

Welcome to Aberystwyth: Your Guide to the First Few Weeks at University



**CROESO
WELCOME**



A very warm welcome to you to Aberystwyth University

Congratulations and a very warm welcome to you to Aberystwyth University.

Although it is some time ago now, since I was also a new and nervous first year student here at Aber, I can still remember the excitement and the apprehension of starting this new chapter in my life.

Aberystwyth is a great place to study, and to live. Importantly, you are joining an institution that wants to make a difference in the world, and change lives for the better through the work that we do not only here in Aber, but throughout the world. As a student of this university you will benefit from our excellent teaching. You will be taught by subject-leading academics who will share with you the latest thinking and discoveries in their areas.

Our focus is to ensure you have an outstanding education so that when you leave, not only will you have an excellent degree, but you will also have the knowledge, skills and confidence to make your mark on the world and make a positive difference to society. Coming to University is a life changing experience. It is the place for you to grow both academically and personally. I would like to encourage you to be curious, to ask questions and to embrace the opportunities that will come your way.

Over the next few days and weeks, you will be settling into your new environment, surrounded by new people, new experiences and a host of new opportunities.

Change can sometimes be a little daunting but be assured that there is a place for you here at Aber. Accessing this guide is the first step to informing yourself of all that is on offer and as you start to familiarise yourself with the University we want to help and support you in your transition, and for you to get to know the University better.

I wish you well for the first days and weeks at Aber, and hope to welcome you, in person, during welcome week and beyond.



Professor Jon Timmis,
Vice-Chancellor

You made it!

We are very pleased you have chosen to join our university community and look forward to meeting you. We hope this booklet makes it easier for you to settle into life in Aberystwyth.

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Croeso i Gymru! / Welcome to Wales!

AberArrival Checklist

- Connect to Campus Wi-Fi
- Get your SIM card
- Organise your Visa Documentation
- Get involved in Welcome Week Events and Activities
- Meet your Department
- Complete your Course Registration
- Visit the Freshers Fair
- Explore Campus (Complete AberWelcome: The Campus Quest)
- Engage with the AberWelcome Department Peer Guides (if applicable)
- Complete the Online Consent Training
- Open a UK Bank Account
- Register with a GP
- Remember to speak up if you ever need help during your Aber Arrival



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

If you ever need help during your 'Aber Arrival'...

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

1 Connect to Campus Wi-Fi

When you arrive on campus ensure you connect to the university's main wireless network, called eduroam. You can then stay connected wherever you are on campus.

2 Get your SIM card

You can purchase e-sim cards online through a network company. Just select your preferred plan and buy it online, then wait for your SIM card to arrive to your address. The most popular network companies in the UK are: Giffgaff, O2, Three, Vodafone and EE.

UK Sim Cards will be available for International Students on arrival.

3 Organise your Visa Documentation

Before you are able to register on your course, you will need to complete a Pre-registration Visa Document Check, by following the steps below:



Register here:
www.aber.ac.uk/en/student-services/visasupport/protecting-visa/evisas/

Step 1: Create a UKVI account, access eVisa and generate a 'share code' to evidence your Student visa.

Step 2: Upload your visa documents via the link that will be emailed to you by the Document Check team or by going to 'My Tasks' in your Student Record.

Step 3: Meet with the UKVI Compliance team for an in-person document check where your physical visa documents will be checked.

Please note: Students living in private accommodation will also need to bring proof of accommodation in Aberystwyth (or within 1 hour travel time) in the form of a signed contract / or other confirmation of address.

4 Get involved in Welcome Week Events and Activities

Welcome Week is a week of events and activities organised by various teams across the University for new students to get involved in! It's all aimed at welcoming you to campus, getting you settled, making friends and connections, feeling at home and familiarising with the campus.



Learn more:
www.aber.ac.uk/en/welcome/your-induction-planner/

5 Meet your Department

Your Academic Induction is an important introduction to your course and subject before the work begins. This will be held over several days during your Welcome Week. Your department will have a range of activities planned over the week and beyond.



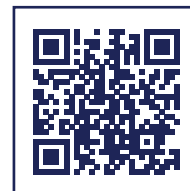
Learn more:
<https://www.aber.ac.uk/en/welcome/academic-department/>

6 Complete your Course Registration

Remember before you can be known as a full-time or part-time student at Aberystwyth you will need to complete registration. If you find you need help to complete the Online Registration task or have other queries, you can go to the Registration Support Zone during Welcome Week or speak to your department.

