

ABERDEEN UNIVERSITY STUDENTS' ASSOCIATION

STUDENT HANDBOOK 2008-09



ABERDEEN UNIVERSITY
STUDENTS' ASSOCIATION

FILLED WITH ADVICE AND INFORMATION FROM
ABERDEEN UNIVERSITY STUDENTS' ASSOCIATION

www.ausa.org.uk



The Moorings Bar

Aberdeen's Original Live Music Bar Venue Est. 1965



Top Ten Reasons to Frequent The Moorings Bar

- i 10% student discount on **all** drinks at **all** times
- ii **authentic** French Absinthe
- iii Somerset scrumpy and Scottish real ales
- iv premium imported beers and spirits sourced from around the globe
- v world famous jukebox and 7,000W HiFi quality sound system
- vi **Friday nights** - alternative DJs... lots of dancing
- vii **Saturday nights** - live bands playing original material
- viii **Sunday afternoons** - we become a cinema & screen movies
- ix **Sunday nights** - open stage night and jam session
- x **3x winner** Fudge Music Awards Best Live Music Venue 2006, 2007 & 2008



- free

- free

- free

Pirate Treasure Map

Sail from the city centre. Plot a course for the Easterly end of Union Street,

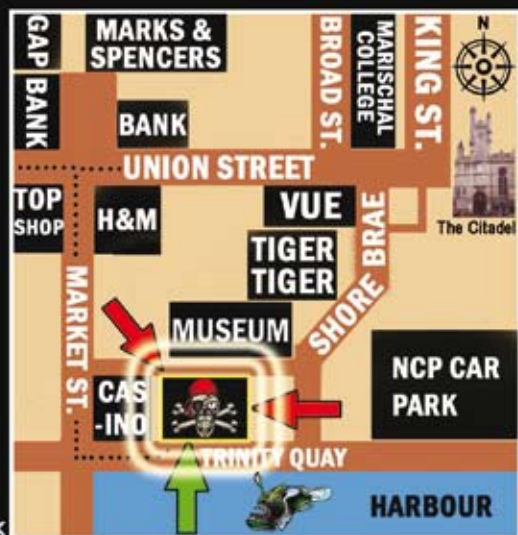
Drift South down Market Street for a distance of 200 paces.

Turn to port (left) and head East along the harbour front - that be Trinity Quay.

Mark a further 75 paces. Drop anchor.

There lies the buried **TREASURE** yaar!

www.myspace.com/themooringsbar
themooringsbar@themooringsbar.co.uk



Welcome!

Welcome to the University of Aberdeen!

Everyone at Aberdeen University Students' Association (AUSA) sincerely hopes that you will have a wonderful time studying here. Many of us at AUSA have either studied here ourselves or have a wealth of other relevant experience and it is our mission to share this with you!

We run a number of bespoke services and events for students at the University of Aberdeen and would whole-heartedly recommend that you use them!

This handbook has been produced by AUSA to offer you an insight into the University and to the City of Aberdeen itself. It aims to entertain and inform in equal measures. We hope that you will carry it with you throughout your University career.

Additional information is available online at www.ausa.org.uk

Enjoy!

Aberdeen University Students' Association



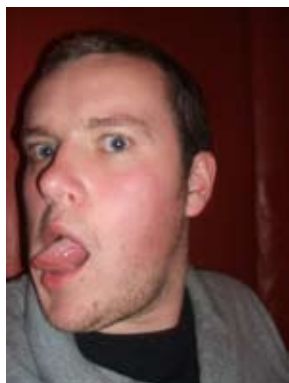
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Your Sabbatical Officers

www.ausa.org.uk/sabbs



Duncan McKay
President



Johnny Keating
Vice-President
(Societies
& Student Activities)



Sandy McKinnon
Vice-President
(Charities)



Nick Edwards
Vice-President
(Welfare
& Equal Opportunities)



Joy Elliott
Vice-President
(Education
& Employability)



Gordon Cox
Vice-President (Sport)

Sabbatical Welcomes

Duncan McKay, President

Greetings Freshers of 2008! It gives me great pleasure to welcome you to the University of Aberdeen in my capacity as President of the Aberdeen University Students' Association. Firstly, I must congratulate you on choosing Aberdeen, it truly is a great city to study in, I should know I've been here since 2003!

They say that university is the best time of your life, and whilst I can agree with it, may I add this qualification: university is what you make of it. Over the next few years you will be afforded unlimited opportunities – for example in my four (and a bit) years I've been involved in curling club, tennis club, writing and then editing for our very own student newspaper Gaudie, become a radio DJ on ASR, DJ'd regularly in the Union, organised a multitude of events on and off campus as well as eventually ending up with this job! My experience is not particularly rare and your student life here can be as varied and busy as you want it to be. At the end of my time here I even managed to get a degree! As a wiser man than myself once said, "it's your university that gives you a degree, but it's your students' association that gives you an education."

And that's where AUSA comes into play – all these activities I took part in didn't just happen. There are clubs, societies and activities for everybody. Trust me, if you get involved you'll have a ball!

Enjoy your Fresher's Week and hopefully I'll see you round campus.

Do hugs, not drugs.

