more:
www.aber.ac.uk/en/accommodation/current-students/living-residences/bookable-room/

The Libraries

Hugh Owen Library is the main University Library. It is made up of three floors which hold a wide variety of resources that are available to help you with your studies. The library also offers a range of facilities and study spaces including bookable individual and group study rooms.



Learn more:
www.aber.ac.uk/en/library/

Study Spaces

As well as the libraries we have a range of other study spaces that you can use including the Think Tank and the Workstation, which is located in the centre of town by the train station.



Learn more:
www.aber.ac.uk/en/discover-aberystwyth/life-on-campus/student-services-learning-facilities/



Settling into Aberystwyth - The Town

Aberystwyth, also referred to by locals as 'Aber', is a historic seaside market town made up of a diverse and welcoming community. This little town, and the surrounding area, have so much to offer.

A Town Full of Character

Aberystwyth is a town where natural beauty and history meet. Its colourful Victorian buildings sit gracefully within the landscape, creating a setting that feels both vibrant and distinctly Welsh.

As the heart of town is the iconic 2km promenade, where students, locals, and visitors come together. Whether walking, cycling, or simply pausing to enjoy the view, there's a strong sense of connection and community that makes Aberystwyth feel like home from the very beginning.

Coastal Living

With its three beautiful beaches - North Beach, South Beach, and Tan-y-Bwlch - you're never far from the water. Whether you're taking a peaceful walk along the shore, catching sight of dolphins in the bay, or unwinding with friends, the coast quickly becomes part of everyday life.

In the summer months, the seafront comes alive with golden sunsets which are best enjoyed gathered around a beach bonfire or a barbecue with friends.

Places to Explore

Aberystwyth is rich in culture and history. From the National Library of Wales, which is home to some of the country's most important collections, to the historic castle ruins, and the striking Old College, the town offers countless opportunities to explore.

Take the Cliff Railway up Constitution Hill for panoramic views across Cardigan Bay, stroll along the harbour, or relax by the bandstand on the seafront.

Beyond the town, the surrounding landscapes open up even more adventure, from scenic railway journeys to nearby mountains and waterfalls waiting to be discovered.

Sports and Outdoor Adventures

Surrounded by coastlines and countryside, Aberystwyth is the perfect setting for outdoor adventure. Whether you're surfing, paddleboarding, or kayaking along the coast, or heading inland for hiking and cycling, there are countless ways to explore and stay active.

The University offers a wide range of sports clubs and societies dedicated to outdoor pursuits, including hiking and caving. Whether you're continuing a passion or trying something new, these communities make it easy to meet like-minded people to share these adventures with.

Wales' First UNESCO City of Literature

In 2025 Aberystwyth was proudly recognised as Wales' first UNESCO City of Literature due to its rich literary heritage, vibrant bilingual culture, and enduring tradition of storytelling, poetry, and creative writing.

The town is home to the National Library of Wales, and has long been a centre for writers, publishers, and literary festivals. From poetry engraved along the promenade to year-round cultural events, literature is woven into everyday life, creating an inspiring environment for students to explore, create, and connect.

Aberystwyth offers more than just a place to study - it offers a way of life. Blending academic ambition with a vibrant cultural scene, a strong sense of community, and stunning natural surroundings, it's a place that encourages you to explore, connect, and grow.

Here every day brings new opportunities to discover new interests, build friendships, and create lifelong memories.

Safe and Vibrant Nightlife

Proudly recognised with Purple Flag status, Aberystwyth combines a lively social scene with a strong sense of safety and community. There's something for everyone - from performances and events at the Aberystwyth Arts Centre, to quiz nights and karaoke sessions in one of the many bars and pubs across town.

Whether you're enjoying live music, comedy nights, or relaxed evenings with friends, the atmosphere is always friendly, inclusive, and easy going.



Settling into Aberystwyth - Shopping and Supermarkets

Aberystwyth offers a great mix of high street retailers and independent stores. While you'll find many familiar brands in and around the town centre, exploring the town's unique independent shops is a great way to discover unique products, local crafts, and hidden gems.

Shopping

Aberystwyth is a shopping centre for a wide area of Mid and West Wales, so has many of the major retail chain stores in or near the town centre. The real pleasure of shopping in Aberystwyth is the many and varied independent shops.

