

You've read the prospectus, You've looked at the course, You may even have been here on an Open Day,

...but this is no ordinary booklet, this is **The Aberystwyth University Alternative Prospectus**,

bursting with information and know-how about real student life in Aber, written by some of our students,

just for you.

culture

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Aberystwyth



Karin Putsch's bottle kiln at the International Ceramics Festival.

Aberystwyth Arts Centre is a department of Aberystwyth University and a member of the Institute for Literature, Languages and the Creative Arts (ILLCA). It works closely with fellow Institute colleagues who include the School of Art, Theatre, Film and Television Studies, English and Creative Writing, European Languages, Welsh and Celtic Studies and the Music Centre.

www.aber.ac.uk/en/illca/

The Arts Centre sits at the heart of the University's campus, with stunning views over the town of Aberystwyth and along the coastline of Cardigan Bay.

Opening Hours

Monday - Saturday 8am-11pm

Contact

www.aberystwythartscentre.co.uk Tel: 01970 622882 Email: artstaff@aber.ac.uk Box office: 01970 623232

www.aberystwythartscentre.co.uk

Award-winning Aberystwyth Arts Centre is Wales' largest arts centre and recognised as a 'national flagship for the arts.' It has a wide-ranging artistic programme, both producing and presenting, and across all art forms including drama, dance, music, visual arts, applied arts, film, new media, and community arts and is recognised as a national centre for arts development.

Special Annual Events

throughout the year, there are many regular events too: www.aberystwythartscentre.co.uk/whats-on/festivals

MidMad

Live music and events for all. The Arts Centre's popular barbecue, featuring real ale, local ice-cream, and lots more. So come along with friends, family and neighbours and have a good time!

Wales Festival of Architecture

The aim is to communicate to the widest possible audience the power and pleasures of well-considered buildings and places.

WalesArchitectureFestival

The Eye International Photography Festival

Over one busy weekend, leading UK and international photographers will gather in Aberystwyth for a packed programme of talks, discussions, interviews, portfolio reviews and exhibitions for the Eye International Photography Festival. www.theeyefestival.co.uk

MusicFest

MusicFest is an invigorating fusion of music festival and summer school which takes place over eight days. The concert programme includes over 40 performances around the Arts Centre and town.

www.aberystwythartscentre.co.uk/whats-on/classical-music



Take a course in

Visual Art, Literature, Performance, Dance and

Technology Short courses:

From break dancing to performing Shakespeare.

Weekly courses:

Ever fancied doing some pottery?

Watch a film

Film: New releases to Cult classics Digital new media:

Ranging from installations to interactive shows!

Watch a performance

Theatre:

From physical theatre to panto **Spoken Word:**

Regular lectures and visits from speakers

Dance:

The Arts Centre has its very own Dance School

Comedy:

Jimmy Carr, Sarah Milligan, Alan Davies - they've all been to Aberystwyth!

Enjoy a concert

Classical Music:

The University's own Philomusica perform regularly in the Arts Centre. Music:

Local and touring bands are also a popular Arts Centre staple.





View an exhibition

Come and view an exhibition by one of our resident artists.

Have a meal

Food available in the bar, Piazza Café and Arts Centre Café!

Buy a gift

Browse the various gifts, craft and design available in the shop.

Browse some books

The bookshop aims to stock all the essential books needed for your course.



One of only 18 buildings in the UK and Ireland to receive a Civic Trust Award and the only building to be chosen from Wales. The Creative Units have also been awarded a RIBA Award for buildings that have high architectural standards and make a substantial contribution to the local environment.

The Creative Studios Project, designed by Heatherwick Studio are designed to develop Aberystwyth Arts Centre's role as a creative hub for arts businesses, arts development agencies, artists and craft workers. The mix of artists and arts businesses is a unique feature of this development, with both new and established occupants interacting together in a stimulating environment to realise their economic and creative potential.



With the bustling Aberystwyth Arts Centre at its heart, it's not surprising that the town is fizzing with opportunities for visual art.

Whether making your own work, or appreciating that of others you'll find the scene friendly and accessible.

As well as all of these, there are plenty of art and photography societies too, which you'll have access to as a student. Or you could always start your own!

Classes and Groups

Celf Ceredigion Art

This non-profit organization committed to the development and promotion of contemporary art in its many varied forms through the development of any space indoor or outdoor; and to enable people to view and engage with what is happening in the creative world and to enable art which is challenging and un-commercial.

Aberystwyth University Art Society

The Art Society is an independent organisation run exclusively by and for students. The group consists of painters, photographers, printmakers, illustrators, art historians and other non-practising art enthusiasts.

Activities within the Society include regular meetings, social events, trips to museums and galleries, as well as organising exhibitions of student art work.

www.flickr.com/groups/aberartsoc

Galleries

As well as the Arts Centre on campus, featured on the previous page, there are several other galleries in town.

Oriel Nwy, aka The Gas Gallery acts as a hub during the annual Art Trail - this is an event with special exhibitions and around fifty artists in the area open their studios.

http://ceredigionarttrail.org.uk

Ceredigion Museum

01970 633088

The museum is housed in a restored Edwardian Theatre. It has a lively programme of temporary exhibitions in the Coliseum auditorium and the gallery.

The School of Art regularly works with the museum on projects which result in displays and performances which are a response to the collections. www.ceredigion.gov.uk



The School of Art has
two galleries that host a
variety of exhibitions of
contemporary and historical work as well as the
graduate and postgraduate shows.
Email: artschool@aber.ac.uk
www.aber.ac.uk/en/art

National Library of Wales

01970 632800



The library houses an important collection of Welsh paintings, drawings, prints, and photos, displayed in a range of large exhibitions. It hosts touring shows as well as curating its own exhibitions. www.llgc.org.uk

Museum of Modern Art (MOMA)

01654 703355

MOMA has four beautiful exhibition spaces which houses Wales' top artists in a series of temporary exhibitions.

www.momawales.org.uk

Spectrum Gallery, Machynlleth

01654 702877

Specialising in contemporary paintings and studio ceramics. The gallery also shows original prints, jewellery, glass and sculpture. www.spectrumgallery.co.uk

Aberystwyth Arts Centre

01970 622882/623232

There are regular lectures and gallery talks arranged to coincide with a particular artist's exhibition. These give you a chance to meet professional artists and can give you a deeper insight into their work. www.aberystwythartscentre.co.uk

Aberystwyth University Photography Society

The Aberystwyth Photography Society has been running for many years, with lots of members continually taking part and helping run socials and photo walks in Aberystwyth. The society is part of the Aberystwyth University Guild of Students and often takes trips in and around Aberystwyth. Membership to the society is not exclusive to students.

www.flickr.com/groups/aberphotosocwww.aberphotosoc.co.uk

Aberystwyth Arts Centre's Creative Units

The Units were designed to develop Aberystwyth Arts Centre's role as a creative hub for arts businesses, arts development agencies, artists and craft workers. Keep an eye out for open studio days and workshops.

Aberystwyth Printmakers

An artist's association that helps to promote and raise the profile of Printmaking in West Wales, Aberystwyth Printmakers organise a series of regular talks, lectures, demonstrations and exhibitions of their work and through the provision of printmaking workshop facilities. http://celfceredigionart.org/aberystwyth-printmakers/

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Blaengar

Is an artist-led organisation based in mid Wales producing art in the landscape and built environment. They work in performance, installation, sculpture, new media and primarily their work will take place within the landscape of mid Wales. They plan to develop opportunities for training and development for emerging artists, and provide a forum for dialogue in the area to try and draw artists working in similar time based media to the group. www.blaengar.org

School of Education and Lifelong Learning 01970 621580

All the courses can be taken on a stand-alone basis for your own personal interest. However, if you have taken more than three courses you should consider enrolling for the certificate as you will be offered extra support. See p15 for what's available www.aber.ac.uk/sell

Aberystwyth Arts Centre

01970 622882/623232

Offers daytime and evening classes in screen printing, experimentation in painting and drawing, portraiture, photography, life drawing, pottery, editing digital photographs and animation.

Open sessions are also available in the chemical darkrooms and the digilab.

www.aberystwythartscentre.co.uk

Colourscape, the unique walk-through sculpture, a regular visitor.



рапсе

Student Dance Clubs

Urban Dance

Aberystwyth urban dance squad, AKA The Panthers! The dance team in Aberystwyth that does a combination of street/hip hop style dance with pop, lock and breaking and commercial styles performing at games and music events, such as here at Black House at the Students' Union.

Showdance

In its third year as a club... dance four times a week and try to vary what styles of music and dancing. Last year, performed at a number of shows.

Classes and Clubs in Aberystwyth

www.abershowdance.co.uk

Dancing for Fitness

(Sports Centre)

Intermediates: www.aber.ac.uk/ en/sportscentre for the latest offerings.

Dance till you drop

Wed 1-2pm Aberystwyth Arts. Centre 01970 623232 www.aberystwythartscentre.co.uk

Yoga for Dancer:

Thurs 6.30-8pm Aberystwyth Arts Centre. 01970 623232 www.aberystwythartscentre.co.uk



Tues 8-10pm Llanbadarn Hall practice session (no lessons). Janice Hawtin 01970 832585 janicehawtin@yahoo.co.uk

Aber DanceSport

Ballroom, Latin, American, Salsa and Rock&Roll - for fun and for competitions. dancesport@aber.ac.uk

Social Dancing

Beginners: Mon 5.30-7pm,

Aberystwyth Arts Centre.

Centre 01970 623232

www.aberswing.co.uk

01970 623232

Intermediates: Tues 5.30-7pm.

www.aberystwythartscentre.co.uk

Wed 6-7.30pm Aberystwyth Arts

www.aberystwythartscentre.co.uk

(Morlan Centre, Queen's Road) **Beginners:** Tues 7-8.30pm,

Intermediates: Tues 8.30-10pm.

Regional Dancing

Chinese Dance

(Arts Centre)

Friday 7-8.30pm. 01970 623232 www.aberystwythartscentre.co.uk

Welsh Folk Dancing

Mon 8pm Llanbadarn Church Hall. Keith Floyd 01974 272209

Breton Dancing

Fri every 6-8 weeks 7.15pm. Llanbadarn Church Hall. Annette 01970 611458 or Cynthia 01970 828709

Everything Else

(Arts Centre)

Beginners: Thurs 6-7.15pm, Intermediate: Thurs 7.30-9pm. 01970 623232 www.aberystwythartscentre.co.uk

Tap Dance

(Arts Centre)

Wed 7-8pm 01970 623232 www.aberystwythartscentre.co.uk



Cinemas

Commodore cinema

01970 612421

A characterful independent cinema. There is a fully licensed bar (so you can take your pint in with you!). Dolby surround-sound and 3D facilities.

www.commodorecinema.co.uk

Arts Centre

01970 622882/623232

On campus cinema that shows art house and foreign language films, as well as new releases. Also shows student films and live streaming from around the world. Dolby stereo and 3D facilities.

www.aberystwythartscentre.co.uk

Drwm

01970 632800

The auditorium in the National Library of Wales regularly screens classic films and, occasionally, it will screen silent films with live performances by the critically acclaimed silent film accompanist, Neil Brand.



Festivals and Events

Wales One World Festival

This festival is unique in the UK showcasing a programme of top quality films from the continents of Africa, Asia and Latin America. They select the best, most interesting films that have won prizes at festivals around the world. www.wowfilmfestival.org

Abertoir Horror Festival

More than 20 films on offer from around the world, including UK premières, cult screenings and classics. Films, music, workshops, theatre, book signings and special guests.

abertoirfest

Film Making

Broad-Ways Theatre and Film Society

An experimental Theatre and Film Society, based at Aberystwyth University that takes new writing projects, pairs them with a director and puts the show into production.

You can go from having a script to rehearsals right to opening night!





Arts Centre foyer. A rolling programme of films and animations. Each season features several artists' work.





listen to it broadcast, or go out and dance to someone else's.

Nights out

Cambrian Street Promotions

Promoters of some of the most fun nights out you'll ever have, anywhere! Look out for posters for Black House, Swing City and Skafari.

The Angel

A brilliant, friendly pub that hosts music society nights and irregular promotions. Keep an eye on their posters in the window.



Bay Radio

The Uni's own student-run station. As well as presenters and producers of live radio shows, they welcome anyone with an interest in DJing live events. http://bay-radio.co.uk

Cerdd Ystwyth Music

Music shops

16 Northgate Street 01970 624581

It's a world of its own - local bands, all new

releases, unusual alternative music. Happy to

Andy's Records

recommend!

7 Upper Portland Street 01970 623382 Sells instruments, recorded and sheet music. They advertise musical events in the area and host a directory to put you in touch with like-minded people.

Live Music in Pubs and Clubs

Where and when?

As well as the big name bands who play at the Arts Centre, loads of other bands play in Aberystwyth. From that ubiquitous pub blues band, to local and student groups. The gigs are usually cheap and the music good and diverse. Keep your eyes peeled for posters.

Check out these common haunts for their ever-changing live music offerings...