7 Visit the Freshers Fair

The Freshers Fair organised by Undeb Aberystwyth (Students' Union) is a showcase of everything student life has to offer. Each day there will be a mix of different businesses, sports clubs, societies and local organisations present. This is an unmissable experience of your AberWelcome.



Learn more:
www.abersu.co.uk/heloaber

8 Explore Campus (Complete AberWelcome: The Campus Quest)

Take part in our fun interactive, and self-guided digital campus quest where you can get to know the campus and your new friends a bit better by doing it as a group even!



To get started, download the app for iOS or Android:
actionbound.com/bound/aber-welcome-campus-quest

9 Engage with the AberWelcome Department Peer Guides (if applicable)

Dependent on the department that you are studying with, you may be automatically contacted by a peer guide before you arrive, or contacted by your department to ask if you wish to sign up for a peer guide or not. During the Welcome period there will be opportunities for you to ask questions and receive information that will be of help.

Note: This doesn't apply with some academic departments.

10 Complete the Online Consent Training

Aberystwyth is a safe, equitable and inclusive university. We are committed to continually making our campus a safer place, with a zero tolerance to harassment, any hate crime, abuse and bystander behaviours. By learning more about consent and completing the training, help us keep our Aberystwyth community safe..



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

11 Open a UK Bank Account

You will need to open a bank account in the UK while you are studying here. You need to research for the right bank and decide whether you would like to visit a branch to speak to someone in person, or, whether you are happy to only have a digital bank account. Most banks will require you to complete an on-line application which will ask you to confirm your ID by uploading a copy of passport which may need to be verified at the branch before the application is approved.

12 Register with a GP

You will need to be registered with a GP Health Practice if you need to see a doctor. We therefore recommend you register with a local GP as soon as possible on arrival at Aberystwyth. The process is simple and can be completed on-line.



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))

Settling into University – Your Campus

Your Student Services and Learning Facilities

We offer a range of services and facilities specifically to support you socially, for your well-being and future lives. Our Student Welcome Centre at the heart of Penglais campus with its friendly teams are available all year round, Monday to Friday, to give advice and support on a wide range of subjects, including accessibility requirements, wellbeing needs, financial advice, visa support, and settling into university life.

The library facilities and study spaces on campus are all located within a close proximity of each other also, which includes the Hugh Owen and Physical Sciences Libraries, as well as the The National Library of Wales which is just a minute walk away from campus. Don't forget we also have the Workstation in town too! Across all our study spaces students have access to computers, photocopying and printing services. In addition, as a new Aberystwyth student you can download Microsoft Office for your own computer for free!



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

Your Accommodation and Residence

Moving into your accommodation is an exciting time – however it can feel a little daunting. We can help this process by giving you practical information about your residences.

Find out information on the ResLife webpages regarding a variety of areas that you need to know about like cleaning and inspections, laundry facilities, mail, parking, waste and recycling to secure cycle storage and much more.



Take a look:
www.aber.ac.uk/en/accommodation/current-students/living-residences/



Your Sports Facilities

Whether you want to try something new or are dedicated to your chosen activities, our Campus offers facilities that range from a swimming pool and gym to a floodlit 3G pitch, squash courts and even a Nordic saunarium. Our fantastic new gym is kitted out with 130 training stations, including bikes, rowing machines and treadmills. Users can monitor their progress on digital screens powered in many cases by the energy they generate as they train. All students staying in University accommodation will be able to use all of the Sports Centre activities for FREE - this includes the Gym, Classes, Group Cycle, BoxRox climbing wall plus the Pool and Saunarium.



See our Sports Facilities here:
www.aber.ac.uk/en/sportscentre/

Your Undeb Aberystwyth (the Students' Union)

Undeb Aberystwyth (the Students' Union) wants Aber students to love student life, and works to ensure that Aber students are happy, healthy and empowered, with lasting friendships and promising futures.

Every student at Aberystwyth University is automatically a member of Undeb Aberystwyth, and being a member comes with some great benefits to help you through your time at University. Whether you want to join a sports club or society (we have over 100), want to volunteer or represent other students academically or otherwise, or just want some independent advice, then we are here for you!