Duncan McKay

Johnny Keating, VP Societies & Student Activities

Hello!

Fun, friends, hobbies are some of the ways you can describe societies. My name is Johnny Keating, and for the next year I'll be helping you find a society and an activity you enjoy to make your time at Uni a huge amount of fun!

Societies can be anything! What you enjoy doing – whether it be performing, dancing or whisky drinking. The fun part of your course – whether it be anthropology, law or medicine. An activity you've always wanted to do – whether it be capoeira, paintballing or juggling. Anything you can think of, I bet we have a society – and if we don't, pop and see me, and I'll help you set it up!

Societies not only introduce you to like minded people, they help build the skills you need to stand out from the crowd. AUSA Societies helps you boost your confidence, make new friends and provide a welcome distraction from the hum drum life of University.

If at any time you would like to come and chat about any society, or any of your interests, please do so, my door is always open. You can find more info in the societies/sport handbook, or on our website

www.ausa.org.uk/societies. I hope you enjoy Freshers' Week, especially the Societies Fayre, and I look forward to meeting you!

Johnny Keating

Sandy McKinnon, VP Charities

Hey everyone, welcome to Aberdeen. You will be told endlessly I'm sure that this is the best time of your lives but this is a major understatement, it's far better than that!!! It is such a great experience that I didn't want to leave so I'm still here for another year as part of the Aberdeen Student Charities Campaign.

Now my only advice to you is simply GET INVOLVED!!! You have already made the bravest decision by coming to University so well done, now you can live in the comfort that all your decisions you make at Uni will never be as daunting. I'll leave the studying up to you because I'm afraid that this is one of the sections of Uni life that we all have to do, however the rest of the experience is where we come in.

Your Uni experience is whatever you decided to make it, so make it a good one by getting involved. The Students' Association offers a wide range of activities from sports, societies, welfare, charities and the list goes on...

Aberdeen Students' Charities Campaign is open to any student who wants to do something to take their minds off the monotony of lectures and assignments. We offer a wide range of events which you and your friends can take part in, have fun and raise money for the wide range of local and national charities. We have events which include Jailbreak, Fashion Show, Student Show, Torch and many other events throughout the year. We also have other facilities, such as Bookends second hand book store on the ground floor of The Hub.

Remember, around a million people graduate with a degree each year from universities across the country...make a difference. Get involved.

Sandy McKinnon

Nick Edwards, VP Welfare & Equal Opportunities

Sex, alcohol, sports, clubs, essays, hangovers, societies, 9am lectures, beans on toast, forgotten deadlines, bars, exams, debauchery. Just a few of the things that have filled my life over the past 5 years as a student at Aberdeen - and all things that you have to look forward to in the years to come.

My name is Nick Edwards and I am very, very pleased to be your VP Welfare and Equal Opportunities for the upcoming year.

The life of a student can sometimes seem like one big cliché. Most of you will get drunk, many will hand in essays late (possibly a result of the alcohol), some will view cheese and onion crisps and an orange Kit Kat as a balanced meal, but I hope that however your time at Aberdeen University unfolds, you will all have fun and crucially be safe.

As the title suggests I am in charge of ensuring that your welfare is maintained and promoted throughout your time as a student. I am here to help give you advice and support with any problems you may have, assist you in academic appeals and other official hearings, promote welfare events and liberation campaigns for all of the 14,000 students the Students' Association represents. All of this in addition to providing you with all the free condoms you could desire!

My most important duty is to represent your views to the University and ensure your time with us is the best it can be. As such, I need to hear from you! I encourage you to pop into the Hub to say hello, drop me an email or stop me in the street. Whether you have a problem, query or simply want to know how to get involved, my door (cliché alert) is always open.

Have fun, and be safe and crucially if you don't enjoy it, you're not doing it right. (Some words that fit in so many contexts!)

Nick Edwards

Joy Elliott, VP Education & Employability

Whether you're lost in the maze of rooms at Hillhead, or battling the flyers at Freshers' fayres the first few days of your University life may not be completely focused on education! When it's time to hit the books and settle in to what can be a very intimidating timetable of lectures, tutorials, practicals and assignments, your Students' Association is here for you! As the Vice President Education and Employability, I work with Class Representatives and the Education Committee to bring your ideas and issues to the University. Together we ensure that your feedback is heard in University committees and Senate and work to provide a bigger student voice in all aspects of the University.

If you're looking to do more than just your degree, the Students' Association offers services to help you find JOBS and VOLUNTEERING OPPORTUNITIES. Come up to the second floor of The Hub and the staff at JOBLINK and the VOLUNTEERING SERVICE will be happy to match you up with the opportunity of a lifetime! Check out their pages a bit further on in this book. Don't fancy making a long term commitment? Maybe you're only with us for a short time? Check out the Dirty Weekenders! They provide one day or one weekend volunteering opportunities doing everything from painting murals to marshalling at races. It's a fantastic way to meet people and get involved. Just ask the sheep!

All your experiences at University will shape the path you take when you leave us! Get involved and be proactive! Your Students' Association is only as strong as it's members so come up and see us, we want to hear from you! Remember: "Doing nothing is very hard to do...you never know when you're finished."-- Leslie Nielsen

I hope you have a great start to your year and look forward to meeting you!