The Angel Inn

57-59 Great Darkgate St, SY23 1DW 01970 617878



Northgate St, SY23 2JT 01970 624050



Bridge Street, SY23 1QD 01970 625177



Scholars

10 Queens Rd, SY23 2HH 01970 615241

www.scholarsaber.co.uk

Festivals and Events

Black House

Black House is one of the biggest musical events of the year in the whole of Mid Wales! '5 stages over all 3 floors of the Arts Centre, each with their own unique musical and visual theme, celebrating dance music from across the board. Showcasing the best local up and coming artists, DJs and performers from all genres as well as internationally acclaimed headline artists.' (www.black-house.co.uk/)

Aberystwyth MusicFest

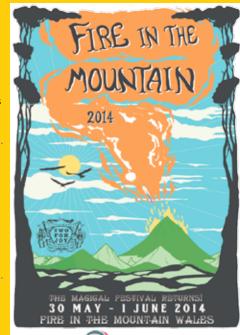
An invigorating fusion of Music Festival and Summer School which takes place over eight days. The concert programme includes over 40 performances taking place throughout the day and into the evening, in and around the Arts Centre and throughout the town. www.abermusicfest.org

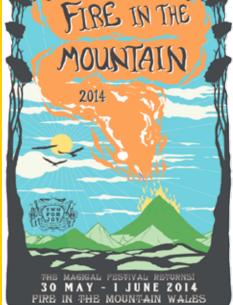
The Big Tribute

A festival made up of the best tribute bands. Live music, cabaret, free camping, stalls and fun. thebigtribute.co.uk

Fire in the Mountain Festival

Jam-packed with live music, DJs, workshops, activities and stalls. They even organise a group cycle to the location from Aber town centre, or catch the shuttle from the train station. www.fireinthemountain.co.uk





Playing for your supper

Sometimes, as well as watching the awe-inspiring performances, it's the taking part that counts.

If you play an orchestral instrument and can actively contribute to the University's orchestras, bands and other ensembles, you could scoop up to £500 a year through the University of the Univ

The Uni Music Centre also offers tuition. www.aber.ac.uk/en/music/bursaries

A good place to look for tuition is on the notice board at Cerdd Ystwyth - a great music shop in town. http://cerddystwyth.co.uk

If singing is your thing, have a look at the choirs, musical theatre, and societies listed below.

Classical Music Performances

At the Arts Centre, you can enjoy music performed by the town's Symphony Orchestra, recitals, national orchestras and operas as well as screened live from such places as The New York Met. www.aberystwythartscentre.co.uk/

The University Music club www.aber.ac.uk/en/music/events

Elizabethan Madrigal Singers

www.aber.ac.uk/en/music/play-sing/vocal/mads

Samba Band

www.sambaagogo.co.uk

Choral Union

www.aber.ac.uk/music/choral.htm

Instrumental

www.aber.ac.uk/en/music/play-sing/instrumental

Aberystwyth Silver Band

AberystwythSilverBand

Showtime Singers

www.aberystwythshowtimesingers.org.uk

Côr Ger y lli Choir



Aberystwyth Male Voice Choir www.aberchoir.co.uk

Heartsong Community Choir

f heartsongchoir

Bell Ringing

users.aber.ac.uk/scty24/uwascr.php



Watching performances

In Aberystwyth, performances are not just restricted to the theatre spaces in town. They happen on the beach, in the street, even in deserted rural buildings!



Taking part

PIP experimental performance group

www.aberystwythartscentre.co.uk/ weekly-courses/pip-experimental -performance-group

The Nomadic Players

nomadicplayers

Arad Goch www.aradgoch.org

Earthlingz

www.earthlingz.co.uk

Exploding Fish Improvisation Society



Castaway Community Theatre *www.castawaytheatre.com*

Louche Theatre www.louchetheatre.com

Curtain Call Musical Theatre Society

f curtaincallaberystwyth

Broad-Ways Theatre and Film Society



The Arts Centre runs courses on voice and performance, such as Contact Improvisation. The programme is updated each season:

www.aberystwythartscentre.co.uk

Aberystwyth Student Media

ASM are always looking for reporters and writers to fill their various content teams! Whether you have an interest in sport, arts, lifestyle, features or opinion pieces, or just fancy some fun, come and get involved. Aber Student Media

The Word Distillery

- a group of poets based at Aberystwyth Arts Centre who perform their work. This often happens through Chinwag evenings where there is an open mic session - over to you! www.aberystwythartscentre.co.uk

Literature & Storvitelling

Aberystwyth Storytelling Festival

Organised by Peter Stevenson, a superb illustrator and storyteller - often accompanied by a magic lantern show and music. cabinetofcuriosities.moonfruit.com/ events/4578432109

The Arts Centre also has an annual Digital Storytelling event. You can watch previous stories here: www.aberystwythartscentre. co.uk/digital-storytelling

Stories by Gaslight

A weekly Storytelling Club at the Gas between storytellers, visual artists, performers and musicians. Often featuring worldrenowned performers as special quests.

Writing Classes

Both the Uni's School of Education and Lifelong Learning and The Arts Centre run classes that cover writing for many genres. www.aberystwythartscentre.co.uk

Poetry on the Prom

Poetry readings at the castle ruins in Aberystwyth. Read your favourite poem aloud. All ages welcome. No single reading to exceed 5 minutes. Every second Saturday 10am – 1pm. Takes place upstairs in the Olive Branch if it rains.



Sometimes, at uni, you can feel like you don't set foot in the 'real' world. The University's School of Education and Lifelong Learning offers the following courses which are an excellent way to meet locals with similar interests. The ones listed here are Abervstwyth-based.

Please note, this list was correct at time of printing. For the latest list please see: www.aber.ac.uk/sell. Whilst not all courses are free, there are concessions available for full-time students.

Literature and Writing

Cover to Cover -Altered Books

Writing as a Creative Process

Creative Non-Fiction Poetry Writing

Developing your Creative

Non-Fiction Project Writing for Radio:

An Introduction

Writing for Publication

Science

Forensics - An Introduction

Further Forensics Dealing with Data

Historical Studies

The Witch Hunts

The 19th Century Gothic Novel

Family History: Using Historical Records

Reading Historical Documents in Local Archives: Deciphering Old Handwriting Clom Timber Stone: Researching the History of your House or Local Buildings

Digital Textile Design Using Photoshop

Photoshop: Retouching and Digital Repair

Website Design Introductory Course

Imaging in Photoshop: Poster Design

Website Design Introductory Course

The Wonders of Multimedia: An Introduction for the

Photoshop for Photographers

Web Design with Dreamweaver

Image Editing for the Web

Introduction to Flash

Non-Technical

Countryside studies

The Wildlife of Nature Reserves Life in the Seas



Geology - an Introduction Coastlines - Form and Function Woodland Birds **Animal Diversity** Our Countryside Change and Community Landscapes and their Conservation Field and Conservation Ecology Project

Personal Development

Presentation Skills and Public Speaking for all Listening to Others: Skills and Practice

Stress Management **Building Effective Teams** in the Workplace

New Directions: Coaching for

Developing Self and Others

Developing Effective Leadership Counselling Skills: Models and Practice

Conflict Resolution: Models and Practice

Positive Psychology

Exploring Mental Health

Introduction to Research Psychology

An Introduction to Child Psychology Foundations of Psychology

Psychology

Languages

Arabic Breton

Chinese French

German Greek Italian

Japanese Welsh

Spanish Russian

3D

Figurative Sculpture -Ceramics/Thermalite The Sculpted Head: Portraiture in Clav



Art

Sewina Basic Sewing Machine Skills

Further Up-Cycled Clothing and Pattern Making

Up-Cycled Theatre Costume Design

Material Spaces: Textile Art

Photography

Introduction to Outdoor Digital Photography Wildlife Digital **Photography** Invertebrate Macro Photography Self-Publish Your Images **Using Lightroom**

Drawing Oil Painting: A Beginner's Guide

Painting &

Seas and Skies in Watercolour

Life Drawing: Charcoal Sketchbook Studies

Flower Painting

Drawing and Painting the Landscape

Imaging the Landscape: Pastels

Portraiture on Oils **Botanical Illustration**

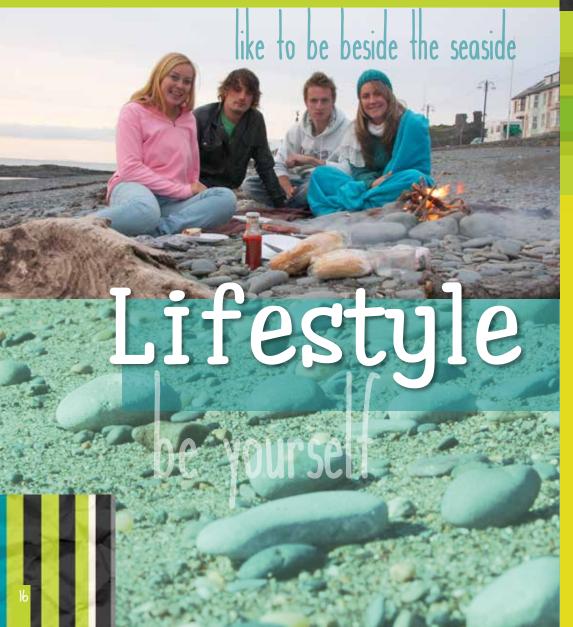
Abstracting the Landscape

Introduction to

Printmaking Natural History

Illustration: Birds and Mammals







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Pic: Dale Martin

Recently Aberystwyth University was awarded the Carbon Trust Standard for the things it has done to reduce its carbon emissions. In 2014, as part of its participation in the EcoCampus National Award Scheme, it was awarded the Bronze Certificate for introducing an Environmental Management System across the University. The award scheme helps universities to systematically and continuously identify, evaluate, manage and improve its environmental performance and practices in various progressive phases.

Food for thought

ethicalandsustainabilitypolicy2013

The Organic Centre Wales is based at the University and works closely with it to plan the best options in terms of sustainability.

Because the University has its own farms and greenhouses, it serves food with the shortest supply chains and lowest food miles possible.

All the catering venues are committed to their environmental and social responsibilities. You can read about their policies in full here:

www.aber.ac.uk/en/hospitality/sustainabilitypolicies/

Dig in

Uni greenhouses are maintained by University staff and students. If you give them a hand they may give you a patch of land for to grow your own stuff.

Recycling

Recycling facilities

There is a weekly domestic kerbside collection for polystyrene, plastic, paper, and tins as well as various bins placed around the town for cans and glass. You'll also have a Kitchen Caddy and larger lockable bin for weekly food waste collection. Most of the Uni Halls of Residence have recycling points. www.ceredigion.gov.uk

Clothes Banks

For students wishing to recycle clothes and shoes there is a clothes bank located to the left of the Cledwyn Building on Penglais Campus. Alternatively, for students who live in town there are clothes banks situated in the car park behind Aberystwyth Town Football Club, Park Avenue, SY23 1PG.

Craft

Aberystwyth swap shop

The Aber swap shop on Facebook is a good way to set yourself up at the beginning of term with bargains or turn a bit of cash when clearing out at the end of the year.

AberSwapShop



Getting involved

The fantastic variety of life and habitats of Cardigan Bay and the Teifi River make them outstanding and internationally important environments - they have been declared Special Areas of Conservation. Here are just some groups you could join...

CLEAN Beaches

Aberystwyth Friends of the Earth

A local group meeting monthly.

FriendsOfTheEarth
Aberystwyth/info

ACV

A student-run group that gets active in the countryside every weekend, and every Wednesday afternoon in their Campus Garden.

f groups/ AberystwythConservationVolunteers

Aberystwyth Beach Buddies

Organise regular beach cleans to protect marine and enhance the enjoyment of all.

f /pages/Aberystwyth-Beach-Buddies

BME and international students

You'll find that a wide variety of students from all over the world arrive at Aberystwyth each year, and by the time you leave Aber you will have learnt a lot about different countries and cultures.

The Student's Union has elected officers who are responsible for a range of different areas including an international officer and a BME officer who work closely with the societies that support these communities.

Black Student Conference

The Union sends 2/3 students each year to the NUS Black Students Conference, which brings together delegates from around the UK to "discuss, debate and vote on motions."

The NUS Black Students' campaign represents the largest constituency of Black students in Europe and students of African, Asian, Arab and Caribbean descent, at a local and national level on all issues affecting Black students.

www.nus.org.uk/en/who-we-are/how-we-work/black-students/

The Great Debate

The Great Debate, hosted by the African Caribbean Society (ACS) in partnership with Elevation network, occurs every year in every single university across the UK. It is the UK's largest social and political debate tour. The debate is a celebration of diversity and heritage as well as a forum for powerful, thought provoking discussion.

www.elevationnetworks.org/flagship-events/careers-festival-for-women/great-debate-tour/

World Wide celebrations

The University celebrates different and varied holidays including Diwali, American and Canadian Thanksgiving and Independence days. As well as the celebration of these holidays, the international office holds international dinners in TaMed Da for events such as Canadian

Thanksgiving, Diwali, US Thanksgiving, St David's Day, Malaysian Evening, Polish evening, Brazilian Evening and African evening.

Societies

There are numerous active societies that celebrate, support and enrich different cultures. These include but are not limited to;

- Aberystwyth Polonia Society
- African Caribbean Society
- AU Chinese Society
- AU Malaysian Student Society
- Erasmus and European Languages Society www.abersu.co.uk/societies/societieslist/

International Office trips

The International office, located on Penglais Campus is there to assist you whilst you study in Aberystwyth. They provide support and information about everything, from visas, fees and scholarships, to adjusting to life in a different country. They also organize trips throughout the year and open to all students. Last year groups visited Cardiff's Winter Wonderland, Caernarfon Castle, the Big Pit Museum, and the Elan Valley. www.aber.ac.uk/en/international/photos/social-activities/

Important Dates:

February 2017 - Chinese New Year

Celebrating the Chinese culture with students, staff and local community.

March 2017 - Annual One World Week

The biggest multicultural event recognising the contribution that international students and ethnic cultures make to the University. Events during the week range from the World Fair to Public Debates, and also incorporates the much acclaimed Malaysian Evening. www.aber.ac.uk/en/international/oww-2016/

IG T+

Aberystwyth University recently won a gay-friendliness prize in the Stonewall online guide as one of the most gay-friendly universities in Britain. Aber has no gay clubs or bars BUT that doesn't stop the town being known as the "Gay Capital of Wales"!

The LGBT+ community are also represented within the Student's Union. Each year an LGBT+ student officer is elected to support and represent the community.