Learn more:
www.abersu.co.uk/

Your Campus Cafés and Restaurants

Our cafes and restaurants prides itself on ensuring that all allergens and dietary requirements are catered for. Therefore, we try to ensure that there is adequate variety and consistency in our food options throughout our outlets across campus.

You can now take advantage of our fantastic value 'Eat with us, shop with us' flexible meal plan packages even if you are living in self-catered accommodation or private housing in town! Eat what you want, when you want, where you want, from hot dinners to Starbucks on the go or just pick up some ingredients to cook yourself.

Your Arts Centre

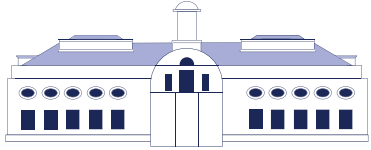
Our award-winning Arts Centre on campus is the perfect place to see a show, watch a film, enjoy some treats and socialise with friends. There is something here for everyone, whether it is a London West End show or the ballet on tour, the latest film releases, specialist films, a range of festivals or some of the biggest names in comedy.

The Arts Centre hosts performances from major national and international touring companies, as well as producing its own in-house productions. Performances are presented in the Centre's 1,200-seat concert hall, 300-seat theatre and in the more intimate studio, and there's a busy programme of screenings in the 120-seat cinema.



Learn more:
www.aberystwythartscentre.co.uk/

Settling into University - Your Academic Department Buildings



School of Art (Edward Davies)

The School of Art, or the Edward Davies Building, is located close to Penglais Campus and towards the town centre. It is home to Art and Photography.



Carwyn James

The Carwyn James Building is home to Sport and Exercise Science.



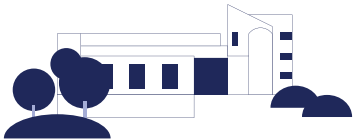
Hugh Owen

The Hugh Owen Building is home to the Hugh Owen Library and the Departments of English & Creative Writing, Law & Criminology and Modern Languages. Aberystwyth Business School is also located here as well as the notable A12 and A14 lecture theatres.



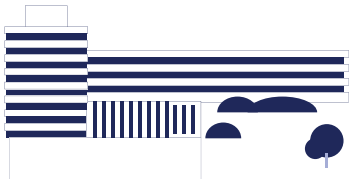
Gwendolen Rees/Edward Llwyd

The Gwendolen Rees Building on Penglais Campus houses the Department of Life Sciences, and includes CAFFIBach cafe. Next door is the Edward Llwyd building which houses laboratories and teaching rooms.



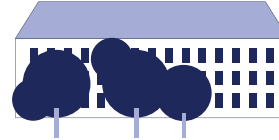
International Politics Building

The International Politics Building is home to the Department of International Politics and History & Welsh History.



Llandinam

The Llandinam Building includes the Departments of Geography & Earth Sciences and Computer Science.



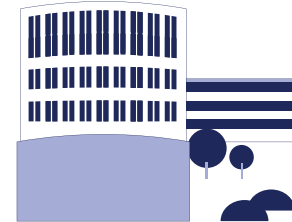
P5

Located in the P5 Building are the Departments of Information Studies, Psychology and the School of Education.



Parry Williams

The Parry Williams Building houses the Departments of Theatre, Film & Television Studies and Welsh & Celtic Studies.



Physical Sciences

The Physical Sciences Building houses the Departments of Engineering, Mathematics and Physics, as well as the Physical Sciences Library.



Veterinary Education Centre

The Veterinary Education Centre is home to the Aberystwyth School of Veterinary Science.



Settling into University - Your Studies

Undergraduate degree classification

A bachelor's degree involves studying one, or sometimes two, subjects in detail. It's the most common undergraduate degree in the UK and is a level 6 qualification.

Typically classifications include:

- Bachelor of Arts (BA)
- Bachelor of Science (BSc)
- Bachelor of Education (BEd)
- Bachelor of Engineering (BEng)
- Bachelor of Laws (LLB)

Choosing a course in one subject is known as a single honours degree. You may be able to study a minor subject alongside the major subject for a portion of your degree, known as a major/minor honours degree.

Studying two or three major subjects as part of your degree is called a combined or joint honours degree. You'll pick several modules per subject, rather than doing every module for each subject. Each subject you take will hold equal weight towards your final degree.

UK grading system

The UK university grading system is based on a numerical scale, typically ranging from 0 to 100, or 0 to 70.