Joy Elliott

Gordon Cox, VP Sport

Last year I had one recommendation, get involved! This has in no way changed; after all I am back making the most of it! Take pride in being a student at Aberdeen University. We are a historical institution and are blessed with an amazing array of activities that even modern Universities such as RGWho would love to replicate!

Last year our interuniversity club success meant we were ranked third in Scotland for Sport! AUSA SPORT has 58 affiliated sports clubs. We have something to suit every student! They range from individual and precision sports to active traditional team sports. Most clubs own the equipment necessary for new members to join in so you can be a complete novice and still take part!

Our second pride and joy are our legendary events, we offer one-off events throughout the year like the infamous "Superteams". It's become a highlight of the sporting calendar with over 500 students taking part. Get ready to sweat it out for 1 day only... until you hit the after party and dance all night!

We also run Intra Mural leagues within the University. As with everything AUSA SPORT offers, your level of ability is inconsequential, and you can enter a team of friends to compete and have a laugh!

AUSA SPORT offers numerous events that are a great way to meet people and be sporty! I beg you, please turn up and get involved!!! Make the most of University and don't leave with any regrets!

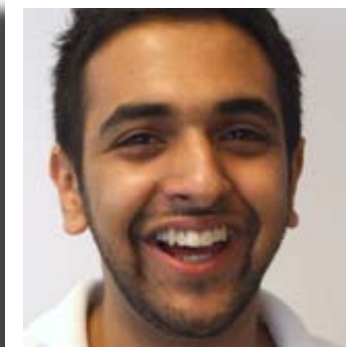
Gordon Cox

NUS Scotland Welcome...



Welcome to Aberdeen University. Whether this is the start of your student life or a continuation of your studies, AUSA and the National Union of Students (NUS) Scotland are here to ensure you get the most out of your time at university.

NUS Scotland exists to protect and promote your rights and ensure that your experience as a student lives up to your expectations. We support Scotland's students with active campaigning and through training, development and up-to-date research and advice on a huge range of issues which affect them. Our aim is to give you a strong voice on a national level.



We are the established voice of students in the Scottish Parliament, and organise events to lobby MSPs, engage in consultations with the Scottish Government and give evidence to numerous parliamentary committees, all in an effort to ensure that new legislation improves your life as a student.

Thanks to the lobbying work of NUS Scotland, Scottish students will no longer pay the graduate endowment and will not pay any tuition or pay top-up fees. However, we continue to campaign for a better deal.

We are lobbying to increase grants and widen access to education. We also campaign on the wider issues facing students, such as the cost of public transport, student housing, equality and rights at work. These are all issues being addressed by NUS Scotland on behalf of Scotland's students.

The voice of students is one of the most powerful in the education sector. Because we have a minority government, the policies of all the political parties will create the agenda of the Scottish Parliament and it is up to Scotland's students to ensure that each party follows through on the pledges in their manifestos to improve the lives of students.

You can keep in touch with all the work of your national union online at www.nus.org.uk Remember to pick up your NUS Extra Card for discounts and deals in loads of shops and restaurants, as well as online.

On behalf of NUS Scotland, I wish you all the very best and hope you have an excellent time at Aberdeen.

Gurjit Singh, President, NUS Scotland

A handwritten signature in black ink, which appears to read 'G. Singh'.

Aberdeen University Students Association

www.ausa.org.uk

What is the Students' Association?

Aberdeen University Students' Association is an organisation independent from the University which is concerned with just about every aspect of student life and it aims to make your time here as happy and productive as possible.

What does it do?

The Students' Association are the people behind:

Student Bar - "The Union", Freshers Week, AUSA SPORT, AUSA SOCIETIES, AUSA JOBLINK and AUSA VOLUNTEERING, AUSA INFO & ADVICE, BookEnds, Aberdeen Students' Charities Campaign, AUSA REPRESENTATION, AUSA WELFARE, a host of events and much, much more!

We're your buddies, your allies and are here to represent you! Whether you want to have a stupendous amount of fun, or whether you need someone to tackle the important issues - we've got all sides covered! For everything you've heard about University life, but are yet to experience, we're the people to come and see!

Where to begin?

We co-ordinate all of the 50+ affiliated Sports Clubs and 80+ Societies active at the University of Aberdeen through our team of Sabbaticals and staff. We also organise numerous fayres including the "massive" Freshers' fayre, also societies, sports, welfare, accommodation and recruitment fayres, Graduation Balls and parties at 'The Union' and other venues throughout the city. We make ourselves available to you in person Monday through to Friday 9am - 5pm. If you have any enquiries we're a good place to start.

What do Sabbaticals do?

The "Sabbaticals" are students who have taken a year out of study or have just graduated, with their purpose being to represent YOU, full time. There is the SA President who is responsible for the Students' Association itself, and there are five Vice-Presidents responsible for the wide ranging remits of the Students' Association.