Shops are usually open 09.00-17.30 Monday to Saturday, although some supermarkets are open from 07.00-22.00 and one or two places are open 24 hours. Many shops are also open on Sundays for a shorter time.

Student Discount

Many high street retailers, as well as a number of Aberystwyth's independent shops, offer student discounts, so it's always worth asking before you make a purchase. To access these discounts, some stores may ask to see your Aberystwyth University Student card, while others accept student discount platforms such as UniDAYS, Student Beans, or TOTUM.

A quick check before you pay could help you to save money on everything from clothing and technology, to food, entertainment, and everyday essentials.

Charity shops

Aberystwyth is home to a wonderful range of charity shops where you can find high-quality, second-hand, items while supporting meaningful causes. Shopping in these stores offers several benefits:

- **Affordability**
You can pick-up excellent, well-made items at a fraction of the price you'd pay in regular retail shops.
- **Supporting Good Causes**
Every purchase helps fund the charity's work, whether that's supporting local communities, providing essential services, or contributing to wider social initiatives.
- **Unique Finds**
Charity shops are treasure troves of one-of-a-kind pieces, vintage gems, and unexpected discoveries. You never know what you might find.
- **Environmental Benefits**
Choosing second-hand reduces waste and lowers the demand for new products, helping to minimise the environmental impact of manufacturing.
- **Making Donations**
If you have pre-loved items, you no longer need or want, donating them to a local charity shop gives them a new life and supports the community in the process.

Food Shopping

You can buy traditional and local produce, including organic and vegan products at the outdoors Farmer's Market Aberystwyth on the first and third Saturday of every month. There are also independent butchers, bakers and a fishmonger in town.

Supermarkets

Aberystwyth offers a variety of supermarkets to suit different budgets and shopping needs. Lidl, Iceland, and Tesco are conveniently located close to the train station and within easy reach of the town centre. For students living on Penglais Hill, CK's Supermarket is a handy local store situated near the University's halls of residence.

Whether you're doing a weekly food shop, picking up everyday essentials, or looking for budget-friendly options, there are plenty of choices available across the town.

Here's a quick guide to what some of Aberystwyth's supermarkets have to offer:

Shop	Pricing	Kosher	Halal	Vegan
B&M	£			
Home Bargains	£			✓
Lidl	£		✓	✓
Tesco	££	✓	✓	✓
Morrisons	££	✓	✓	✓
Iceland	££		✓	✓
Spar	£££			✓
M&S	£££		✓	✓



Settling into Aberystwyth - Getting Around

Aberystwyth is a small town where most places are easily reached on foot or by bike. There are also regular local buses that run regularly throughout the town and the surrounding area, making it simple to get around.



Traws Cymru:
<https://traws.cymru/en>

Taxis are another useful option, especially when you're carrying heavy bags after shopping. They can be pricey, but sharing the journey with friends helps to keep the cost down.

When using a taxi, it is important to make sure that you:

- Use licensed taxis – Only get into taxis registered with Ceredigion County Council. The driver's licence and photograph should be clearly displayed inside the vehicle.
- Confirm the fare – Ask for the price of the journey before you set off and pay once you arrive at your destination.
- Sit in the back – Choose a seat behind the driver for added safety and comfort.

For longer-distance travel, Aberystwyth is well connected by train services and National Express coaches, offering convenient links across Wales and the rest of the UK.

Local Transport companies' websites can be found here:



National Express:
timetables.nationalexpress.com/routes/NX/409/London-Aberystwyth_University/O



Transport for Wales:
www.tfw.wales

Road Safety in the UK

When walking or cycling in the UK, it is important to remember that traffic drives on the left-hand side of the road. If you are from a country where vehicles drive on the right, take extra care when crossing roads, as traffic may be coming from a different direction than you are used to.

Always look both ways before crossing the road and use designated crossing points such as zebra crossings or at traffic lights, when the green pedestrian signal is shown.

To help you stay aware of your surroundings, avoid using your phone while crossing the road and keep the volume of any headphones low, or remove them completely, when near busy streets. Staying alert and paying attention to traffic can significantly reduce the risk of accidents.