Classification	Mark	Letter Grade Equivalent
First class (1st)	70% +	A
Upper second class (2:1)	60-69%	B
Lower second class (2:2)	50-59%	C
Third class (3rd)	40-49%	D
Fail	0-39%	E/F

Course

Your course is basically your degree.

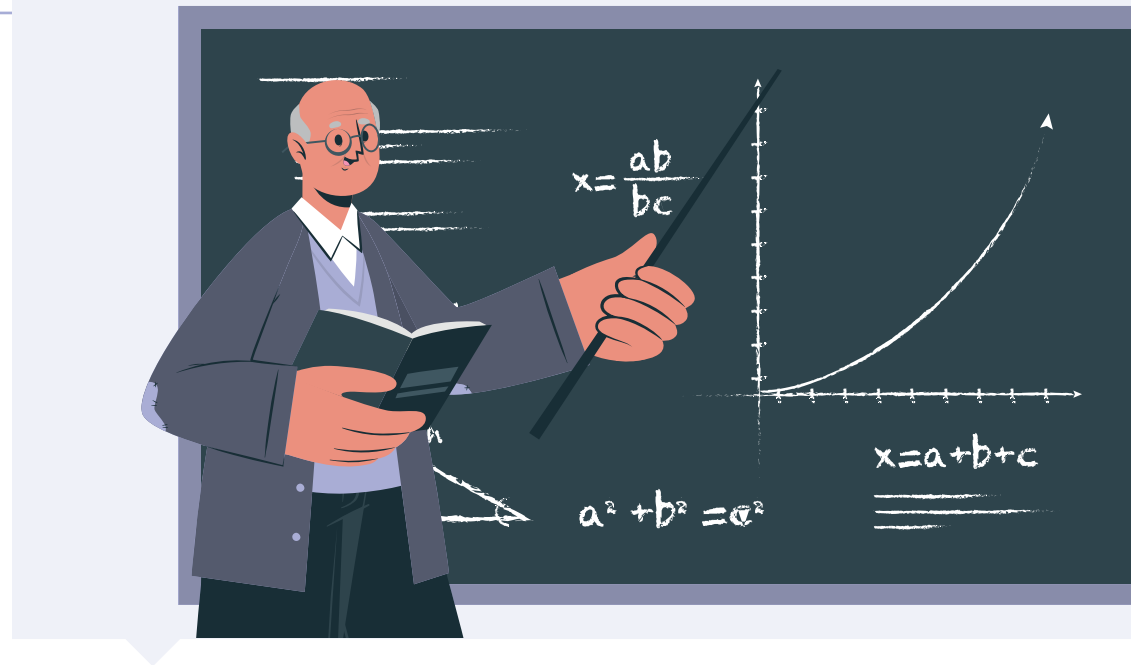
Coursework

Written or practical work done by a student during a course of study, usually assessed in order to count towards a final mark or grade.

Modules

Courses have a 'modular' structure. This means that you can build a personalized course by choosing modules or units of study from different subject areas. For example, if you are studying English Literature, then for your first year you could choose one module on science fiction, or one module on children's literature, and one module on short stories.

At the beginning of each part of your programme, you register for specific modules. You will have core modules, and these are essential modules for your course and cannot be changed. As well as this you will have optional modules that you can choose.



Lectures

Lectures are one of the main ways that you will be taught at university. These are talks or presentations, typically lasting an hour, and are delivered by a member of the academic staff.

There may be 50 to 300 students in the lecture theatre. The lecturer will provide a guide to the topic and indicate important points and themes for you to consider. You will be expected to listen and take notes, as you can review the PowerPoint slides online via Blackboard anytime.

Seminars

Seminars are group discussions where your tutor or lecturer plans the theme. These are excellent learning opportunities. It's normally the lecturer's job to share the goals of the discussion, arrange practicalities like seating and introductions, steer the discussion and to bring the seminar to a close.

Workshops or Tutorials

These are much smaller than lectures and consist of small groups of students, led by an academic tutor. In these classes you will develop a better understanding of topics and integrate ideas from your reading and lectures. The key difference between lectures and tutorials or workshops is the level of participation expected from you. For tutorials you will be expected to have read about subject in advance and participate in the discussions, exchanging ideas and views with other students and the tutor.