President

Has overall responsibility for the Students' Association

Represents the Students' Association on all matters

Attends University Court to ensure the Students' Association is getting the best deal for students

Represents the views and positions of the other Sabbaticals and their remits when they're not present

Is responsible for Gaudie and Aberdeen Student Radio

Vice President Societies & Student Activities

Coordinating and supporting all societies

Coordination of finances for societies

Creation of new societies and maintenance of existing societies

Initial support for society publicity and events support

Vice President Welfare & Equal Opportunities

Coordinating the Welfare Services including student representation

The Info & Advice Centre

The "listening support service" Niteline

Promotion of on-campus safety and a range of campaigns

Vice President Education & Employability

Overseeing the training and advising of class reps

Ensuring the quality of teaching and learning is continually improved for students

Researching the current trends in education

Campaigns for the best deal for all students on local and national education issues

Oversees the Volunteering Centre and Joblink

Vice President Sport

Overseeing the running of all of the affiliated Sports Clubs

Campaigns for better funding for Sports Clubs

Liaises with and campaigns to the University for better facilities for Clubs

Liaises with BUCS and SUS (British Universities & Colleges Sport and Scottish University Sport) in the coordination of the University of Aberdeen Sports Clubs participating in leagues and competitions

Vice President Charities

Overseeing the fundraising team

Coordinating efforts & events across the city's universities and colleges including the 'Torcher Parade' and the 'Student Show,' to raise money for good causes

The AUSA Strategic Plan & Students' Union Evaluation Initiative (SUEI)

www.ausa.org.uk/about

The strategy for Aberdeen University Students' Association aims to look ahead and outline developments that will drive the organisation forward.

The document has been 'live' for three years and we are delighted that many of the aims and objectives proposed for years one and two have been achieved. We are currently reviewing the plan and also looking forward to producing a new document for a further 3 - 5 year period.

There are both exciting and challenging times ahead and AUSA will do all it can to offer quality provision for all.

AUSA is confident that the strategy and our participation in SUEI provides the basis for continuous improvement and further development of key services and opportunities, thereby enhancing the student, staff and community experience.

This comprehensive and ambitious document is available on the AUSA website.

Further information is available from Mike Seed, SA General Manager
m.seed@abdn.ac.uk

AUSA ONLINE - www.ausa.org.uk

AUSA have a brilliant new website! Not content with hosting our services in The Hub and Butchart, we also like to have a special place in cyberspace so you can visit us there too!

From the comfort of wherever you are, you can peruse part time jobs, look for volunteering opportunities to improve your CV and even keep abreast of the phenomenal events we've got going on at the Union Bar! While you're there, why not find somewhere to live and use the web forum to find someone to live with!

Our site also allows you to get in contact with Sports Clubs and Societies at the click of a few buttons so you can make the commitment to do something whenever it suits you! If ever you're feeling down or lonely, the Info & Advice pages can point you in the direction of people that can help.

You can download recent and past editions of our incredible student newspaper "Gaudie" and use our "What's On" Section to get all of the latest gossip from campus and halls.

Basically, if you're ever stuck for something to do between lectures, or if your MSN Messenger buddy has just fallen asleep, why not log onto www.ausa.org.uk and familiarise yourself with the site!

There are also NEW Blog and Poll sections and a swanky new gallery for photos and videos to view and upload!

Check it out and register TODAY!

LOG ON & VISIT OUR BRAND NEW WEBSITE! AUSA ONLINE

Home | Sub pages | Sub page 2

LINK FIC | LINK FIC | LINK FIC

AUSA ONLINE

SEARCH

WOMEN

ABOUT AUSA

WHAT'S ON

SPORT

SOCIETIES

JOB LINK

ACCOMMODATION

ADVICE & SUPPORT

STUDENT DEVELOPMENT

SERVICES

IT'S FRESHER'S WEEK!

WHAT TO DO & WHERE TO GO

- SURVIVAL TIPS
- WHAT TO ASK
- HEALTH & SAFETY & MUCH MUCH MORE

GET READY FOR THE BEST WEEK OF YOUR LIFE

SPORT

GET YOU HEATED ON SOME BALLS!

From: Clubs to Fitness, if Sport's your thing, you'll find it here >

SOCIETIES

WE DO ANIMALS ILLEGALLY!

From: Antisocial to Zoology, if you are into it, we have a society for it >

ACCOMMODATION

WE'VE BEEN EXPECTING YOU!

Looking for a flat? Having Landlord problems? We can help >

STUDENT DEVELOPMENT

LIKE YOU... ONLY BETTER!

Feel the need to volunteer? Want to help 'charity'? And come on in >

JOB LINK

OR YOU GET A JOB

If you stay hard, you gotta work hard >

Joblink is supported by Agency

ADVICE & SUPPORT

EVERYONE NEEDS A LITTLE TLC!

Click here for some advice. Always free, always handy >

LOG IN / REGISTER

USERNAME

PASSWORD

GOT SOMETHING TO SAY?

Well, we've got the very place for you!

BLOG SPOT >

BIG QUESTIONS NEED ANSWERS...

Dirty or Chips

Yes or No

Good or Pe

MORE ONLINE POLLS HERE >

YOU DID IT, WE FILMED IT, WE RUL!