Settling into Aberystwyth - Keep Updated

Connect with us on social media by following our Instagram and Facebook pages at @aberystwyth.university and our TikTok page at @aberystwyth_university

You can follow the university Accommodation Instagram and Facebook pages @pauaccomoffice

They post events for students living in student accommodation and import deadlines for accommodation applications.

Find out information about BywydAberLife which is the Res.Life Service of Aberystwyth University Accommodation on Link-Tree below

Access webpages, various events, social media, newsletters and more.



Find out more:
https://linktr.ee/bywydaberlife?utm_source=qr_code

Follow the Undeb Aber (Our Students Union) at @abersu on Instagram

Find out the events, societies and opportunities for you to be a part of.

Discover the Global Opportunities at @aber_globalopps on Instagram

Find out more about opportunities to study, work, or volunteer abroad as part of your degree.

Find out more in the Student Services and Library Services Newsletter:



www.aber.ac.uk/en/library/newsletter/

Receive updates on exciting job opportunities at @abercareers on Instagram

Regular posts on new vacancies for current and graduate students.

Follow AskAber at @holi_aber on Instagram and @holiabber on Facebook



Settling into the UK – Opening and Understanding your UK Bank Account

While you are studying here, you will need to open a UK bank account. This will allow you to pay for goods and services, as well as receive payments within the UK, such as wages and refunds.

Opening your UK Bank Account

Choose the Right Bank

Research: Look into different banks and their account types (e.g., current accounts, savings accounts, student accounts).

Compare: Consider factors like monthly fees, interest rates, rewards, fees for currency transfers and customer service.

Branch or Digital: Decide whether you would like the ability to visit a branch to speak to someone in person, or, whether you are happy to only have a digital bank account.

Gather Required Documents

Proof of Identity: Passport, national ID card, 'share code' to evidence your Student visa. Banks have different requirements; you will need to check what ID evidence will be accepted.

Introduction to UK Banking Letter: Some banks may ask for an 'Introduction to UK Banking Letter' or 'Address Letter'. Both letters can be downloaded from your Student Record.



Find out more:

www.aber.ac.uk/en/academic-registry/certification/uk-banking/

Decide How to Apply

Online: Many banks offer online applications through their websites or mobile apps.

In-Branch: Visit a local branch to apply in person, you may be asked to book an appointment. Bring your documents with you.

Receive Your Account Details

Confirmation: Once your application is approved, you'll receive your account number and sort code.

Debit Card: Your debit card will be mailed to your address.



Understanding your UK Bank Account:

Monthly fees

Some banks will charge you a monthly fee for holding an account, others will not. You can find this information when applying for your account online.

Benefits

Some banks may offer different benefits, from saving accounts to discounts on services and shops.

Fees for currency exchanges

If you plan to use your UK account outside the UK, your bank will charge a fee and use their own currency exchange rate upon your purchases. You can find this rate looking at the Terms and Conditions of your account.

International transfers

When you receive and send money from abroad, each bank charges a different transaction fee. As well as this, the transaction period can take longer to arrive depending on the currency it is converted to or is originally converted from.

Cost of Living

We understand that for many students this will be the first time that you will need to manage your money and that costs in the UK may be very different to those at home.



To help you budget, here are some typical costs of living examples:

www.aber.ac.uk/en/student-services/money/managing-money/typical-costs/

Banks and Building Societies located in Aberystwyth:



Digital Banks and Building Societies:



Revolut

Cashless Campus

The campus is a cash-free zone. We would advise all international students to check you can use your home bank card in the UK, or set up digital wallets, to ensure you have access to funds whilst your UK bank account is set up.

Overdraft aware

An overdraft is when you spend more than what's in your current account. This will be up to a set amount, and you may be charged interest for using it. You need to repay your overdraft.

If you experience any problems with money and repaying an overdraft, please get in touch with the Money and Advice team at: student-support@aber.ac.uk or by phone at (01970) 621761/622087

Settling into the UK – Working in the UK and Protecting your Student Visa

Working in the UK as a student can be a rewarding experience. It's important to understand and comply with your visa responsibilities and any limits to working.

The International Student Advisor and Careers Consultant will run 'Introduction to working in the UK' sessions at the start of the academic year to help you protect your immigration status and secure work in Aberystwyth.