Aberpride

Is the main LGBT (lesbian, gay, bisexual and transgender) student society in Aber which organises monthly events and two socials a week. The group provides support and information.



Mid Wales Pride

Each year Mid Wales Pride organises a festival on the Aberystwyth promenade. Previously known as 'Pride on the Prom' it is organised entirely by volunteers committed to celebrating Aberystwyth and its LGBT culture and community.

Pride on the Prom - Aberystwyth

Aberration

These occasional arts nights are a chance to see fabulous live performances with an LGBT theme, in a friendly and relaxed atmosphere. Recent events have included live music, short films, spoken word, a tea dance, cabaret and late-night DJs. Co-programmed by the university's LGBT staff network Enfys Aber with their friends at SpringOut. All welcome.



"Universities like Aberystwyth come off really well because of their LGBT society. Not having a major gay scene locally means they have developed the LGBT society to be very strong."



Volunteer Abroad

Many students organise volunteer trips abroad during their summer holidays. It provides you with an exciting opportunity to travel, experience new things, and gives you great stories to tell your mates at the start of term.

There are several different ways of looking into such a trip – the Worldwide Volunteering organisation is a great starting place: www.wwv.org.uk

They have a huge database of placements in the UK, Europe and worldwide with over 1500 different organisations. The University's Careers Service can also help with ideas and suggestions.

Don't forget that Students' Union offers travelling grants, including one for volunteer work abroad. Contact Students' Union for more details: union@aber.ac.uk

Through the University's International and Erasmus+ exchange programmes there are opportunities for studying abroad as part of your course. www.aber.ac.uk/en/international/study-abroad



There are many student societies that involve voluntary work to help others directly, or fundraising for charities. An up-to-date list can be found at: www.abersu.co.uk/societies/societieslist

Volunteering in the local community

If you fancy working directly with charities and businesses in your new home town, you can find a list of contacts looking to take on volunteers here: http://aberystwyth.cylex-uk.co.uk/volunteering.html

ABERAID an Aberystwyth based group set up to raise awareness of the ever growing refugee crisis and to organise collection of donations and funds.

Aberaid-872829299461833/?fref=ts

Beliefs

Aberystwyth has diverse multi-cultural and faith groups.

There are several religious societies, run by students through
Students' Union.

www.abersu.co.uk/societies/societieslist

Places of worship

Aberystwyth Buddhists

The Place of Peace

Dharma House, The Life of Faith, Llanbadarn Fawr, Aberystwyth, www.placeofpeacewales.org

Christian

St. Michael's Church (Anglican)

Laura Place, Aberystwyth www.stmikes.org.uk

St. Padarn's Church (Anglican)

Llanbadarn Fawr, Aberystwyth www.stpadarns-llanbadarn.org.uk

St. Anne's Church (Church in Wales)

Penparcau Rd, Aberystwyth

Holy Trinity Church (Evangelical)

Trinity Place, Aberystwyth users.aber.ac.uk/jhh/trinity

Alfred Place Baptist Church

Brynhyfryd, Buarth Road, Aberystwyth www.alfredplacechurch.org.uk

Bethel Chapel (Baptist)

Baker Street, Aberystwyth

St. Paul's Methodist Centre

Queen's Road, Aberystwyth www.aber.uk.net/methodist/stpauls

Capel y Morfa (Methodist)

Portland Street, Aberystwyth www.capelymorfa.org

St Winefred R C Church

The Presbytery, Queen's Road, Aberystwyth

St. David's Church (United reformed)

http://stdavidschurch.squarespace.com/home

Salvation Army
Aberystwyth Corps,
2 Alexandra Road

www.salvationarmy.org.uk/smw/ Aberystwyth

Multi-faith

Morlan Community Faith Centre www.morlan.org.uk

Muslim

Aberystwyth University has facilitated the use of a campus building for use by students, and the local Muslim community, as a Mosque.

Aberystwyth
Jehovah Witnesses

Clarach, Aberystwyth

Aberystwyth Quakers

Penparcau, Aberystwyth www.hmwquakers.org.uk

If your faith is not represented here, you can find out more through contacting the Students Union or the Student Support Services.

Atneists, Secularists and Humanist

This society Caters for active non-believers at Aberystwyth University. Lively debates, speakers and discussions. www.facebook.com/groups/AberASH/



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Pic: Georgia Grimes

Shopping Clothes

Pollv

01970 636636

There are 4 Polly shops

in town, all with a heady

accessories, nick nacks

and smelly things! All

budgets catered for

mixture of clothing,

As well as the usual chain stores, Aberystwyth has independent clothes shops where you're sure to find something for the weekend without wearing your legs down to bleeding stumps!

Red Apparel

Pier Street 01970 636650 FC UK, Firetrap, O'Neill, Ripcurl etc.

Gwdihŵ

8 Portland Road 01970 617092 Funky little shoe shop.

Charity Shops

Oxfam (Terrace Road), Save the Children (Great Darkgate Street), Barnados (North

Parade), **Tenovus** (Great Darkgate Street), **Ty Hafan** (Pier Street).

Treehouse Tlc

Baker Street
01970 615791
Organic and Fairtrade
cotton and naturally
dyed t-shirts and
underwear.

Great for men

treehousewales.co.uk

Clive's Continental Menswear

Terrace Road 01970 617531 Clive's has been instrumental in kitting out the male population of Aberystwyth and the surrounding areas for the past 40 years! Great fashion accessories, including belts, braces and ties. Also stock polo shirts, leather jackets, jeans and an extensive selection of shirts.

Cactws

Pier Street 01970 624808 Trendy new men's designer clothes shop, also great for gifts and accessories.

Olly's

Great Darkgate Street Gorgeous men's shop, full of menswear, men's accessories and giftwear!!

Her Dandy Wolf

Market St 01970 624435

Aladdin's cave of new and vintage treasures for kids, men and women. Clothing, homeware, gifts and stationery. Now stocks a specially commissioned range from Raggedy rags.



Chalybeate Street 01970 611024 Home furnishings, jewellery, and nicknacks.

Arts Centre Shop

01970 623232

Design-led toys, homeware and gadgets. www.aberystwythartscentre.co.uk/ information/shop.shtml

Ceredigion Museum Shop

Terrace Road 01970 633088 Lovely reproduction toys, books and unusual gifts made from salvaged things.

Old Bakery Cookshop

Eastgate St 01970 626376
All you need for that budding celebrity chef with a birthday coming up.
Lots of gadgets and quality cooking equipment.

Cakecraft

Cambrian Place 01970 617281
Be inspired to make a cake – this shop has EVERYTHING – edible glitters, models, colourings. You can even hire unusually-shaped baking tins.

Rheidol Restaurant and Bakery

Cambrian Street 01970 612902
Can't even boil an egg? Not to worry
– this place does bargain fresh-cream
birthday cakes, even with photos on the
icing! Also, tray-bakes which include a
piped message.

Isaac's of Aberystwyth

Pier Street 01970 624657
A great old-fashioned sweet shop, with its rows of sweet jars and fantastic handmade chocolate selection, it's a must for those great gifts for any occasion. A ¼ lb of sweets is also the perfect hangover cure!

AE Lloyd & Son

Terrace Road 01970 612254

An Aladdin's cave of men's grooming, gift products and smoking paraphernalia such as Zippo lighters. A family firm since 1890 with four generations of retailing Cuban cigars for which they have built up a solid reputation worldwide.

www.aelloyd.com

GAME

27 Pier Street 01970 615444 Computer games and consoles. Enough said!

Andy's Records

Northgate St 01970 624581

Delighted to recommend something you'd never have thought of.

Billy's Barbershop

Eastgate St.

Get your man friend a gift token for Billy's Barbershop they'll get a great haircut and enjoy a complimentary beer.

Mollie's Sweet Shop

30 Terrace Road Located on the same road as 24-hour Spar, Mollie's is a new sweet shop in Aberystwyth that offers imports of American food and drink as well as a huge Pick & Mix range!





Agnellis, Bach, The other place, Piazza Cafe, The Olive Branch, Arts Centre Cafe, Yellow Belly's, Caesars, The Penguin, Sophie's, MG's, South Beach Coffee Hut, Sosban Fach, Caree's, Baravin, PD's Diner, The Treehouse, Caffi Morgan, New Station Cafe, Y Popty, Ultracomida, Home Caffe, Lilly's, Saparito, Cariad, Cafe Express, The Carlton, Chives, De'lish Doughnuts, The Cabin, The Rheidiol Cafe, Arts Centre Bar, Spartacus Terrace Road, Spartacus Northgate Street, Pen Dinas (National Library), and Consti Cafe.

Pics · Main · MGs

Breakfasts, Lunchtimes and Coffee Breaks

North Parade 01970 626417 All-day breakfast including a

Pier Street 01970617186 A favourite of the locals – always a good sign! Milky coffee and yummy iced buns.

Terrace Road 01970 612814 Fantastic fry-ups for a reasonable

Pier Street 01970 615 119 A great place to sit if you like people watching, while enjoying a yummy homemade cake!

Spartacus

Terrace Road 01970 627799 and Northgate Street 01970 625885 Two sandwich shops which supply some local shops. Terrace road has a small seating area. www.iamspartacus.biz



Home Caffee

Pier Street 01970 617 417 Excellent all day breakfast.

Caesar's Café

North Parade 07987 246553 Good value for money, scones are delicious!

Sophie's Pizzeria & **Dessert Emporium**

25 North Parade 01970 358040

A brand new pizza and ice-cream joint. It's right next to Sophie's Café, so that's breakfast and lunch sorted.

Coffee Corner

Cambrian Place Ideal for light snacks and homemade cakes with friendly service.

The Carlton

Great Darkgate Street 01970 612314 Snacks and hot meals served throughout the day.

Tree House

Baker Street 01970 615791 Tasty organic food, meat, veggie, and vegan options available.

PDs Diner

The Prom Open from spring through until summer. The only place for hot snacks, teas, coffees and ice creams on the promenade. They also own the Hut on south beach.

Ultracomida

Pier Street 01970 630 686 Listed in the Good Food Guide. Tortilla, tapas, panini, classic bistro dishes... and extra thick Spanish Hot Choc. Also open at night 6 nights a week. www.ultracomida.co.uk

Chives

Eastgate Street 01970 626 667 Wide choice of sandwiches and baquettes made to order.

MG's

Chalybeate St 01970 625 624 Lovely sandwiches, cakes and local products. Open also at night with great deals such as 2 pizzas & bottle of wine for £15.



Backyard BBQ

12A Baker Street 01970 358 867 Smoked chicken, ribs brisket etc. Incredible.

Medina

Market Street 01970 358300 Great salads and mezze's, all available to take-away as well!

Little Italy

North Parade 01970 625707 An Aberystwyth veteran. Quality food at good prices! Always has a great atmosphere. www.littleitalyaber.co.uk

La Taberna

New Street 01970 627677 Amazing tapas, great atmosphere, and really lovely staff.

La Figaro

Alexandra Road 01970 624242 Excellent fresh seafood. Everyone is billed individually, great for avoiding bill splitting angst. They will also put special menus on for student groups with a discounted rate. No student discount for individual bookings.

Olive Branch

Pier Street 01970 630572

Mezze and full meals with stunning sunset-over-sea views. Excellent Greek wine selection and lovely staff.

Gwesty Cymru

Marine Terrace 01970 612252

Slightly more upmarket and expensive, but this great modern Welsh restaurant on the seafront promotes fresh local ingredients in different ways. Very good value Sunday lunch deals. www.gwestycymru.com

Baravin

Y Llys y Brenin 01970 611189 Buzzing atmosphere, good, local fusion food. www.baravin.co.uk

Light of Asia

Eastgate 01970 615040

Recently renovated and is now a classy, up market Indian restaurant with good deals. You get a lot of food for your money and so is always worth a visit! www.liahtofasia.co.uk

Med Delight

North Parade

Delicious Mediterranean food that's bound to delight your tastebuds.

Shilam

Alexandra Road 01970 615015

A stylish Indian restaurant with authentic dishes from all over India. They also offer a good value, popular, lunchtime buffet.



Morgans Butchers

North Parade 01970 612243 Hot roast-meat rolls served from the front of the shop.

Chip Box

Marine Terrace 07854 784325 Generous portions of classic chip-shop fare.

Istanbul Kebab

Terrace Road 01970 624698 One of the most popular takeaways after a night out. Very friendly staff, who remember your order!

Hollywood Pizza

Pier Street 01970 612223 Huge selection of deep base pizzas, and they are very generous with the cheese! Open Mon-Sat 9am-6pm.

Fusion King

31 Eastgate

This place is quickly becoming a student favourite. Noodles, soups and box meals all at reasonable prices.

Express Cafe

Alexandra Road Very tasty chips and the fish is MASSIVE!





Meal Deals are a great way of eating out on a small budget. Here's the inside scoop on some of the best deals you can get in town...

Light of Asia

Eastgate Street 01970 615040

Fantastic offers for both eating in and taking away. One of their most popular deals is the take-away meal for 1, for £4.95 you will get a main dish, a side dish, a choice of rice or naan bread, and then to top it off they throw in a poppadum AND mango chutney!

Beer and Burger

An offer that is on all day every day at **Wetherspoons**, and it will only cost you £3.99. If you don't fancy a burger then Wetherspoons also has a curry night and a grill night.

Honoured Guest

Portland Road 01970 617617

Take-away deal on a Monday and a Thursday, for £11 you get to choose 3 dishes from a list of 55. You also get 2 egg fried rice and a bag of prawn crackers!

Rummers

Bridge St 01970 625177

Buy a large pizza from Rummers and get a free pint with it, make sure you ask when you order the pizza though!