MOVIE & PICTURE GALLERIES >

www.ausa.org.uk

History of the University

www.abdn.ac.uk



King's College, Aberdeen

The University of Aberdeen can trace its foundation back to 1495 when a Papal Bull founded this historic University. Its establishment was almost single-handedly the work of the Bishop of Aberdeen of the time, William Elphinstone. He recognised the need for more doctors, lawyers, teachers and clergy to serve a community that was then far more isolated than it is today. King's College – or the College of St Mary in the Nativity, as it was first known, was the third University to be established in Scotland, following St Andrews in 1411 and Glasgow in 1451. Across Britain only Oxford and Cambridge universities are older.

Marischal College, Aberdeen

In 1596 the Earl Marischal founded a second college and university in New Aberdeen – today's city centre. The current Marischal College is the second college, built on top of the original buildings at the end of the nineteenth century. The huge granite building is the second largest in the world, and is now largely unused, but the spectacular Mitchell Hall will be used for your Graduation Ceremony.

One of the Cities' proud boasts is that for 267 years Aberdeen had the same number of universities as existed in the whole of England. Interestingly enough, Adolf Hitler (the dictator) rated Marischal College as his favourite building in the UK and, had his evil plans worked, it would have been one of his homes. Interestingly though, the building is currently being renovated by Aberdeen City Council as it prepares to take over the building as a replacement HQ for the ghastly St. Nicholas House on the opposite side of Broad Street.

The University of Aberdeen

It was only in 1858 that the two separate Universities of Aberdeen merged to form one University. Arts and Divinity were taught on the King's site and Law and Medicine at Marischal. Over the twentieth century teaching has been moved onto the King's campus with Medicine being moved up to Foresterhill to sit beside the Hospitals.





The Running of the University

With a few adjustments, the University has been governed in the same manner for around 140 years. Understandably there are various areas that have rather archaic names.

The University Court

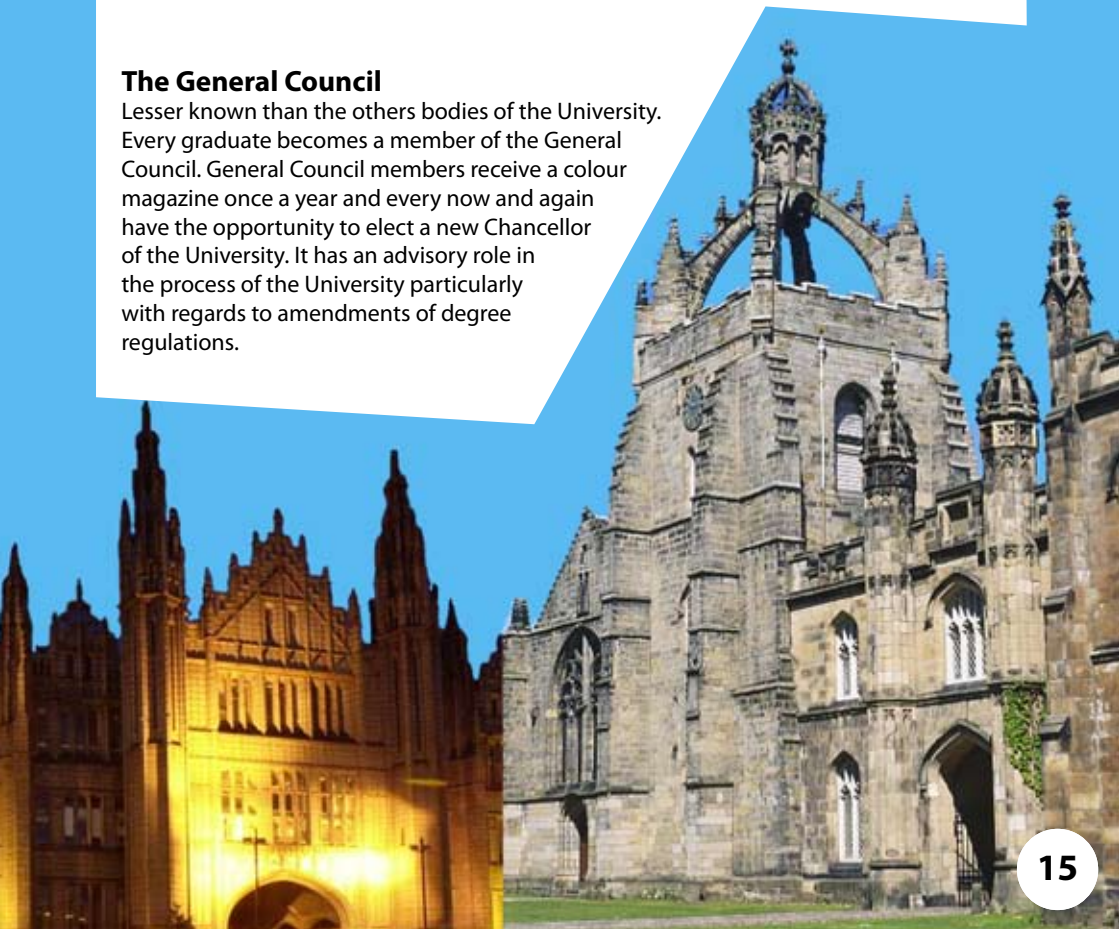
The Court is the governing body of the University. It has powers over the University's finances, employs staff, owns all assets, buildings and all other facilities, and sets policy related to these (except academic matters - see Senate). The court appoints professors to Chairs, authorises the buying and selling of property, blueprints the University's five year plans, authorises developments such as sporting facilities and sets the University's budget.