Access to Blackboard

You can download the blackboard app in advance and login with your student email. As well as this, you can access it online by doing an online search and login on the Blackboard Webpage.

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

You will need to open a bank account in the UK while you are studying here. As well as this, you need it if you wish to receive payments within the UK, such as wages, refunds and more. You will be issued a bank card to pay for goods and services.

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. Below is a list of banks who have physical branches in Aberystwyth and banks who only offer digital accounts.

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/

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.

Banks and Building Societies located in Aberystwyth:



Digital Banks and Building Societies:



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. **!**

American Express

International students can only apply for American Express credit cards in the UK

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

Working in the UK

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

With new surroundings and unfamiliar customs, it's crucial to prioritise your safety and well-being during your time in the UK.

Know the UK's National Emergency Numbers

Knowing the UK's national emergency numbers is vital for your safety and peace of mind as an international student. The primary emergency number in the UK is **999**, which you should dial in urgent situations requiring immediate assistance from the police, fire department, or an ambulance.

NHS 111

NHS 111 is a non-emergency medical helpline in the UK that provides assistance and advice when you need medical help fast but it's not a life-threatening situation. By dialling 111, you will be connected to a team of trained healthcare professionals who will assess your situation and provide appropriate guidance. This service is available 24 hours a day, 7 days a week, and can help you navigate through medical concerns, recommend the right course of action, and direct you to the appropriate healthcare services or facilities.

Scams and Fraud

While not common, it's important to be aware of potential frauds and scams, particularly those targeting international students. You can help protect yourself by being aware of the common features of these fraudulent calls ('scams').

- The caller may appear to be genuine and convincing, because they have some limited information about you (for example, your passport number, as well as your telephone number and name).
- The caller may give you their name and telephone number, to try to convince you they are genuine.

- They may say that there is a serious problem with your immigration status, and that you need to pay a fine, or send a payment.
- The payment is, most commonly, demanded to be made via Western Union or gift cards as soon as possible, supposedly to prevent further action or investigation by the UK Home Office.
- The caller will speak in dramatic terms, perhaps talking about deportation or cancelling your visa. This is a common fraudster's technique, to make you panic and become pressurised into paying the fake fine.

Remember:

- Do not give the caller/sender any personal information, and do not confirm that any information they have is correct.
- Do not make any payment.
- You may wish to tell the caller/sender that you know about the fraudulent contact they are making, and that you will be reporting it to the police and the Home Office. Or you may simply wish to hang up.
- Report the incident to the International Student Adviser, who can report the fraud to the police and to the Home Office if you wish.

How to evidence your ID

To access some venues or when purchasing alcohol, you may be asked for evidence of your age and ID details. To avoid always carrying your passport, we would recommend applying for an ID card – fees apply. ID cards displaying the PASS logo are officially accepted as evidence of ID by the Home Office, police and all UK retailers.

There are various PASS ID cards available, for example:

<https://www.citizencard.com/>
<https://www.postoffice.co.uk/identity/pass-card>

Settling into Aberystwyth – The Town and Getting Around

Aberystwyth as you'll soon find out is affectionately known as 'Aber'! Nestled between the Cambrian Mountains and Cardigan Bay you'll find that our historic seaside market town has a diverse and welcoming community and a cosmopolitan Welsh culture. With so much on offer, you'll be spoilt for choice.

The Town

With three beautiful beaches to choose from, North Beach, South Beach and Tan-Y-Bwlch Beach, there's no better place to try to spot some dolphins. Or in the summer, you can enjoy watching the sun go down with a small fire or BBQ.

Made up of colourful and characterful Victorian architecture, the town's buildings are formed around the landscape, overlooking the sweeping 2km promenade, where students, locals and visitors mingle as they walk, jog or ride along.

There is plenty to do - from visiting the numerous high-street and boutique shops, cafes and restaurants - to exploring the local sights of the National Library, Cliff Railway, Constitution Hill, Seafront, Bandstand, Old College, Castle Ruins, Harbour and more.

Aberystwyth was the first town in Wales to win the coveted Purple Flag for a welcoming and safe nightlife. Its lively nightlife also provides great entertainment, with the Aberystwyth Arts Centre, Undeb Aber (Our Students' Union), Royal Pier, a range of bars and pubs (around 50 of them!), night clubs and more - all in close

proximity. You can enjoy a night of live music, stand-up comedy, or just a relaxing night out with friends and more.