Sunday Roast

There are loads of places dotted around Aber that offer a sunday roast at a very reasonable price, including: Wetherspoons, Lord Beechings, Scholars, The Cambrian, the Pier Brasserie, The Glen, and many, many more. You're here for three years so you have plenty of time to try out each one! For a real treat book well in advance for Gwesty Cymru – brilliant offer for Sunday roast, two courses for £15.95, which is very good value for the quality.

Pizza Lush

51 Great Darkgate Street 01970 258903

New pizza place opposite Academy. Any 7' classic pizza, chips, 4 BBQ wings and a can of pop for £8.99!

Marco's

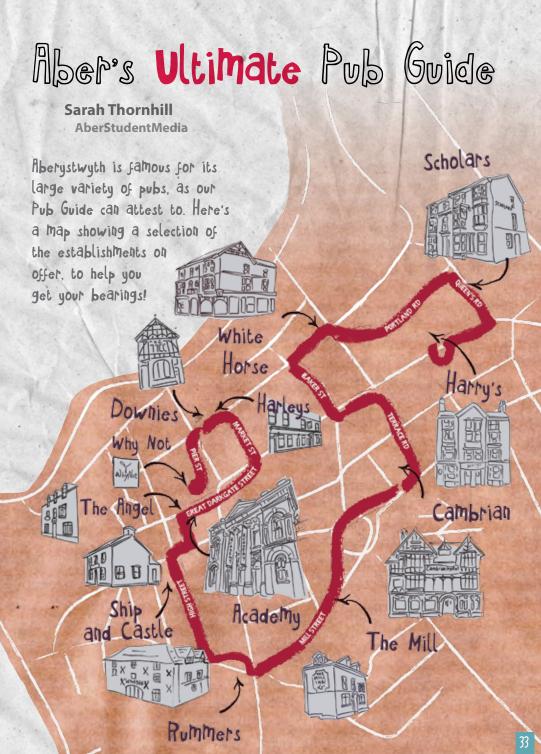
Northgate St 01970 617367

Friendly service and has a variety of pizza, kebab and general fast food deals. They also have a great delivery service which is ideal for when you want a group film night in.

Shilam

Alexandra Road 01970 615015

Fantastic lunchtime buffet, there is a good choice of dishes available and it will only cost you £6.95 each! Make sure you go on an empty stomach.



Nights on the Town

As there are almost 50 pubs in Aber it would be impossible to describe them all, but here are a few to acquaint yourself with.

The White Horse

Upper Portland St

It's known as 'The Fishbowl' because of the floor to ceiling windows. It is right in the centre of town, and has a great student atmosphere.

The Academy

Upper Great Darkgate St

A converted chapel and now a main place to watch sports. Academy serves a nice lunch and also has a few pool tables. Gets very busy in the evenings.

Rummers

Bridge St

Friendly atmosphere and a warm welcome. Overlooking the harbour, Rummers has a late licence on Friday and Saturday with live music. "Vodka Tuesdays" and "Gin Thursdays" make this a student favourite.

Scholars

Queens Rd

Warm atmosphere + lots of space. Locally brewed beers, ales and ciders. It's all in the name: popular with students and lecturers alike.

The Cambrian

Alexandra Rd

Cocktail heaven!! If they don't make it, it doesn't exist. Societies usually have their own cocktail or just go for something that makes you chuckle or if you're brave try a Death Star!

Ship and Castle

High St

Newly refurbished with a great friendly pub atmosphere. The best place for real ale lovers. Camra Welsh Real Ale Pub of the Year 2010 & in the Top 16 Finalists in the UK

Why Not

Pier St

(aka Yokos) Why Not is slowly becoming a popular late night venue due to its great drink offers and convenient location.

Wetherspoon's

Alexandra Rd

A Weatherspoon's with a twist. Yr Hen Orsaf is the Aber branch of this nationwide chain. The beauty of it is you can sit under the glass roof at the back and watch the trains come in! But note - there is a strange queuing system there.

Llew Du

Bridge St

Real ales on tap as well as the usual drinks. Good place for a pub meal. Wi-fi and coffee during the day.

The Coopers Arms

Northgate St

Real ales and good selection of drinks. Upstairs function room available for booking at negotiable costs.

The Castle Hotel

South Rd

Late opening - until 3am most nights. Great atmosphere.

The best of the rest

On campus

Pic: Sebastian Balcombe

Arts Centre foyer bar -

comfy sofas and good coffee

Main Room and the Bar - the Students' Union bar so there's lots of cheap beer and promotions. It's a great place to hang out between lectures.

Events include: Poker Society, Comedy Works, Re-Load, Headphone discos, Theme Night, Sunday Night at the Movies.

In Towr

Downies - Home to the Admiral special of quad vodka and red bull

The Glen - Its outside seating is a hit for watching that renowned sunset

Lord Beechings - Classic cocktails are 2 for £5 **The Mill** - Just call in, they have many weird and wonderful shots

'Pier Garden' – The new beer garden at the end of the Pier has proved incredibly popular with students – especially on those lovely sunny afternoons!

Out of town

The Black Lion -

Llanbadarn village square: 01970 623 448

Gogerddan Arms -

Llanbadarn village square: 01970 615 209

The Fountain Inn - just over the bridge in

Trefechan: 01970 612 430



Pub Quizzes

Whether you are a genius wanting to show off your immense knowledge or just running low on funds and looking for the next beer money, nothing beats a pub quiz to relieve boredom and get those competitive juices flowing.

Mondays

Glengower Hotel 01970 626191 8pm

Thursdays

The White Horse 9pm 01970 615234

Sundays

Scholars 8pm 01970 615 241 The Cambrian 01970 624242

Important facts to remember about pub quizzes:

- It's not the taking part that is important; it's the winning.
- Anything that will distract your opponents is fair game; knocking over tables, getting naked and releasing wild animals are all acceptable to create a diversion!
- Members of the clergy and people with an obvious violent tendency are particularly useful.



Most students see the Pier as just the nightclub for the town but it offers so much more than that. Here we explore just exactly what it has to offer...

Pier Pressure

Every town has a nightclub, but not one like this! Pier Pressure hosts a variety of nights from cheesy pop to the brand new event, Bounce. You will find yourself there week after week without fail! Open 5 nights a week until at least 3.00am.

Pier Videos

Pier Videos has multiple copies of all the very latest film releases. They also stock a huge selection of Playstation 2, X-Box and Game Cube games. Many of the student course films are also available ensuring a range of cult and art house films way above your average rental.

Brasserie Restaurant

Pier Pavilion Wine Bar and Brasserie Restaurant in Aberystwyth boasts a rustic, informal environment for dining out with friends or family. The Brasserie's 'No Nonsense' lunch menu, full à la carte menu and daily specials means there is something for everyone.

Amusements

There's an amusement arcade that will appeal to all those two-penny falls fans out there and good fun for a few hours in a spare afternoon. Well worth a look, it's your typical pier amusement arcade with all the classic games.

Inn on the Pier

Aberystwyth's first licensed 24 hour pub – and stays open until the very early hours every day. This is a great place to be and you'll be sure to bump into all your fellow students! If you're getting those late night munchies, the Inn offers Pizza Royal to ease those hunger pains, with free delivery!

Ice Cream

Don Gelato's Ice Cream Parlour offers 15 flavours of ice cream for that all important seaside experience.

The Pier Pavillion

A bar for people particularly interested in pool and snooker. Big TV screen and five televisions dedicated to sports, news and the latest entertainment. They also have a full size American pool table along with 3 English pool tables and 10 full size snooker tables including 3 competition tables.

Pier Garden

The new beer garden at the end of the Pier has proved incredibly popular with students – especially on those lovely sunny afternoons!

Delish Donut Coffee Shop

01970 636105

Great place on the Pier to grab a Coffee and a Donut!





dress!'There are usually loads of house parties and pub crawls going on and the Halloween Party at the Students' Union always has a fantastic atmosphere.

Jingle Balls

Students' Union's pre-party to Christmas is another perfect chance to wack out those crazy costumes and enjoy all things Christmassy... including the infamous chocolate fountain that no party would be complete without. Recent acts for the evening include Neighbours' Dr. Karl Kennedy!

and visit Aberdashery to be inspired. Jane, the proprietor is lovely and she stocks a wide range of seasonal fabrics and finishings to sort you out. 8 Market Street 01970 626888

.....

www.aberdashery.co.uk

Rugby sevens

This comes around every May where anyone can enter a team of seven players. It is usually a scorching hot weekend and the Uni pitches swarm with players and spectators. There is also Football

7's, Netball 7's and the highlight of the year for sport enthusiasts...Super Teams!

the Prom

Chinese New Year

and gifts.

Summer. Aber LGBT was set up to provide a link between students and local people. However, it has now developed into something much more ... Aberystwyth's Pride on the Prom event! Over 3 days of a fun packed holiday!

Fairs and Markets

February. The dragon dance starts in the

town before moving up to the Arts Centre

for music and dance demonstrations and a

fair with Chinese massage, medicine, food

November. The very best of Welsh produce

with cheese, meats, fish, wine, cider, pastries,

puddings, jams etc. The perfect place to stock

up on a few gastronomic goodies in the run

Pride on

Bierkeller

If students are renowned for one thing, it is an excuse to celebrate! So no wonder celebrating our brothers' patron is a must. St Patrick is the patron saint of Ireland

Carrying on the theme of celebrations the bi-annual Bierkeller is a must. The Bavarian Stompers, a comedy oompah band, create an evening of music and laughter with songs such as 'Oopmah oopmah, stick it up your jumper'. Alongside copious amounts of your favourite beverage served in the iconic Stein, and audience participation - this is an evening not to be missed.

St Patrick's day

- and we can tell you, it's a hell-of-a celebration!

Union giving away Guinness Hats and some fun

fancy dress like we need any encouragement!

messiest but greatest nights out, with the Students'

Without a doubt St. Patrick's day is one of the

May Ball

This is the biggest social event in the Students' Union's calendar. It is an excuse to dress up really smartly and most of the student population attends. There are usually a couple of big name bands playing on the night plus a few local music groups on the smaller stages in the drink tents. There is also a funfair on site which can provide much amusement if you fancy a break from the music and dancing.

November. Originated as a fair, where farmers and masters would hire servants. Lots of stalls, and...it's accompanied by a funfair!

Arts Centre Christmas Market

October - December. This is a great place to get unusual Christmas presents as lots of local artists use it as an opportunity to sell

up to Christmas.

Christmas Food Fair

their individual and diverse work.

Scrubbing up

There are plenty of places in Aberystwyth for both males and females to keep you looking nice and spruced during hectic university life. Here are our favourites:



Above: Josh's work from the final of Face Off,

Below: Gloria applies a full head of extensions





Hair

Demon Barber

Eastgate 07582 908332
A funky new-vibe barber shop run by the very talented Josh.

DemonBarbers?fref=ts

Hair and More

5 Eastgate Street 01970 625591 The amazing Gloria works wonders. Fantastic handpicked range of hair extensions and wigs! # HairAndMoreAberystwyth

Train inamore toery sew,

Kim Rees Market Street 01970 630140

Every member of the team is highly qualified and receives regular training from various specialists around the country inc Toni and Guy. www.kimrees.co.uk

Westcoast Tattoo Studio

1A Penglais Road 01970 625007

Tattoos and piercing inc UV tattoos and cover-ups. www.westcoast-tattoo.co.uk

Monster Ink

Baker Street

Unique one-off tattoos designed for you - no two will be the same. Student discount. www.monsterinkstudio.co.uk



Diva Nail Design

1 Alexandra Rd 01970 624966

Gel and acrylic extensions. Luxury manicures and pedicures.

f pages/Diva-Nail-Design/191728450840552?fref=ts

Relaxation

The University has its own Nordic Saunarium which is a bathing environment that's a mix between dry sauna and wet steam room. Relaxing and invigorating.



Treatments

The Tan Shop

1 Eastgate, Aberystwyth 01970 636664 Much more than a tan shop - also: semi permanent eyelash extensions, micro dermabrasion, botox, restalane filler, teeth whitening, vibro gym, nail extensions and gel manicures, massage, waxing. www.thetanshopaber.co.uk

Aesthetics Wales

Botox, Medical Micro Needling (DermaRoller) and Mesotherapy all administered by GP, Dr Sara Willis. http://aestheticswales.co.uk



The Little Bath Shop Ltd

Chalybeate St 01970 625616

Hand crafted soaps, bath bombs etc completely free of animal testing.











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DAYS OUT

TO THE NORTH A SHORT TRAIN OR DUS-RIDE AVAY



Borth and Ynyslas Dunes and Beach

A popular outdoors pursuit destination. The flat sands are used by kiters and the estuary is good for wind and kite surfing.

Borth beach is home to the famous 'fossil forest', the remains of pines and birches. The forest is believed to have flourished about 6000 years ago, when the sea levels were lower.

Borth Animalarium

01970 871224

The Animalarium is a collection of unusual and interesting animals. They have domestic farm animals that you can pet and feed. There are also exotic and endangered species in the larger enclosures. Open daily all year round. www.animalarium.co.uk

Aber Adventures

Work out of Borth or Ynyslas, depending on conditions. Aber Adventures offers tuition and equipment hire for surfing, stand-up paddle-boarding, kayaking. www.aberadventures.com



Machynlleth A great market town

A great market town for shopping. Many antique shops make it a good place to poke about when family come to visit you. Shops brilliant for gifts are Deco and Ian Snow. If you're crafty, then take a look at Wheeler fabrics - it's chock full of amazing fabric and haberdashery - you'll always find something to suit your project. Lots of good cafés too.