General Advice

- Please check the terms of your student visa before beginning work in the UK – if you fail to meet your work conditions you will be putting your visa at risk. To check your visa responsibilities, please contact the International Student Advisor on visaadvice@aber.ac.uk.
- Make sure your employer provides your term and conditions including rate of pay, duties and working hours – this is also known as an employment contract which must be issued by the employer.
- When looking for jobs, try looking online at Indeed, Glassdoor and Facebook groups. Also, take a walk around town and see what shops have a hiring poster on. Apply as soon as you can, positions fill up quickly.
- When offered an interview, do some research about the company, you will be asked your knowledge on it.
- It is all about attitude! Being positive and joyful help employers remember you.
- Research the different types of contracts in the UK. Example: Seasonal, fixed term, zero hours, and more.
- Check the current rate of the National Minimum Wage, depending on your age. It is illegal for your employer to pay you less than this.
- To evidence your right to work in the UK, you need to obtain a 'share code': <https://www.gov.uk/prove-right-to-work>



Settling into the UK – Staying Safe

The UK's National Emergency Numbers

One of the most important phone numbers to remember while living in the UK is 999, the National Emergency Number. You should call 999 in an emergency when immediate help is needed. The operator will connect you to the appropriate emergency service, including the police, fire and rescue service, ambulance service, or the coastguard.

NHS 111

NHS 111 is a free, non-emergency medical helpline available across the UK 24 hours a day, 7 days a week. If you need medical advice or are unsure what to do about a health concern, you can call 111.

Police 101

101 is the UK's non-emergency police number, available 24 hours a day, 7 days a week. You should call 101 to report incidents, seek advice, or discuss concerns that do not require an immediate police response. In non-emergency situations, you can also contact your local police service online. For Aberystwyth, the local police force is Dyfed Powys Police.

Staying safe by the Sea

Aberystwyth's coastline is a beautiful place to relax, exercise, and enjoy outdoor activities. Whether you are visiting the beach, swimming, or taking part in water sports, it is important to understand the risks and take steps to stay safe. Before heading to the coast, you should familiarise yourself with the advice from the Royal National Lifeboat Institution (RNLI). Their guidance covers topics such as swimming safety, tides and currents, and what to do in an emergency.

Scams and Fraud

Students are frequently targeted by scammers (criminals looking to steal your money and personal information), so it's important to know how to recognise potential scams, to protect yourself, and how to report them.



We encourage you to familiarise yourself with the guidance available here:
www.aber.ac.uk/en/student-services/money/scams-and-fraud/

Staying Safe on Campus

Your safety and wellbeing are a priority while you are studying at Aberystwyth University. A wide range of support services are available on campus, including our Security Team, who provide assistance 24 hours a day, 7 days a week. If you need help, advice, or wish to report a safety concern, you can contact security at any time by calling 01970 622649 or 07889 596220.

For more information about the support available to you and how to access it, please read the 'Accessing Support' section of this guide which can be found on page 4.

At the start of the academic year, a 'Student Safety Seminar' will take place. This Seminar is designed to provide you with more important and practical advice to help you stay safe throughout your time in the UK. We strongly encourage all new students to attend to ensure that they are well prepared for student life in the UK.

Croeso i Gymru! / Welcome to Wales!

Key facts and figures...

Population: 3.1m

Location: Part of the United Kingdom

Size: 20,800 square km

Currency: Pound Sterling

National Day: St David's Day, 1 March

National symbols: Dragon, daffodil and leek

Language: Welsh and English

Most famous Aberystwyth person: Taron Egerton!

Cities: Cardiff (capital), Newport, Swansea, Bangor, St Davids, St Asaph and Wrexham



Wales is a country with a rich and ancient history, a vibrant cultural identity, and one of the oldest living languages in Europe. As an officially bilingual country, you'll notice that signs, announcements, and public information appear in both Welsh and English, and you'll hear both languages spoken throughout the University and the local community.

You won't be expected to become a fluent Welsh speaker – though you're very welcome to explore Welsh courses if you're interested – but learning a few everyday phrases can help you feel more at home on campus, in local shops, and as you explore the area.