There are plenty of sports and societies you can enjoy here too. From trekking up hillsides or cycling down mountain bike trails, or if you're a keen triathlete, surfer, kayaker, mountain climber or simply enjoy the outdoors then you will never have to travel far to enjoy your passions. With over 50 competitive sport clubs and a wide variety of over 100 societies these, along with Aberystwyth's location, provide the perfect backdrop to share

interests, grow in community and make friends for life.

Welcome to our academic community that allows you to explore new opportunities and empowers critical minds, in an environment like no other!



Getting Around

Aberystwyth is a small town so you will find that you will be able to walk or cycle to most places. Both the University Campus and Halls of Residence are within a short walk of one another. There are regular buses between Aberystwyth and the campus.

Local Transport companies' websites can be found here:



National Express:
<https://timetables.nationalexpress.com/routes/NX/409/London-Aberystwyth-University/O>



Transport for Wales:
www.tfw.wales



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

Taxis can be a good way to get around if you have lots to carry. They are quite expensive but less so if you share a taxi with your friends and split the cost. Please note this advice about taxis:

- Always take a taxi that is registered with Ceredigion County Council. The taxi driver should also have their licence with their photograph displayed in the taxi.
- Always find out the price of the journey before you get in the taxi. Always pay for the journey when you have reached your destination, never at the start of the journey.
- Always sit in the back of the taxi behind the driver.



Settling into Aberystwyth – Keep Updated

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

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.

Find the International Office at @aberinternational on Instagram

News and events for international students.

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.

Receive updates on exciting job opportunities at @abercareers on Instagram

Regular posts on new vacancies for current and graduate students.

Get local news at @bbcwalessnews on Instagram

Updates on relevant local information.

Settling into Aberystwyth – Shopping and Supermarkets

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.

Introducing Charity Shops!

There are many charity shops in Aberystwyth. In the UK there is no stigma in buying second-hand items. On the contrary, charity shops are loved by many and frequently used by students, staff and the local community. Buying from charity shops offers several benefits:

Affordability

- Lower Prices: Items are often significantly cheaper than in regular retail stores.
- Bargains: You can find high-quality goods at a fraction of their original price.

Supporting Good Causes

- Charitable Contributions: Proceeds go to various charitable organizations, helping fund their initiatives.
- Community Impact: Your purchases support local communities and social causes.

Unique Finds

- Vintage and Rare Items: Charity shops often have unique, vintage, or rare items that you wouldn't find elsewhere – it is fun to shop in charity because you never know what you will find.
- Diverse Selection: The inventory is varied, offering a mix of clothing, books, kitchen utensils, and more.

Environmental Benefits

- Sustainability: Buying second-hand reduces waste and promotes recycling.
- Eco-Friendly: It helps lower the demand for new products, reducing the environmental impact of manufacturing.

Personal Satisfaction

- Feel-Good Factor: Knowing your purchase supports a good cause can be very rewarding.
- Community Engagement: Shopping at charity shops can foster a sense of community and connection.

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

You will find that supermarkets are some of the best places to stock up on provisions, as they provide the widest range of products. Lidl, Iceland and Tesco supermarket are located near the train station. There is a relatively small supermarket called CK's which is on the top of Penglais hill, near to the University's halls of residence.

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

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



Settling into Aberystwyth - This is your Place...

For a snapshot of what Aberystwyth and the community has to offer we've highlighted some of the key activities for you to take part in from local traditions to culture and events....

This is your place to explore



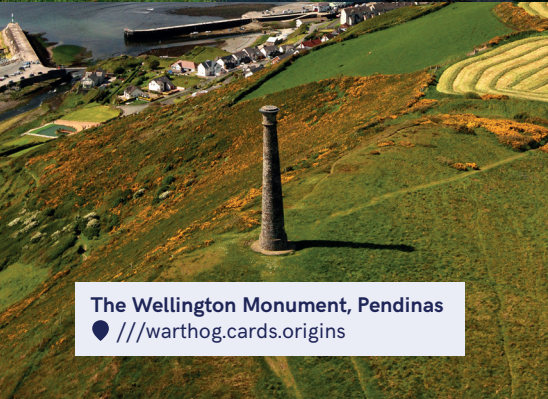
Ceredigion Coastal Path
 📍 [///staples.suggested.vine](https://staples.suggested.vine)



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)