The Senate

Still archaically referred to as the "Senatus Academicus", this is where decisions are taken about academic and educational matters. Where Court looks at the business imperatives of things, the Senate covers the introduction of new degrees to medical and class certificates. The Student's Association have 14 student representatives on Senate, so the student voice is loud!

The General Council

Lesser known than the others bodies of the University. Every graduate becomes a member of the General Council. General Council members receive a colour magazine once a year and every now and again have the opportunity to elect a new Chancellor of the University. It has an advisory role in the process of the University particularly with regards to amendments of degree regulations.



Important People



Principal - Professor C. Duncan Rice

Unlike the Chancellor and the Rector, the Principal is a full time member of staff appointed by Court. The Principal is the "big Daddy" of the University and is responsible for everything the University does - looking after academic issues as well as financial and administrative matters. The Principal is formally the Vice-Chancellor in Scotland, and so he or she is allowed to hand out degrees. Our current Principal is Professor C. Duncan Rice and has been Principal and Vice-Chancellor of the University of Aberdeen since September 1996. He was previously Dean of the Faculty (1985-91), and Vice-Chancellor (1991-96) at New York University.



Chancellor - Lord Wilson of Tillyorn

Regarded as the figurehead of the University. Elected by General Council, the position is largely ceremonial. The Chancellor keeps the job until he/she has had enough. The current Chancellor is Lord Wilson of Tillyorn who was Governor of Hong Kong during the mid-80s and early 90s. The Chancellor's main duty is to confer degrees on behalf of the Senate.



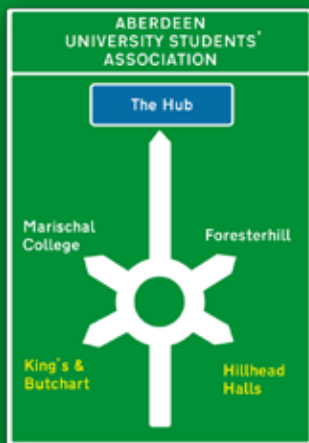
Rector - Stephen Robertson

Your newly-elected Rector is local comedian Stephen Robertson of Scotland The What? fame. Himself a graduate of the University of Aberdeen, Stephen has strong links with students and with the University. His career both in Law and in showbusiness started here with a degree and involvement in Student Show (see Charities section for more!). He is keen to campaign on behalf of YOU and in particular, wants to see increased provision for on-campus social and cultural engagement space.

The Rector, an ancient post dating back to the foundation of the University in 1495, has been (since 1860) the students' representative on University Court. Rectors serve for 3 years and appoint to Court a Rector's Assessor. Students' interests are further served at Court by the President of the Students' Association, ex-officio.

and...
YOU!

Location, Location, Location...



Hillhead

The largest conglomerate of student accommodation in Aberdeen, Hillhead is the original student village, replete with shop, launderette, games hall and pub.

Wedged between Seaton Park and the River Dee with a variety of halls and low-rise blocks of flats, Hillhead is a convenient half hour walk from town and 10-15 minutes from campus. The number 20 bus takes you direct to town (just opposite the Union!) via campus.

You can get to Hillhead either via Don Street (NB the ONLY way to go at night) or via the aesthetically pleasing but secluded Seaton Park, which is fine during the day, although it is ill advised to walk through the park alone at any time.

Foresterhill

Foresterhill is not on Kings Campus; although it's a mere 25 minute walk away. It is here where the medics are based. However if you study something like Biomedical Sciences or Neuroscience expect a trek up there quite often.

Elphinstone Road

Elphinstone Road runs parallel to the High Street, this is where you'll find The Hub and Elphinstone Road flats.

High Street

If you are walking to Campus from Hillhead via Seaton Park then it is practically impossible to miss the High Street - a bank, the Machar Bar, a newsagent, the Auld Toon café, and the Chaplaincy are all here!

Butchart / Kings

On University Road (at the end of High Street) there are currently four tennis courts (which are football pitches in the winter, so probably football pitches when you guys arrive!). Opposite these courts lie the famous walls of Butchart... Home of AUSA SPORT and some of the best-looking people ever created! Here you'll find the inimitable VP Sport Gordon Cox along with a heap of other guys and gals from various sports-related activities.

The Hub

The Hub is the building that encases the majority of AUSA's services. Due to the scale of their operations, AUSA Sport are located in Butchart Recreation Centre on University Road. But don't run there just yet, we want to tell you about The Hub!

The Hub houses many of AUSA's services. On the ground floor in shoppinghub we have our BookEnds store wherein you can buy second-hand textbooks and then sell them when they become surplus to requirements!