Centre for Alternative Technology (CAT)

The Centre for Alternative Technology is well worth a visit for any student. At the centre they show practical solutions to environmental problems to carry us into the 21st Century. They offer solutions to climate change, pollution and waste of precious resources. The visitor centre is open seven days a week and they have interactive displays and everyday solutions for everybody. It's exciting, interesting and wonderful! www.cat.org.uk





Left: Bounce Below

ADVENTURES BY CAR

Bounce Below

01248 601 444

Bounce Below is the world's first subterranean playground of its kind. The surreal experience of Bounce Below is set within a historic disused slate cavern, installed with massive bouncy nets to jump around in, unlike anything seen before. www.bouncebelow.net

Zip World

01248 601 444

Home to the longest zip line in Europe, Zip World offers a unique range of adventures in the heart of Snowdonia.

www.zipworld.co.uk



Portmeirion Village

01766 770000

Portmeirion is a private village in north Wales that was created by Sir Clough Williams-Ellis from 1925 to 1973. He used a combination of rescued architectural follies and specially designed buildings which provide a fascinating mix of architectural styles.

For an exclusive experience of the village you can stay in several of the houses and dine in the Conrandesigned hotel.

......

www.portmeirion-village.com

Taking no prisoners...

Festival No.6. set in Portmeirion - a festival unlike any other, in a place like no other. The location is not just a stunning backdrop; the village comes alive with venues likes the historic Town Hall, The Piazza and The Stone Boat. You can even stay in the castle or in the village as well as camping. Be seeing you. www.festivalnumber6.com

TO THE SOUTH

New Quay

Lush rolling hills, dolphins and seals, surf and great food...

Really lovely seaside atmosphere. The sandy beach offers safe swimming with a lifeguard on duty throughout the summer. Beyond the lifeboat station you can enjoy a walk along Treithgwyn beach and out towards Cerreg Ina Reef with its rock pools and Cei Bach, this walk can only be made safely from New Quay at low tide. Find out more information about the tides from the harbourmaster's office before setting off.





Cardigan Bay Watersports

01545 561257

Dinghy sailing, power boating, wind surfing, and kayaking-short lessons or courses for all levels. www.cardiganbaywatersports.org.uk

Marine wildlife spotting trips and cruises

01545 560800/560375

Why not introduce yourself to some sea life during a boat trip. They run from Easter until October.

www.new-quay.com/boattrips.htm

Dolphin Survey Boat Trips

Day: 01545 560032 Evening: 01545 580444

www.new-quay.com/surveyboat.htm

Llain Activity Centre

01545 580127

A family run centre offering day and residential activities: adventure courses, sky towerhigh ropes course & zip wire, orienteering, climbing and abseiling, extreme climbing, kayaking, canoeing, sailing, raft building, archery, forest adventure,

bivouac & campfire, walking, pioneering, and team building which includes ski planks, tricky tree stumps, The Bomb, Swing Thing, Spiders Web & The Wall.

www.llain.co.uk

Aberaeron

A charming Georgian Town created by the Reverand Alban Thomas Jones Gwynne in 1807. The town rapidly developed into a thriving port with shipbuilding and fishing industries. Aberaeron offers a good range of gift and food shops and is a delightful place to spend the day.



The Seafood Festival

Over the years, the Cardigan Bay Seafood Festival has grown to be one of the highlights of the food calendar in Wales and several thousand people are expected to flock to the quayside at summer to see and taste the best of local seafood, fish and other produce. The Cardigan Bay Seafood Festival has been running for thirteen years now, and it just goes from strength to strength. www.aberaeron.info/seafood



Llanerchaeron House

01545 570200

A pleasant stroll (3km) from town along the old railway line beside the river. Acquired by the national trust in 1994, this elegant house was designed and built by John Nash. www.nationaltrust.org.uk/llanerchaeron



The Hive/ Y Cwch Gwenyn

01545570445

Most famous for its Honey Ice Cream. The selection changes daily; melon and ginger, mango, raspberry, and many other flavours. Also dairy free and diabetic ice cream and low fat honey yoghurt ices.

The Harbourmaster Hotel

01545 570755

The harbourside restaurant and bar serve the best of local produce at lunch and dinner. They've been included in the Good Food Guide since established in 2002. Seasonal menu – with favourites being Welsh Black fillet steaks; locally landed lobster and spider crab. Locally sourced organic vegetables and cheeses. Food is served daily - lunch and dinner seven days a week. www.harbour-master.com

The Cob Fair

01545 570601

A festival celebrating
Welsh Cobs and Ponies.

www.aberaeronfestival.co.uk



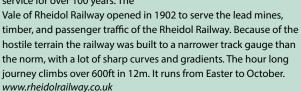
TO THE EAST



The Vale of Rheidol Railway

01970 625819

A spectacular journey through Rheidol Valley by narrow gauge steam train that has been in service for over 100 years. The





Devil's Bridge Falls

01970 890233

High in the hills of Pumlumon just 12m east of Aberystwyth. Take a walk along the nature trail and see the magnificent 300ft waterfalls, and the view of the 3 bridges. Descend Jacob's Ladder. cross the humped bridge over Mynach River, hide in Robber's Cave, and take a look at the Devil's Punchbowl. The walk will take approx 40 mins, and make sure you wear decent shoes! www.devilsbridgefalls.co.uk



Cwm Rheidol

The Magic of Butterfly House

01970 880928

A collection of exotic plants and butterflies. It is an educational, not-for-profit Trust, set up to encourage an appreciation and understanding of nature. Guided tours by trained biologists are available to tell some of the fascinating facts about the plants and butterflies. Most butterflies are imported as pupae that have been farmed sustainably in the tropics, but they also breed some on site. Visitors are free to walk among the butterflies and watch them go about their daily lives in the miniecosystem. Easter to November

The Rheidol Hydro-electric Scheme

Branch and Company and Company

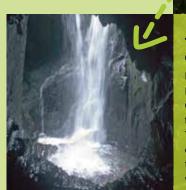
www.magicoflife.org

01970 880667

An interconnected group of reservoirs, dams, pipelines, aqueducts and power stations, with a total area of 160 square kilometres. A steady flow of water is allowed through each dam to running generators that feed into the local network. The station has a nature trail, scenic drive, visitor centre, and free guided tours between April and September.

Cwmystwyth

The rugged, sometimes lunar, landscape of the old mining vicinity of Cwmystwyth presents a live magic-eye picture, as the ruins of buildings emerge from screed and rubble. Make sure you take plenty of photos!



The Hafod Estate

01974 282568

Hafod is one of the most important picturesque landscapes in Europe. Having suffered damage and dereliction early in the 20th Century the Hafod Estate walks are being restored within a working forest.

There are five marked walks of varying length and difficulty, enabling visitors to explore the Hafod landscape on foot. Get to know the path leading to the Cavern Cascade, distract your visitors at the signpost, and wait for the gasp when they see it! www.hafod.org



Societies & Fun

As a university town Aberystwyth has loads of activities to do, both organised by the University and by the people of the town. Making use of the sea and surrounding countryside for all manner of activities is a way of life.

Heading down to the prom at the end of the day, you will meet people skateboarding, juggling fire, tightrope walking, climbing and skipping like gazelles on leg extensions!



Speaking Out

With such an excellent International Politics department in the University, it's no wonder that there are a lot of opportunities for social comment in the town!

There are societies for the major political parties, great if you have an interest in politics and would like to join extremely active student groups - both politically and socially! A great opportunity to meet friends and improve your CV. There are also plenty of opportunities for debating and discussing current affairs.

Have a look here to find the latest ones are: www.abersu.co.uk/societies/societieslist

BoxRox Climbing Wall

Watery

Aberystwyth University Sailing Club

The club meets at the University boathouse two or three times a week or can be found propping up some bar or being silly on some dance floor somewhere in Aber.

AberystwythUniSailingClub

Aberystwyth University Swimming and Waterpolo Club

Promoting the enjoyment and improvement of all participants in swimming and water polo to competition standards. Aber town also have their own swimming club:

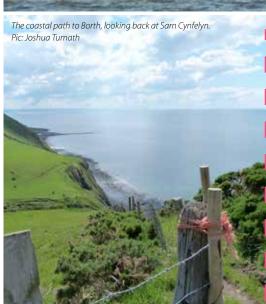
f groups/ADASC

Aberystwyth University Sub Aqua Club

A registered branch of the British Sub-Aqua Club. For all levels - enjoy diving and training with them, in the company of friendly people who love to dive and socialise! Uni pool sessions every Thursday and Friday from 6pm till 8pm. Many trips both for training and pleasure, sometimes using the club's own boat around Pembrokeshire and Cardigan Bay.

f AberystwythSubAqua?fref=ts





Cantre'r Gwaelod Divers

A BSAC dive club based in Aberystwyth. New members are always welcome. Dive local marine sites and quarries throughout the year and poolbased sessions during the winter.

Surfing and Kite Surfing

Aberystwyth University Surf Club, for all the Pirates of Ceredigion, old and new!

f groups/496816027087588/ ?fref=ts

University Canoe and Kayak Club

| letsgetwetaucc?fref=ts



Fun times on the Mawddach with University Canoe and Kayak Club

On your feet

Aberystwyth University Hiking Club

Day and weekend hikes, in Aber or further afield transport arranged. http://aberhiking.weebly.com

Campus walks

On the main campus there are three walks, that take in some of the rare trees, of 20, 30 and 40 minutes long - pick up a map from the Sports Centre.

Around town

There's a network of paths opposite campus that provide miles of woodland and coastal routes. Pick up the coastal path north to Sarn Cynfelyn, once thought to be the road to a mythical land.

BoxRox Climbing Wall

BoxRox has its own award scheme designed to challenge climbers of all abilities. For more information on dates and times see: www.aber.ac.uk/en/sportscentre/boxrox

Golf

Aberystwyth Golf Course 01970 615104

Aberystwyth Golf Course is framed by the picturesque views of the coastline of Cardigan Bay, and the Welsh countryside. www.aberystwythgolfclub.com

Sport at Aberystwyth is a friendly affair – there is a real friendly attitude to health and fitness. The motto is 'have a go, if you like it live it'! More than half of the students at Aber are involved in some sort of sporting society. Remember though, there are group exercise classes and informal opportunities to keep fit and healthy, if competitive sports isn't your thing.

www.aber.ac.uk/en/sportscentre





Club Sporty Card

The Club Sporty Card is a must-have if you're intending to join any sports clubs, or using the University's sports facilities. Once you've got the card you'll be a fully fledged member of the University's Student Sports and Exercise Club, and can access all of the facilities available. If you know that you're definitely going to join a sports society as soon as you arrive at Uni, it might be worth ordering your card as soon as you can, to avoid some of the gueues you'll be faced with during Fresher's Week.

Further information including benefits. fees and how to join can be found on the University's Sports Centre pages: www.aber.ac.uk/en/sportscentre

Activities Week

Can't wait until Freshers' Week? Want to get involved as soon as possible? Interested in a University Sports Club or Society? Then Activities Week is for you! Our annual three-day event gives you the chance to try out the massive range of sports and activities we have in Aber: three days of socialising, getting involved and most crucially, banter!

A-Z List of University Sports Clubs

Most of the Clubs that we offer are listed below but don't forget, that many activities happen outside the University also.

Aber 5-a-Side Aikido Archers Badminton Basketball Mens Basketball Womens Boxercise Canoe Caving Clay Pigeon

Shooting

Cricket Mens

Digs Football

Dodgeball

Fencing

Expeditions

Cricket Womens DanceSport

Football Womens Golf Mens Harriers (Running Club) **Hockey Womens** Judo

Mens Hockey Mountaineering Netball



Horses

The Aberystwyth University equine centre provides excellent facilities - Olympic sized indoor riding arena, all-weather outdoor riding facilities, horse walker, round pen. Bring your horse with you and stable it on campus!

University Riding Club

A horse riding club for fun and competitions. Riding Club teams have repeatedly secured medal positions at the National Finals of the Inter-University BUSA League. One member has even won gold medals for the GB Riding Team.



Rugby Womens

The Sports Centre on campus also runs a range of sporting events. Aberystwyth University Sport Centre www.aber.ac.uk/en/sportscentre

Athletics

Aberystwyth Athletic Club

A historical club in Aberystwyth Town. They organise two annual races including one 10k run. They also attend lots of races and host regular socials. users.aber.ac.uk/keh/index.htm

Gymnastic Clubs

Aberystwyth University Trampoline Club

Because bouncing on your bed is silly! The club is one of the newest sports clubs to be found at the Uni. It may only be a new club, but it's definitely a strong one - in its 1st year, 2 members qualified for the national finals in York. Membership is open to those who want to compete or just trampoline for fun. See Students' Union website for contact details.

Aberystwyth University Tarannau Cheerleaders

An American football team cheerleading squad of around 45 dedicated and lively girls. They cheer for both home and away games. This year they have been taking part in national competitions. They are very friendly, and are all about enjoying themselves.





Team Sports

Take a look at p52 to see the list of both traditional and unconventional team sports that are available here.

On Wednesday afternoons there are around 35 playing fixtures of interuniversity teams. All the sports allow you to play just for fun, and some go up to semi-professional level.

University facilities are:

Outdoor

The Playing Fields (located on two sites)
Vicarage Playing Fields - Immaculately
maintained flagship grounds of some
16 acres. Home to the first football,
rugby, and cricket teams. 3 grass, 3
newly-resurfaced hard and 3 shale
tennis courts. Cricket practice nets.
Blaendolau - 34 acres. Home to the
sports tournaments. 3 artificial cricket
wickets. Cricket practice nets.

The floodlit artificial pitch - Excellent year-round surface, primarily for hockey and football.

Indoor

The Sports Cage - Extensively used by the clubs, 'The Cage' is large enough to house 6 badminton courts or 2 volleyball, 2 tennis, 1 basketball, 1 netball, indoor hockey, 3 - bay indoor cricket nets and 5-a-side soccer.

Main Sports Hall - Members can book the sports hall at reception free of charge for a variety of activities, 5), including: badminton, volleyball, netball, basketball etc...