English	Welsh		Pronunciation
Welcome	Croeso	→	Kroee-saw
Hello	Shwmae / Su'mae	→	Shoo-my / Sm-aye
Good Morning	Bore Da	→	Bor-reh Da
Good Afternoon	Prynhawn Da	→	Prin-Hound Ah
Thank you	Diolch	→	De-olkh
Please	Os gwelwch yn dda	→	Oss guail-loo-ch un tha
How much is this?	Faint yw hyn?	→	Vay-nt ewe hin
Goodbye	Hwyl Fawr	→	Hoyl Vaur
See you Tomorrow	Welai 'di fory	→	Whale-eye Dee Voree

This is your Place...

For a snapshot of what Aberystwyth and the community has to offer we've highlighted some of the key places to explore; to view nature and wildlife; to take part in local traditions and for culture, events and activities...

This is your place to explore



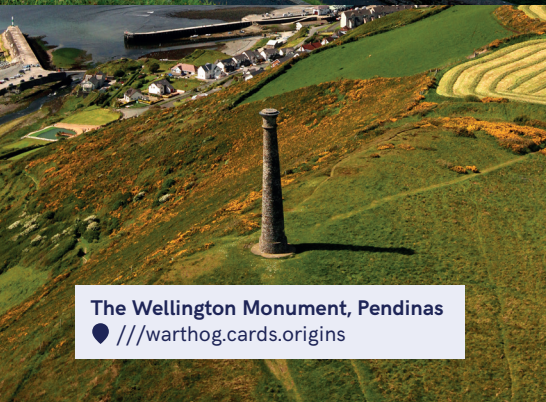
Ceredigion Coastal Path
 📍 [///staples.suggested.vine](https://staples.suggested.vine)



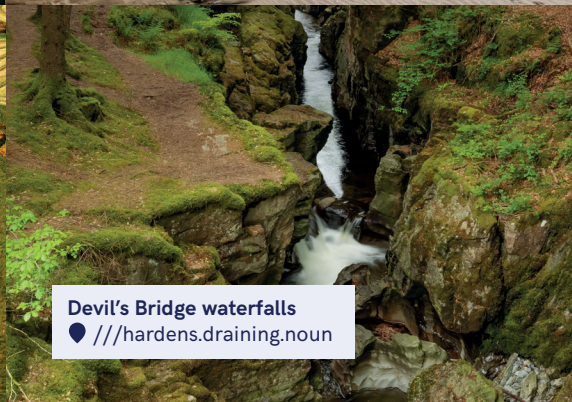
Aberystwyth Castle and The Old College
 📍 [///newlywed.admiral.florists](https://newlywed.admiral.florists)



Ynyslas Dunes
 📍 [///tentacles.wades.violinist](https://tentacles.wades.violinist)



The Wellington Monument, Pendinas
 📍 [///warthog.cards.origins](https://warthog.cards.origins)

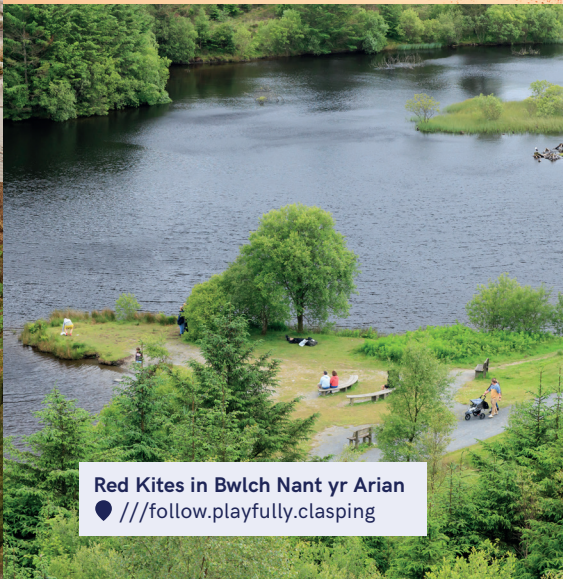


Devil's Bridge waterfalls
 📍 [///hardens.draining.noun](https://hardens.draining.noun)