On the first floor hang a right when you're up the stairs and you'll find all manner of treasures on the adjacent corridor. The first space on your left is AUSA SOCIETIES Centre: the HQ for the 80+ Societies affiliated with AUSA! Whether you fancy a gossip, need to use the computers, photocopier or cut your DIY flyers with the scary looking guillotine this is the room for you. It's also a great place to hold impromptu meetings.

The next room is the Headquarters of Gaudie, Aberdeen University's weekly student newspaper. If you want to submit an article, report a story, get CDs or concert tickets to review or simply watch a group of journos arguing over the big computer monitor, pop by and get involved.

The Bull emblazoned on the next window goes by the name of Angus. This furry looking fellow is the mascot of the Aberdeen Students' Charities Campaign. The Charities gang are always busy with something or other, whether it's the "Eureka" Magazine, the Torch Parade, Schools Collections or other madcap fundraising initiatives... they always welcome a friendly face.

The final door on the corridor leads to the AUSA INFO & ADVICE Centre. Here you will find our friendly staff on hand to answer questions that you might have about ANYTHING! Accommodation, Health, Finances... anything you need to know, you can begin by asking here.

Take a trip up the stairs (or even the lift) to Floor 2 and you will find even more AUSA Services!

Through the door to your left and you will see the AUSA Joblink and Volunteering Centre. Here you can find a part-time job and a volunteering opportunity to make your CV explode with relevant and valuable experience!



After you've done there, keep those legs moving and wander through the double doors to find the AUSA Reception. Here you can grab those lovely Sabbatical Officers by the horns and speak to them in person. It is also the best place to get hold of any AUSA member of staff. From here you can obtain keys to quiet rooms, book minibuses for your club or society or even start your own society.

Other services in The Hub

The Hub doesn't just contain the AUSA services... Oh no! On the ground floor, ShoppingHub also includes a number of different retail outlets including the Saks hairdresser, ShopHub convenience store as well as a Subway. The ground floor is also home to Tiki Café, which serves up a range of right-on organic and Fairtrade coffees and treats to enjoy. There are even laptop friendly sofas and funky computer stations for you to surf the internet.

On the first floor you will find "HubGrub", a veritable plethora of food outlets serving TraditionalGrub (meat and two-veg), OrientalGrub (noodles, rice, curries), Grab-itGrub (create the sandwich of your dreams), ItalianGrub (pasta, pizzas) and FastGrub (fruit smoothies, pancakes, fajitas). No matter what you feel like eating, there is a large chance you will find it here!

Also on the first floor, is The Hub's GlobalHub...an ideal space if you fancy catching up with international news on the plasma screens, or in publications from around the world. If that's too much like hard work, just relax in one of the incredibly comfy seats and catch up with friends.

Student Support Services are on the Ground Floor and The Careers Service are on Floor 2 - more about them later.

For more info go to www.abdn.ac.uk/thehub





Food For Thought

From a light bite to a three course meal, in halls or around Campus, you are spoiled for choice when it comes to food on Campus!



tiki café

eat
AT JOHNSTON

thehub

source
HEALTH BAR

Where to Eat?

- Eat @ Johnston House
- Hub Grub at The Hub
- Tiki to go at Taylor Building & Queen Mother Library
- Tiki Cafes at Crombie, MacRobert IMS Atrium & Polwarth
- Tiki Internet Cafe at The HUB
- Zeste Bistro at Crombie Hall

Zeste
AT CROMBIE





Ground Floor

- A HUB Reception
- B Lift Access to First & Second Floors
- C BookEnds

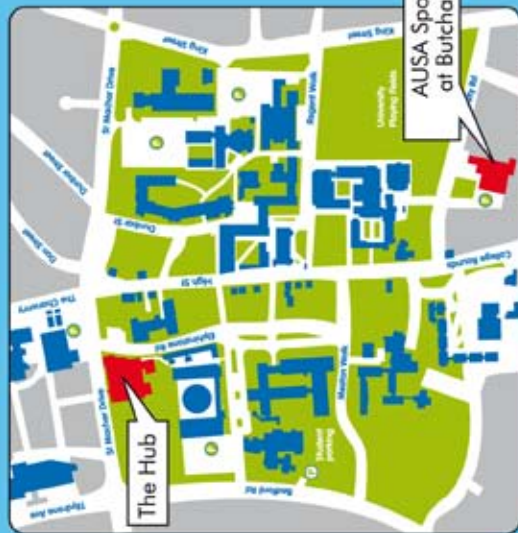
1st Floor

- D Societies Centre
- E Goudie Office
- F Charities Office
- G Info & Advice Centre



2nd Floor

- H AUSA Reception
- I Jablink & Volunteering Centre
- J Careers service



Student Support Services

www.abdn.ac.uk/central/students



Life as a student should be a great adventure - exciting, challenging and stimulating. Now and again, it can be difficult - but you don't have to face it alone. Student Support Services, working closely with the Students' Association and others, consists of people whose main role is to support students - the Student Advice & Support Office, the Chaplaincy, the Counselling Service, Wardens in Halls of Residence.

Advice - Tel: (27)3935

The Student Advice and Support Office, in The Hub, Elphinstone Road, offers confidential support, advice and information on a wide range of matters. Staff include Student Support Advisers, Disability Advisers and International Student Advisers: they do advice, information and support - they don't do judgmental! Funds for financial assistance for students, including the Childcare Fund, are managed in that Office.