Martial Arts

Aberystwyth University Judo

Judo is a popular wrestling form developed from jujitsu by Jigoró Kanó (1860-1938), a Japanese educator. Like jujitsu, it attempts to turn an attacker's force to one's own advantage. Techniques include throwing and grappling.

Fencing

Requires the development of refined reflex actions and counteractions and strength in all the muscles of the body to produce the necessary coordination of eye, hand, and foot movements. Since the introduction of the electrical scoring apparatus, fencing has become more of an athlete's game.

Aberystwyth University Fencing Club

Two training sessions a week with three other practice ones. Plascrug Leisure Centre, Llanbadarn Fawr 01970 624579 www.mecca.eclipse.co.uk/aberfencing/index

Thai Boxing Club

People take up Muay Thai for many reasons, whether to learn an effective self-defence technique or improve their overall fitness and stamina - you could burn up to 1000 calories in a typical training session!

Shotokan Karate

Karate is a training of the mind and body, but Shotokan is more. It calls for support on the deep and mysterious mental powers of man that are greater than modern science can comprehend. More than a sport, more than a system of defence, karate, in its most important aspect, is a way to serenity. www.aberkarate.co.uk

Aberystwyth University Karate Club

Beginners Thurs 7.30 - 9.30pm, Sun 12 - 2pm. Advanced Wed 7.30 - 9.30pm, Thurs 7.30- 9.30pm.

Aberystwyth Town Karate Club

Penweddig School. All levels Mon 6.30 - 8pm, Thurs 6- 7.30pm

Aberystwyth University Taekwon-do



A very successful club frequently entering local and national competitions. Training takes place: Wed 4.30-6pm in the Dance Studio and Sun 10ammidday in the Sports Hall.

Boxercise

Boxercise is one of the most effective forms of cross-training available today as it combines use of both aerobic and anaerobic energy systems. It also enhances hand-eye co-ordination, balance and timing. Boxercise classes are always fun, energetic.... and addictive.

www.aber.ac.uk/en/sportscentre/classes/fitness/boxercise/

Aberystwyth University Aikido Club

Aikido improves mental and physical fitness and is effective against all forms of attack. It does not rely on strength or size, and it is a non-aggressive and non-competitive defensive art: peaceful in philosophy, but effective in the face of danger. Come along, for self-defence, fitness, and to make new friends! http://sudoka.org.uk

Tai Chi

Thurs 6.30-8pm, Quaker Hall, Penparcau **Kung Fu**

Thurs 6.15-10pm, Quaker Hall, Penparcau

Racket Sports

Tennis

Aberystwyth University Tennis Club

The club has both a men's and women's team who participate in the British University Sports Association's league in the Western Conference division. There are 2 training sessions a week, 2-4pm Wed and Sun at the Vicarage Fields.

Courts - Vicarage Playing Fields, 3 grass, 3 hard and 3 shale.

The Sports Cage: 2 courts. Main Sports Hall: 2 courts

Plascrug Leisure Centre. 01970 624579

4 concrete courts bookable spring- summer.
4 indoor short-tennis courts.

Aberystwyth Lawn Tennis Club

aberystwythtennis.com/

Badminton

Aberystwyth University Badminton Club

A friendly and sociable club catering for all abilities; whether you're a beginner who just wants to enjoy an afternoon's badminton, or a club player - whatever your standard you are most welcome. Regular matches against other universities in leagues all over Wales. There are also regular socials where you can meet up with everyone as well as embarrass yourself at the Karaoke! The Sports Cage: 6 courts. Main Sports Hall: 3 courts.

Plascrug Leisure Centre. 01970 624579

A friendly club and visitors are welcome to come along and play. 4 courts.

Squash

Aberystwyth University Squash Club

Play at the Sports Centre courts Tues and Thurs evenings, and Wed and Sun afternoons. See the Students' Union website for contact details: Aber Uni Squash Club

Plascrug Leisure Centre. 01970 624579 2 courts. An independent league is held at the centre - see noticeboard by the courts for details.

Table Tennis

Plascrug Leisure Centre. 01970 624579 Tables for hire or club night Tues 7.30 - 9.30pm.

Gyms

The University Facilities

Wellness Centre on Campus



A state-of-the-art fitness suite with plasma TV's and an entertainments system. At the kiosk you access the computer with your personal key for training

logs, reports, video and technical information. The University offers the most top-of-the-range facilities on the market, and they regularly update the facilities too. Check here for a full list of the equipment: www.aber.ac.uk/en/sportscentre/gym



The Free Weights Room
This offers you a more
specific and 'natural'
form of training. The
comprehensive facilities can
be used specifically when it
comes to your chosen sport
or training goals.

Classes



Bodyfit - This is a fabulous class, based on the Muscle Max formula (Body Pump, Body Max etc) where you are led through a structured workout with free weights and dumbbells. It will overload your muscles in turn in order to get a toned and honed body.

Work It Circuit - A traditional circuit training class, with some resistance stations. You will run through a combination of upper and lower body work interspersed with aerobic and anaerobic stations for an all over workout.

Insanity Circuit - Inspired challenging class, where exercises are sectioned in 30 second blocks to great music

Bokwa - Aerobic class with no set choreography, you just spell letters out with your feet to the music!



There are town and Uni triathlon and road cycling clubs... and the Uni has a great Spinning® studio for drills and training. www.aber.ac.uk/en/sportscentre/classes/spin/

In your bike

Road or off-road - there's plenty to do... or even just watch with the annual Cyclefest: www.abercyclefest.com Out and about you can find your own off-road experience at the superb Nant yr Arian trails, or for a guided introduction to the sport, for all levels, the Uni sports centre has the Smoothriders MTB schemes.

www.aber.ac.uk/en/sportscentre/
smoothriders_mtb/#d.en.94289

Keeping fi

Around Town

Plascrug Leisure Centre

2 swimming pools, sports hall, fitness room, health suite. Pay as you go, or have a reduction with a block ticket.

Shape Shifters

The Cambria, Marine Terrace 01970 630 989 (Women only). The workout is made up of resistance machines that work every major muscle group with cardio stations in between. The circuit provides you with a complete cardio and strength training workout in just 30 minutes. Membership - monthly or PAYG.

Crossfit Aberystwyth

8 Chalybeate Street 01970 626569

Private crossfit centre in town offering classes in Crossfit - a high intensity full-body workout, to condition and tone.

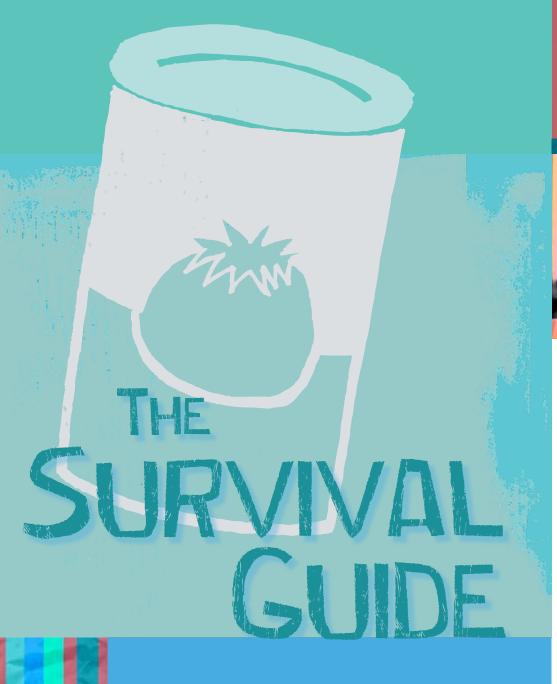
www.crossfitaberystwyth.co.uk



There are several long-distance trails in the area for road or rougher-surfaced routes, further information here: www.aberystwyth.org.uk/attractions/ walking-cycling.shtml



:: Craig Kirkwood









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ARRIVALS BOARD

THE NEXT FEW PAGES WILL HELP YOU TO SETTLE IN, AND MAKE THE MOST OF YOUR TIME HERE. ONCE YOU'RE OVER THE FIRST HURDLE, YOU'RE SURE TO FIND YOUR WAY AND HAVE THE TIME OF YOUR LIFE — YOU'LL NEVER WANT IT TO END!

WHEN I LEFT, I WAS THINKING SOMETHING ALONG THE LINES OF 'AH I AM GOING TO MISS THIS PLACE BUT REALISTICALLY I SHOULD MOVE ON, I WILL FIND MORE GREAT PLACES'.

THE HARSH TRUTH IS THAT ABERYSTWYTH TRULY IS THE BEST PLACE ON THIS PLANET AND YOU PROBABLY WILL NOT FIND ANYWHERE ELSE LIKE IT ...

MEGAN IACOBINI DE FAZIO, INTERNATIONAL POLÍTICS

Freshers Week... To do list

BEFORE YOU ARRIVE

- ★ LEARN A FEW BASIC RECIPES, BUT DON'T FORGET
 TO BUY A STUDENT COOK BOOK!
- ☆ DECIDE WHAT MODULES YOU WOULD LIKE TO TAKE
- **☆** GET AT LEAST & PASSPORT PICTURES TAKEN
- ☆ HAVE A FEW POUND COINS STASHED AWAY FOR THE FRESHER'S FAIR
- ☆ COLLECT PHOTOS OF FRIENDS AND FAMILY (TO DECORATE YOUR ROOM WITH)
- ☆ IF YOU'RE BRINGING A TY …… YOU WILL NEED A
 TY LICENSE
- ☆ MAKE SURE YOU KNOW HOW TO GET TO ABERYSTWYTH

- ☆ GET AN NUS CARD TO RECEIVE SOME GREAT STUDENT DISCOUNTS! HTTPS://CARDS.NUSEXTRA.CO.UK/

FRESHERS WEEK

- SORT OUT YOUR ABER CARD (YOU WILL USE IT FOR LOADS OF THINGS)
- ☆ GET A CLUB SPORTY CARD IF YOU'LL BE JOINING A SPORTS CLUB, OR USING THE SPORTS CENTRE FACILITIES
- ☆ REGISTER FOR YOUR DEGREE (YOU WON'T GET YOUR LOAN OTHERWISE)
- ☆ EXPLORE ABERYSTWYTH (GET YOUR BEARINGS AND FIND OUT WHERE THE PUBS ARE)
- & BUY TICKET FOR THE RELOAD NIGHT
- ☆ RING PARENTS …… JUST TO LET THEM KNOW YOU'RE OK (THEY'RE NEW TO ALL THIS TOO)
- ☆ MAKE SURE YOU'VE INTRODUCED YOURSELF TO EVERYONE IN YOUR FLAT/CORRIDOR
- ☆ PREPARE FOR LECTURES (HAVE YOU GOT PENS, PAPER AND ANYTHING ELSE YOU MIGHT NEED)
- ☆ BUY A BUS PASS (THIS WILL SAVE YOU SO MUCH MONEY)
- ☆ IF YOU'YE BROUGHT YOUR OWN CAR, YOU WILL
 NEED A HALLS PERMIT TO PARK IT ON CAMPUS
- ☆ REGISTER WITH A DOCTOR ⇒ DO IT NOW!!
- A HAVE A GOOD TIMEIII



IF YOU FIND YOURSELF IN A SITUATION
WHERE YOU HAVE TO BE IN ABERYSTWYTH EARLY
(INTERNATIONAL FLIGHTS, ACADEMIC REQUIREMENTS),

DON'T PANIC!!

THE ACCOMMODATION OFFICE CAN BE FLEXIBLE, PROVIDING THIS HAS BEEN ARRANGED IN ADVANCE (THERE MAY BE A SMALL CHARGE!).

IF YOU HAVE ANY ENQUIRIES ABOUT YOUR HALLS OF RESIDENCE, HERE ARE ALL THE DETAILS YOU NEED TO GET IN CONTACT:

ACCOMMODATION OFFICE, FFERM PENGLAIS, ABERYSTWYTH, CEREDIGION. 5Y23 3FH.

01970 622900



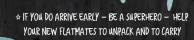
.... TO ABSOLUTELY EVERYONE THAT YOU MEET, YOU'LL MEET SO MANY PEOPLE THAT YOU WON'T BE ABLE TO REMEMBER EACH AND EVERY NAME, BUT YOU WILL RECOGNISE FACES. IT CAN GET A BIT REPETITIVE (NAME, HOME, HALLS, DEGREE...) AND YOU'LL BE SICK OF THE SOUND OF YOUR OWN VOICE, BUT IT'LL BE WORTH IT IN THE END.

AFTER THE FIRST WEEK YOU WILL BE BORED OF TELLING PEOPLE WHAT YOU STUDY, AND WHAT YOUR NAME IS, BUT BE NICE \circ THEY ARE JUST TAKING AN INTEREST!

DO AS MUCH AS POSSIBLE IN YOUR FIRST WEEK WITH YOUR NEW HOUSEMATES AND THE PEOPLE YOU MEET. GO TO FRESHER'S FAIR WITH THEM AND ARRAINGE PEOPLE TO ATTEND LECTURES WITH.

BE HONEST WITH YOUR FLATMATES, LOVE THEM OR LOATHE THEM, THEY ARE YOUR FAMILY FOR THE NEXT YEAR.

IF YOU HAVE ANY PET PEEVES IT IS BEST TO LET THEM KNOW IN ADVANCE IF YOU DON'T WANT OTHERS TO USE YOUR BELONGINGS, OR YOU'RE VEGETARIAN AND WOULD PREFER THE TOP SHELF OF THE FRIDGE MEAT FREE, THEN TELL THEM!!!



THINGS UP THE STAIRS. THEY WILL BE
GRATEFUL FOR THE HELP, AND NOW
THEY OWE YOU A DRINK FOR BEING
SO HELPFUL! A FANTASTIC WAY TO
BREAK THE ICE.

BRING SOMETHING TO SHARE WITH EVERYONE, ALCOHOL OR CAKE WILL GO DOWN A TREAT!