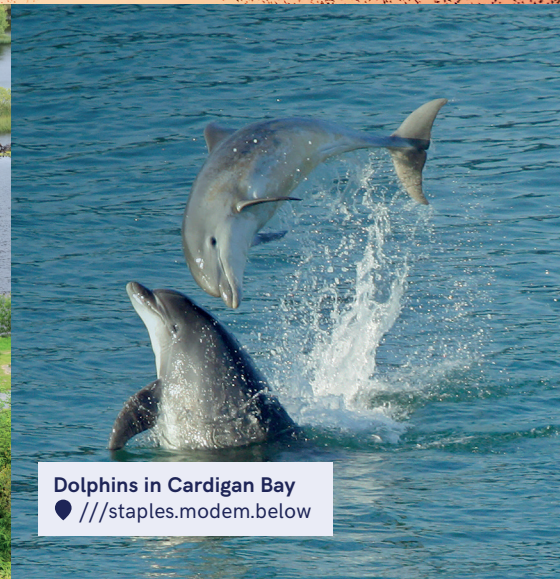
This is your place for nature and wildlife



A starling murmuration over the Royal Pier
 📍 [///reference.stems.firework](https://reference.stems.firework)



Red Kites in Bwlch Nant yr Arian
 📍 [///follow.playfully.clasping](https://follow.playfully.clasping)



Dolphins in Cardigan Bay
 📍 [///staples.modem.below](https://staples.modem.below)

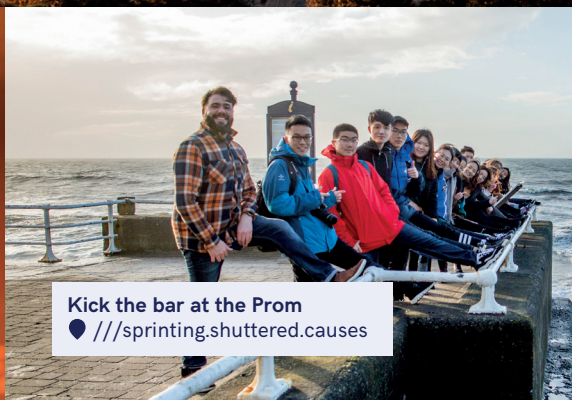
This is your place to take part in local traditions



Walk or take the Cliff Railway up Constitution Hill
 ♥ [///chapels.person.overtones](http://chapels.person.overtones)



Watch the North Beach sunset
 ♥ [///removers.dwarf.sensibly](http://removers.dwarf.sensibly)



Kick the bar at the Prom
 ♥ [///sprinting.shuttered.causes](http://sprinting.shuttered.causes)



Steam train to Devil's Bridge
 ♥ [///protected.factoring.factoring](http://protected.factoring.factoring)



Bonfire at South Beach
 ♥ [///arrow.something.conquest](http://arrow.something.conquest)

This is your place for culture, events and activities



National Library of Wales
 ♥ [///being.hats.mango](http://being.hats.mango)



A concert in the Arts Centre
 ♥ [///intruded.brambles.remainder](http://intruded.brambles.remainder)



Aberystwyth Comedy Festival
 ♥ [///intruded.brambles.remainder](http://intruded.brambles.remainder)



Parkrun
 ♥ [///tilts.older.stoops](http://tilts.older.stoops)



Rowing competition along Cardigan Bay
 ♥ [///staples.modem.below](http://staples.modem.below)

Key Contacts

24/7 University Helpline

 01970 622900

Academic Registry

 ugfstaff@aber.ac.uk  pgsstaff@aber.ac.uk

 01970 622290

Accommodation

 accommodation@aber.ac.uk  01970 622984

Around the clock Security

 ssestaff@aber.ac.uk  01970 622649

AskAber

 ask@aber.ac.uk  01970 622020

Careers Service:

 careers@aber.ac.uk  01970 622378

I.T. Services

 it@aber.ac.uk  01970 622400

Library Services

 library@aber.ac.uk  01970 622020

Multi-Faith Space

 equality@aber.ac.uk  01970 628424

Sports Centre

 sports@aber.ac.uk  01970 622280

Student Support Services

 student-support@aber.ac.uk

 01970 621761 or 01970 622087

Undeb Aberystwyth (Students' Union)

 union@aber.ac.uk  01970 621700