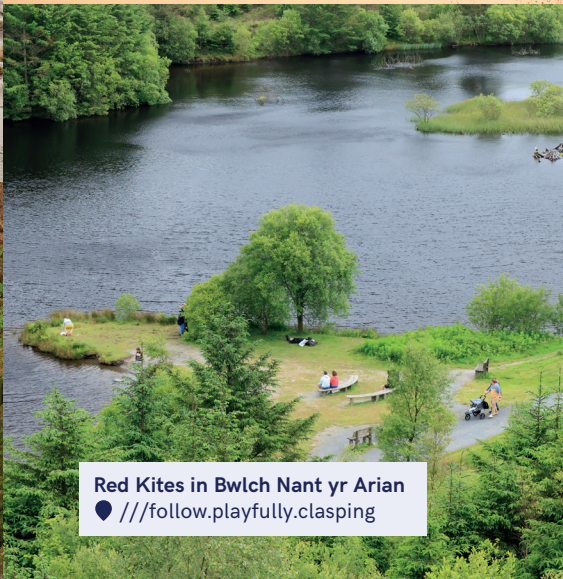


Devil's Bridge waterfalls
 📍 [///hardens.draining.noun](https://hardens.draining.noun)

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)

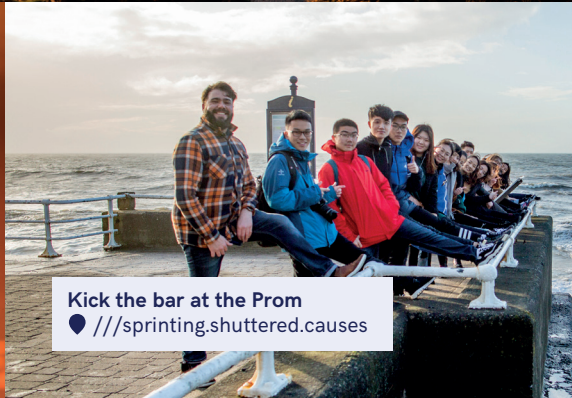
This is your place to take part in local traditions



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)

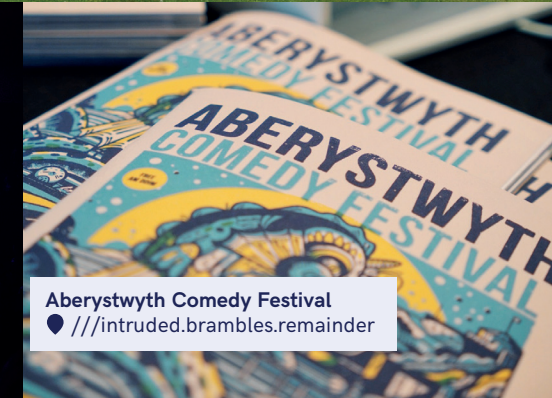
This is your place for culture, events and activities



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)

Croeso i Gymru! / Welcome to Wales!

Key facts and figures...

Population: 3.1m

Location: Part of the United Kingdom

Size: 20,800 square km

Time zone: GMT

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, its own Language and Weather

Living in Wales will mean living in a country with a long history and a proud cultural heritage, which is home to one of the oldest living languages in Europe. The country is officially bilingual, and all road signs and official business are conducted in both Welsh and English. Aberystwyth and the County of Ceredigion is a Welsh-speaking heartland, so you are likely to hear Welsh spoken in the streets and shops. English is spoken in all parts of Wales, so do not worry about communication.

Wales' weather is mild and variable - with average temperatures of around 20°C (68°F) in summer, and 6°C (43°F) at low altitude in the winter months. Aberystwyth's weather is very similar to the rest of the UK and Ireland, which means it can be wet here from time to time and

can be cloudy and sometimes windy. Spring and summer are usually pleasantly warm and dry, while autumn is windy and rainier and winter is cold, icy and sometimes snowy, especially in the surrounding mountainous and hilly areas.

Welsh Sport

Rugby is the national sport although Football is also extremely popular, and both sports are celebrated in Aberystwyth with annual tournaments that attract thousands of people. The surrounding Welsh countryside lends itself to a wide range of activities, from hiking and rock climbing, to surfing and kayaking. These can be done in National Parks that are only a short journey from Aberystwyth.

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

Key Contacts

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Careers Service:

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I.T. Services

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Library Services

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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