FINALLY, THIS IS GOING TO SOUND

CLICHÉD... BUT YOU SHOULD

ALWAYS BE YOURSELF!



COCKT4115

TOOTHLESS SHARK (NON-ALCOHOLIC)

- \$ 3 SHOTS ORANGE JUICE
- \$ 0.5 SHOT LIME JUICE
- \$ 0.5 SHOT DE KUYPER
- **⇔** GRENADINE

BLEND THE ORANGE JUICE AND LIME JUICE TOGETHER. SEPARATELY POUR THE DE KUYPER AND GRENADINE INTO THE SERVING GLASS. CAREFULLY ADD THE MIXED ORANGE AND LIME JUICE.

DO NOT STIR BEFORE SERVINGII

SEA BREEZE

- ☆ 2 SHOTS VODKA
- **\$4** SHOTS CRANBERRY JUICE
- ☆ 2 SHOTS GRAPEFRUIT JUICE

MIX THE YODKA CRANBERRY JUICE, AND GRAPEFRUIT JUICE TOGETHER WITH ICE, FINISH BY SQUEEZING A LIME WEDGE INTO THE COCKTAIL.

SEX ON THE BEACH

- ☆ 2 SHOTS VODKA
- ☆ I SHOT PEACH SCHNAPPS
- \$ 3 SHOTS ORANGE JUICE
- **☆ 3 SHOTS CRANBERRY JUICE**
- **☆ DASH OF LEMON JUICE**
- \$ 5 ICE CUBES
- **☆ I ORANGE WEDGE**

SHAKE THE YODKA, PEACH SCHNAPPS, AND LEMON JUICE TOGETHER WITH CRACKED ICE. STRAIN AND POUR INTO A HIGH BALL GLASS! 21

- ☆ EVERYONE SITS IN A CIRCLE
- ☆ FIRST PERSON SAYS 'I'
- ☆ THE PERSON TO THE RIGHT SAYS '2'
- ☆ HAVE A PRACTICE ROUND JUST STRAIGHT COUNTING TO '2| THEN:
- ☆ IF A PERSON SAYS TWO NUMBERS TOGETHER (E.G. 2,3)
 THE GAME CHANGES DIRECTION.
- ☆ IF A PERSON SAYS THREE NUMBERS TOGETHER

 (E.G.1-5,6) THEN THE PLAY CONTINUES IN THE SAME

 DIRECTION BUT MISSES THE NEXT PERSON.
- A THE LOSER OF THE ROUND IS THE PERSON WHO ENDS UP SAYING '21' AND THEY HAVE TO PAY A FORFEIT.
- ☆ BUT THE LOSER GETS TO SUBSTITUTE A WORD, PHRASE, NOISE OR ACTION FOR A NUMBER (E.G. IS BECOMES FISH)
- ☆ THE LOSER BEGINS NEXT ROUND WITH SUBSTITUTES

 USED. WHENEVER SOMEONE GETS IT WRONG THEY HAVE

 TO SAY A TRUTH! ALTERNATIVELY YOU CAN EXCHANGE

 THE TRUTH FOR A SIP OF YOUR DRINK.

Sarah Thornhill AberStudentMedia Week Insulation

I WISH someone had told me what university, especially in Aberystwyth, was really like before I packed my bags and tottled off from home. For any nervous or unprepared freshers out there – this is your chance to dispel any myths!

First things first – do not bring the whole kitchen sink! It's a cliché but it is true. I live about six hours away from Aberystwyth by train, so in my head if I had forgotten anything important I couldn't just nip home to get it or get my mum to bring it on a weekend.

Your whole wardrobe.

I made this mistake, but you will not wear everything you bring, or at least not all in one term. Leave some at home, especially some of your warmer winter clothes. Aber doesn't get that cold until well after September – you will still be able to wear your shorts and flip flops for a while! Take a mixture of Autumn/late Summer clothes and make a trip back home (where you can coincide this with politely asking your mum to do some of your washing) and swap some stuff over when you get back.

Everything in your kitchen cupboard.

This does depend on what type of halls or residence you are in, but you may have things already provided. Kettles, toasters and microwaves are provided by the university, and you are not allowed kettles in your room in case they set off the fire alarms. Toastie machines are useful but then again you run the risk that you all bring one, which is wasteful. I advise you only bring one or two pans and plates etc, and make sure what you bring are

Don't buy anything or pay membership fees until you know you are going to stick to something. Most clubs have kit they can lend you and depending on what it is, many offer free taster sessions at the start of term.

On the other hand there are some things I couldn't have lasted first year without which includes:

A decent waterproof jacket. As previously mentioned, the weather (in my opinion), is normally fairly decent but when it does rain it buckets it down. The last thing you want to do is start missing lectures because you don't want to go out in the rain. A decent one may be more expensive but will last you the whole time you are at Aber.

A printer. Again, like a toastie machine, you do not necessarily need one. I found it very handy because I am quite technologically challenged and also because it meant I didn't have to use the library printers which you have to pay for. A handful of people in my flat had one and the ones that didn't used mine to print off their essays. You don't need a fancy one but if you live in town it may be worth looking into, just to save you the trek up the hill.

Therefore, I brought pretty much everything I owned and more useful clutter my mum had bought me specifically for going to uni. This included an octopus we bought in Ikea for drying underwear on that I had pushed to the back of my wardrobe and forgot about until half way through the last semester. It is useful but maybe not a necessity. You definitely do not need:

items that you would not mind getting broken or get stolen (because in halls things have a tendency to disappear!). Alternatively, wait until you get to Aber and see what your flatmates have brought, then head to somewhere like Charlie's, Morrisons or Argos to get what you don't have cheaply.

I had it in my head that I would join the Hiking Club when I got to Aber and make the most of Snowdonia as it so close by. Needless to say that didn't happen. I had stupidly gone and bought walking trousers and other equipment for hiking, and I brought these to university on freshers' and ended up not using them.

Decorations for your room. This could be a few posters, bunting or pictures from home. This makes your room feel a bit more homely and a bit nicer to look at when you are ill, hungover, doing an essay or maybe feeling a little bit homesick. Decorations in your room are a good starting point for conversation with your new flatmates, if for example you both like the same band and are a good ice breaker.

Ready, Steady Cook

- Surviving in Self-Catering Residences

To save time and money buy the basics at home before you come to university. You will need:

	L
	SAUCEPAN
	FRYING PAN (OR A WOK IF YOU'RE
MM 9.7	FEELING ADVENTUROUS)
•	PLATES
- 675	BOWLS
65	MUGS (MORE THAN ONE IN CASE YOUR
0	FRIENDS POP ROUND)
	GLASSES (NOTHING TOO FLASH,
(E)	THEY'LL PROBABLY GET BROKEN)
	CUTLERY GET BROKEN!)
(0)	A WOODEN SPOON
m)	A GOOD SHARP KNIFE
E9	TIN OPENER
	CHOPPING BOARD
	CORKSCREW!
7	
S	TOCK UP ON THE BASICS:
9	TEA
	COFFEE
	SUGAR
	BREAD
	PASTA
	RICE
	CEREAL
	BUTTER
	MILK
0	T NCO

Budget for food and be honest with yourself! If you need 6 tins of beans, buy) them, but if you can live without a multi pack of Monster Munch then avoid the temptation.

At least one of your new flatmates will have everything from a melon-baller to a pasta making machine so you can borrow some things from them!

But remember to ask and to WASH THEM UP AFTER!

Bring a couple of tea-towels and a separate hand towel and WASH THEM when they get smelly.

As far as communal shopping goes – be up front. Discuss the rules, otherwise one or two people can end up paying for shopping all the time and can become very frustrated, so talk about it and get the money before you go to the shop.

Vegietiquette...

If you have regetarians living with carnivores, be considerate and put foil down before you «contaminate» the grill with your, lardy sausages.



Milk goes off pretty quickly and if you're only using it for tea or coffee it can be a waste. Discuss getting a money box in the kitchen that everybod puts money in at the beginning of the month – housemates can dip into it then for bin bags, shared milk, tinfoil and cling film. It can prevent you asking for 1/7 of 36p

each time!



Crusty Cabbage...

If you can, wash your stuff up soon after you use it. This will help avoid evil-smelling dishes that can take a tedious amount of time to get clean and angry housemates that dislike you because of a crusty cabbage pan!

Top Tip never, go shopping when you're hungry - you will end up spending twice as much money as normal and be tempted by quick and expensive fast foods.

Don't disregard

... all supermarkets offer tasty new flavours like Morrisons extra cheesy broccoli and stilton soup. It's cheap and filling .. and gets some veg inside you.

Beans on toast is cooking but you can't survive on this alone. Easy, exciting foods can be very appetising: consider buying jars of ready made pasta and curry sauces for a simple, cheap and tasty meal.

Cooking for one can be awkward and expensive. A good idea is to cook enough for two meals and sling one in the freezer in a plastic carton. You'll have loads of ready 'ready meals' to warm up when needed. Pasta and rice don't freeze well, so cook them separately when you defrost the sauce.

REMEMBER... the fridges and freezers aren't enormous – don't hog the space by buying 6 packets of oven chips.

Own brand products are often the cheapest option but keep an eye out for special offers because these can sometimes work out cheaper too.



Get hold of 'The Student Cookbook' or a similar publication; these usually contain some good basic ecipes. If you can, it is worth getting someone to show you a couple of simple recipes before you go away.

They will be incredibly annoying about it, but grin and bear it and you could arrive at uni already equipped with some culinary skills and laugh at everyone else while they create steaming piles of mush!

Have a go at some of these basics.

Easy Peasy Stir-fry

Serves 2

This is really simple and great if you need re-fuelling before your next lecture – just nip to Co-op or CK's on your way home!! It needs to be eaten within 24hours but that shouldn't be a problem because this dish is lush!!

You will need:

- ☐ 2 tbsp oil
- ☐ 300g bag of stir-fry vegetables
- □ 1 cooked chicken breast, skin removed and cut into thin strips
- ☐ 2 tbsp soy sauce

- 1) Heat a wok or large frying pan until hot.
- 2) Pour in the oil and immediately tip in the vegetables and the chicken.
- 3) Cook for a couple of minutes, stirring them so they don't burn.
- 4) Add about half a small glass of water and cook until evaporated.
- 5) Add soy sauce and cook for a few seconds more
- 6) Serve up, adding more soy sauce if you think it needs it.

Vegetable Fajitas y

Serves 4

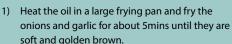
This is a great meal to cook for your new flatmates just before heading into town. A good tip with this recipe is to prep all the veg first.

You will need:

- ☐ 2 tablespoons of vegetable oil
- ☐ 2 large onions, thinly sliced
- 2 garlic cloves, crushed
- 2 red peppers, cored, deseeded and thinly sliced
- 2 green peppers, cored, deseeded and thinly sliced
- ☐ 2 chillies, deseeded and thinly sliced (you can have up to 4 chillies depending how hot you like food)
- 2 teaspoons of chopped coriander
- 250g button mushrooms, sliced
- 12 soft tortillas
- salt and pepper

To Top:

- □ salsa
- quacamole
- □ soured cream



- 2) Add the red and green peppers, chillies and coriander and stir well. Fry gently for about 10 minutes until cooked and tender.
- 3) Add the mushrooms and cook quickly for 1 minute more, stirring well to mix the mushrooms with the other vegetables. Add a good dash of salt and pepper and stir again.
- 4) Spoon the sizzling hot vegetables into the tortillas and add whatever toppings you like. Roll up or fold over the fajita, then tuck in!!

**If you are cooking with meat-eaters they could always grill some chicken

breast to add in it (just make sure it's kept separate)**



Macaroni cheese

Serves 1

You can't really go wrong with macaroni cheese and this recipe is really simple... plus it lasts a couple of days as long as it's kept in the fridge!

You will need:

- pasta shells/macaroni (enough for yourself and extra if you want it to last a few days)
- ☐ 15g (½ oz) butter
- 15q (½ oz) plain flour
- 100g (3½oz) cheese (cheddar works best)
- 200ml (7 fl oz) milk
- salt and pepper to taste

- 1) Cook the pasta according to the instructions on the packet.
- 2) Melt butter in a saucepan. Stir in the flour and cook for 1 minute, then slowly mix in the milk and bring to the boil, stirring until the sauce is thick and smooth.
- 3) Stir in the ¾ of the cheese.
- Drain the pasta and stir into the sauce. Sprinkle with the rest of the cheese.
- 5) Serve and season to taste.

Simple Spaghetti Bolognese

Serves 4

This simple recipe can also be used as a basis for other recipes such as chilli-con-carne.

You will need:

- ☐ 1tbsp oil
- 500g mince meat or veggie
- 1 heaped tbsp tomato purée
- ☐ 1-2 cloves of garlic, crushed or finely chopped or 1-2 tsp of garlic paste
- 1tsp oregano or herbs de Provence
- 1 can chopped tomatoes
- salt and pepper
- 500g spaghetti or other pasta shapes
- ☐ Freshly grated parmesan

- 1) Heat a frying pan over a moderately high heat for 2-3 minutes. Add oil.
- 2) Fry mince until beginning to brown, stirring gently (1½ - 2 minutes)
- 4) Add the tomato purée and stir into the meat until it is well distributed, stirring it all the time.
- 5) Add the garlic, herbs and chopped tomatoes. Season with salt and pepper.
- 6) Bring to a simmer, then turn heat and cook gently while you cook the spaghetti.
- 7) Cook spaghetti according to the packet
- Drain the spaghetti in a colander and stir into the bolognese, top with parmesan and enjoy!!





Surviving in Catered Residences

Surviving in catered halls isn't such a challenge as self-catering. However, don't disregard the self-catering survival tips as they will be invaluable should you move out of residence into private accommodation in your 2nd year.

Catered residences are great for meeting new friends as up to 28 people can be sharing a kitchen! Although this may sound hectic remember that you will be getting your main meals from elsewhere and it is only really at lunch time that you may wish to make a sandwich or beans on toast. The community rooms are pretty well equipped with a microwave, oven, toaster, kettle and fridge. It is a good idea to keep saucepans, knives and other kitchen utensils in your room because of limited space.

Getting your meals

Students living in catered residences automatically receive a card credited with enough value for at least one meal per day.

The Aber Card...

- 1. 10% discount on main meals.
- 2. Is guicker, safer and easier than cash!
- 3. Credit card size for convenience.
- Balance is given on till receipts so you can manage your budget more easily.
- Can be topped up by parents and friends as well as yourself!



The Underground

WHERE: lower floor, Student's Union, Penglais Campus.

WHEN: 9am – 3pm Mon-Fri. Closed Sat and Sun. **WHY:** The perfect place to grab a quick but tasty lunch. Very convenient for hanging out in between lectures. A great choice of fresh baguettes and rolls, mouth watering panini, jacket potatoes and a range of drinks and hot and cold snacks.

Blas Padarn

WHERE: Padarn building, Llanbadarn Campus

WHEN: 8am - 5.30pm Mon-Fri.

WHY: Hot meals, hot and cold snacks and

afternoon tea.

Blas Gogerddan

WHERE: Gogerddan Campus

WHEN: 8.30am – 2pm Mon-Fri, breakfast served

until 11am.

WHY: Full-Welsh breakfast, salad bar, sandwiches,

snacks and homemade cakes.

Y SCUBORfach

WHERE: Fferm Penglais Residences

WHEN: Café open Mon-Fri, building open 24/7.

WHY: Range of hot and cold snacks, vending machines also available.

IBER bach

WHERE: IBERS building **WHEN**: 8am – 6pm Mon-Fri.

WHY: Eat-in or take-away toasted sandwiches and

panini.

Ta Med Da

WHERE: Penbryn Residences

WHEN: 8am – 11.30am,12 –2pm, 4.30pm – 7pm.

9am-2pm Sat/Sun.

WHY: Ta Med Da is a newly refurbished restaurant on Penglais campus. It serves everything from delicious salads to cakes, pastries and roast meals, you can even have made-to-order rolls and they serve hot meals throughout the day. With varying size tables it's a great place to meet with friends and study groups.

Whatever your dietary needs, the staff at the on-campus restaurants will try their best to cater for you. Veggie, vegan, Halal, wheat for nut free as well as many more options are available on request.



Where to shop...

One thing's for sure you won't find it difficult to get the food shopping done in Aber. There are plenty of places to buy alternative foods in town, but to get you started here's some information about where to do your bigger food shops.

OCALINE

CK's

Waunfawr (behind Penglais Campus) A favourite of those living on campus owing to its proximity to all the residences. Reasonablypriced and has its own bakery and butchery section. Sources a lot of its produce locally. Open 7 davs a week.

Iceland

Alexandra Road (behind the bus station, next to Argos) The frozen food mecca. Often has great deals on branded goods, so it's worth popping in now and again, especially since it's next door to Lidl. Great deals on booze

now and again too!

Lidl

Alexandra Road (behind the bus station, next to Iceland) The ubiquitous budget supermarket is more often than not the cheapest place to do your shopping. It's worth doing your bigger shops here and getting a taxi or a bus back up the hill if you live there.

Spar

There are three Spars in town. Prices are higher here but the Terrace Road Spar is 24 hours so it can often get you out of a pinch. Be warned though: they stop selling alcohol at 1am!

Tesco Express

North Parade (bottom of main high street) Recently opened in the middle of town. Long opening hours, decent selection of items. Again, convenience is its main selling point. Avoid for big shopping expeditions.

Morrisons

Park v Llvn Retail Park (by McDonalds) It can be a bit of a trek, but

Morrison's is much bigger than everywhere else on this list, so might be your only option for the more obscure. The vast range of products often yields some great bargains.

Facilities

If you're living on campus, be sure the check out the residents' handbook provided, which tells you all you need to know about the facilities available to you on campus. Here's a quick recap on a couple of them.

Learning Centres and Computer rooms

Open 24/7 and include PC's, Wi-Fi, printing and photocopying services, vending and soft seating

- The Lounge @ Pentre Jane Morgan (open 24 hrs)
- The Lounge @ Rosser (open 24 hrs)

You can also find computer rooms around the university...

- Llandinam Building
- Hugh Owen Library
- Hugh Owen Building
- -Cledwyn
- Physicals Sciences Building
- Students' Union
- Elystan Morgan Building (Llanbadarn)
- Thomas Parry Library (Llanbadarn)
- Rheidol Building (Llanbadarn)
- -Old College (town)



Libraries

Hugh Owen Library, Penglais campus Thomas Parry Library, Llanbadarn campus National Library of Wales, next to Penglais campus Ceredigion County Library, Queen's Square, town centre, down street from the White Horse.

Launderettes

Each university residence has its own laundrette. You need to purchase a card (a machine is available is each) which you can then top up online. In town, there's:

Maes y Mor on Bath Street (near the Commodore Cinema) or Wash, Spin & Dry on Bridge Street.

Travel

Despite the countless hills, most places in Aber are accessible on foot. But in case you want to go further afield, or just want to rest your weary legs, here's some information on other modes of travel.

Trains

It is really easy to get to and from Aberystwyth regardless of where you're coming from! With a train that goes straight through to Birmingham International Airport, you can travel anywhere in the world conveniently. Be sure to get a Youngperson's Railcard and save yourself 1/3 off your journeys. Buy your ticket online in advance if you can, as it can save you quite a bit of money. www.16-25railcard.co.uk

Taxi

The town's main taxi rank is conveniently located right outside the train station, and there are a few key points where taxis park on Wednesdays and Saturday nights, but just in case here are a few numbers:



There are regular buses offering services around town and up to the campuses. Further information is available online:

www.traveline.cymru and www.ceredigion.gov.uk.

If you're thinking of using the bus often, it might be worth your while getting the student bus card for a one off price for the year. Contact the Student's Union for more details and to get a card. www.abersu.co.uk/travel



....Adding it all up

Financial Advice

Budget

Look at your income each term and figure out a weekly budget. If you can be bothered keep track of what you spend during the first few weeks. Remember to budget for everything, food, rent, course materials, laundry, petrol, and socialising. **BE HONEST** when you sort out your budget.

Student accounts

Try to do this before you start Uni to avoid massive queues. Check what they offer you as a graduate – you don't want to be with a bank that makes you pay back the over draft one week after finishing Uni! Most will offer you an interest free over draft of up to £1200.

Loans

You'll probably
need a student
loan! Fill out the
LEA forms before Uni
- they're horrible
but important.



If you find yourself overspent then the most obvious thing to do is earn some extra spending money by getting yourself a job.



Frugal living in Aberystwyth

Discounts

Always ask in shops, cafés and food outlets if they offer a student discount. You will automatically be part of the NUS at Aberystwyth, but for discounts in some places now you will need an NUS extra card which costs £10. You can buy this in Fresher's Week.



Over 160 savings on brands you love

Meal Deals

Meal deals are a great way of eating out on a tiny budget. Simply by finding one that suits you, you can still enjoy some of life's luxuries, without burning a huge hole in your budget.

Freshers' Week

This is expensive!

As well as going out all the time with new people you meet you will be joining clubs and societies, paying for TV licences, parking permits, bus passes and food. Everybody is in the same position so don't panic if you are over budget it will all even out.



Buses

If you are going to be living in town or on the seafront you should seriously ask yourself if you'll be walking up the hill everyday. If you invest in a bus pass at the beginning of the year it will save you loads of money and energy!

Trainee Hairdressers

As a student your hair is expected to look a little untidy but at some point you will have to bite the bullet and get a hair cut. Trainee hairdressers will cut your hair for up to

HALF THE COST.



Members of the Union's Medieval Re-enactment Society trying to recruit new members at the Fresher's Fair.

Blooming Health Alternatives

something new before heading for the antibiotics why not try:

The Chinese Medicine Centre
55 North Parade 01970 636777.

If the doctors isn't for you or you want to try

Over the counter

Health food shops are a good place to get vitamins that help prevent illness.

Maeth y Meysydd

Chalybeate Street 01970 612946

Windsor Health Centre

Terrace Road 01970 636 635

The Cambria

This lovely building hosts treatment rooms for many types of therapies and clinics, including: counselling, reflexology, acupuncture, hypnotherapy, psychotherapy, homoeopathy, reiki, CBT, massage and osteopathy. It also is host to The Aberystwyth Wellness Centre, the first of its kind in Wales. This offers a club facility and courses, alongside analysis and treatments for a wide range of health and lifestyle issues.

Call Karen 07702597702 for more info. www.thecambria.co.uk



The Student Wellness Centre

Located in the Student Welcome Centre on Penglais Campus, the Centre has a nurse available most days. Appointments are best.

You can get advice on mental and sexual health, medications etc. www.aber.ac.uk/en/

student-support/health

GPs

Register with a doctor as soon as you arrive in Aberystwyth

 we'll send you details before you arrive. You might not ever need to go but you really don't want to be filling out those forms when you're lurgied up to the eyeballs.

MIND

Exist to make sure anyone who has a mental health problem has somewhere to turn for advice and support. They're service includes a cafe style drop-in centre and a range of more structured services for people affected by mental distress. Wherever possible, they aim to address specific issues you may be facing and provide high quality and personalised support. The independent services are run by local people, for local people.

Everyone is welcome at Mind Aberystwyth! http://mindaberystwyth.org/

The Advice Centre / Students' Union

The Advice Centre offers support and advice in a safe and confidential space. You will find them on the ground floor of the Students' Union building at the end of the corridor.

Appointments only, so be sure to book: union.advice@aber.ac.uk

Tel: 01970 621700 www.abersu.co.uk/advice





Dentists

Unfortunately due to limited availability with NHS dentists, it is best to stick with your own and schedule your appointments around visits home.

There are plenty of private dentists in town, if paying for treatment isn't a problem.

However if you urgently need a dentist during your time here call NHS direct Wales on 0845 46 47 and they will organise an appointment.

GET SUPPERT

If you do end up getting yourself in a pickle, there's loads of support available:

University Wellness Centre

Offers advice on sexual, physical and mental health as well as experience of the student perspective. Located inside the Student Welcome Centre. studentwellbeing@aber.ac.uk

North Road Clinic

Contraception and STD Clinic 01267 248674 Drop-in Wednesdays 5:20pm–7pm Really friendly staff; medical check-ups, free condoms, morning-after pill etc.

Bronglais Hospital

01970 623131 (24hrs) Morning-after pill available.

Student Support

01970 621761

Tell Us Now

Through the University's Tell Us Now scheme, you can help the University improve the experience it offers other and future students.

www.aber.ac.uk/en/student/tell-us-now/tell-us/

MIND

The Mind website offers great support and advice about mental health, and they also have an information line that you can call: 0300 1233393.

University Sexual Health Drop-In Service

Sexual health advisory clinic available for free and confidential advice. Also, there is a C card scheme available for a free supply of condoms. Student Wellbeing service, Student Welcome Centre 01970 622087.



Be safe on the beach

One of the best things about spending time in Aber is getting together with friends at the beach. Barbecues and bonfires are permitted on South Beach only (the one closest to the Marina), so make sure if you are planning a big night, that you have it here! Also, do be careful when you are in and around the sea as the tides can come in and out really quickly and currents change very easily.

Aberystwyth Beach Buddies like that you have fun on the beach, but ask that you don't burn pallets as they leave behind 100s of nails that could hurt people and animals. Clear up after yourselves - there a special bins that take hot ashes, so there's no excuse.



Never swim alone

Never use inflatable toys in strong winds or rough seas.

If you get into trouble in the sea, stick your hand in the air and shout for help.

If you see someone else in trouble, tell a lifeguard or call **999** or **112** and ask for the **Coastguard**.

Don't go into the sea after drinking alcohol.

Be safe at home

Despite the fact that Aberystwyth is a very safe place, you should always do everything you can to prevent crime. When you go out, make sure you lock your door, and if you have a door code, make sure that only people who use it know it. As part of your University accommodation policy, you will receive some contents insurance through Endsleigh, however to make sure you are fully covered contact Endsleigh and your household insurer at home to check how much protection you have.

Pic: Matthew Colman

Nightline

A private and confidential, listening and information service run by trained students, for students. You can tell them anything, but you don't even have to tell them your name. They'll listen, not lecture.

Open 8pm - 8am every night during term time and during Fresher's Week, they'll be open between 6pm and 8am, 01970 621 717

f pages/Nawdd-Nos-Aberystwyth-Nightline/194380762214?fref=ts www.nightline.aber.ac.uk



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1. Use a condom.

99.99% of people who contracted an STI or who got pregnant, didn't. There are other ways to avoid pregnancy and we'll spare you the lecture, but check out this BBC website for anything you need to know. www.bbc.co.uk/radio1/advice/ sex_relationships/sex

2. Don't have sex with people you don't know well.

Sounding like your mother? Well, have sex with who you like, then... but at least have safe sex. There's no-one less trustworthy than someone who's looking for sex: they'll tell you anything. Also, the most embarrassing part of living in a small university town: you'll meet them again!

3. Always let a friend know where you're going. ALWAYS.

4. Drink sensibly.

Yes, I know I sound like your mum again, but the truth is most students who regret having sex had sex when they were drunk. (And, er, it's better when you're sober.) Also, protect your drinks: spiking is rare, but it's not an urban myth.





📊 Facebook | facebook.com/ 🥟

AberystwythUniversityNewStudents

one of our students or staff? Or let us know if you have any tips of your own you'd like to share!

Twitter |

@AberUni_UG | @AberUni

YouTube | youtube.com/aberystwythuni

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