Counselling - Tel: (27)2139

The University Counseling Service in 5 Dunbar Street is a totally confidential service, offering one-to-one meetings with professional counsellors.

Disabilities - Tel: (27)3935

The Disability Advisers are Dr Lucy Foley (Head of Student Advice &

Support Office and Senior Disability Adviser), Rachel Salmon and Coreen McIntosh. They can advise students who have disabilities and assist them, if required, to make application for a Disabled Students' Allowance.

International students -

Tel: (27)3935

As an international student you are most welcome not only to the University, but also to the city of Aberdeen and to Scotland as a whole, a country full of history and tradition. We hope you will come to enjoy and participate in our culture, and in turn share your own with your fellow students.

There are student support channels specifically for international students, to assist and advise you on any issues you may have. For more information check out the university web site under "Student Support".

Here are a few things you might want to know when you have just arrived in Aberdeen.

Opening a Bank Account

You are advised to open a bank account as soon as possible after your arrival. Do not carry large amounts of cash or travellers' cheques around with you. You should either try to open a bank

account immediately or pay tuition fees immediately. Opening a bank account is not always easy, but the following information should help you. Banks will often not allow you to open a current (student) account until your credit record can be checked. You should be allowed to open a savings account where you can deposit money.

To open a bank account you will need: your passport, University offer letter or ID card, accommodation contract (proof of address in Aberdeen), sponsor's letter (if you have an official sponsor - not family members). If you have difficulties with opening a bank account, the Registry (in the University Office) can provide a letter confirming your details.

Police Registration

Some students are required to register with the police (this requirement will be on your visa or stamped in your passport). Grampian Police will come to the University to register students on Tuesday 7 October 2008 from 10am to 12 noon in Room 3 in The Hub. Although you are normally required to register within 7 days of your arrival, this is not important if you are able to register at the session arranged at the University. You will need the following: £34 registration fee, passport, 1 passport-sized photograph, Certificate of Acceptance or student ID card from the University, proof of Aberdeen address (for example, accommodation contract, tenancy agreement or invoice/bill with your address on).

Health

Students who are studying on full-time courses of any duration in Scotland (and their dependants) are eligible for medical treatment under the National Health Service (NHS) from their first day of arrival in Scotland (that is to say, they are immediately regarded as 'ordinarily resident'). You are advised to register with a local NHS medical practice as soon as possible after your arrival. Hospital treatment and visits

to your medical practice are free. Charges are made for prescribed medication. There are also charges for dental treatment. Sight tests are free in Scotland, but there are charges for contact lenses and glasses.

Part-Time Work

If you are an EEA or Swiss national, there are no limits on the hours or type of work you can do. If you are from a newer EU state, you may have to register under either the Worker Registration Scheme or scheme for Bulgarian and Romanian nationals.

In general, full-time international students (with visas) are permitted to work for up to 20 hours per week during term time (this may be increased during holiday periods) with certain conditions. Your visa will tell you whether or not you are entitled to work part-time.

To find out more visit the University's web pages for international students at:

www.abdn.ac.uk/central/international

Our International Student Advisers, Michele Theodule and Glenda Hale, can provide information on many aspects of student life at Aberdeen and in the UK, and are professionally trained to provide specialist advice on visa and immigration matters. Michele and Glenda are based in the Hub, Elphinstone Road, in the Student Advice & Support Office (Tel: (27)3935).

Wardens

Each of the two halls of residence sites, in Hillhead and in Crombie Johnston/Elphinstone, has a Senior Warden and a team of wardens to offer students information and advice. They are University staff or 'senior' students and it is part of their job to help students adjust well to University life.

The Chaplaincy Centre at 25 High Street

Is a place of welcome for people of all faiths and none.

The chaplaincy centre provides:

- A team of friendly chaplains who offer a confidential listening ear to anyone
- Hospital visits for those who ask
- Social nights at Hillhead Halls of Residence
- Wednesday Fair Trade Lunches
- Meeting rooms for groups to eat or meet (Booking ahead is essential)
- Small group studies, walks, social events, retreats

Religion in Aberdeen

People of any faith or none are welcome at Aberdeen. The University is proud of its long tradition of mutual respect.

There are communities of believers of almost every faith active in the city. For information about faiths you may contact the University Chaplaincy at 25 High Street but here is a brief overview:

There is no state religion in Scotland. There is however a Presbyterian church called the Church of Scotland, and in the 2001 census 42% of the population claimed some allegiance to it. 16% of Scots are Catholics and there are 43,000 Muslims (1%). The Scottish Episcopal Church is part of the Anglican Communion.

On campus, King's College Chapel is still at the heart of the University as it was 500 years ago. It is used each week by a variety of spiritual traditions. It is also a prayerful place of refuge for many students of any background. The University Chaplaincy Centre at 25 High St is a place of welcome for students of any faith or none faith at all. The Roman Catholic Chaplaincy is down the street at 7 High St and further down at 164 Spital is the Aberdeen Mosque and Islamic Centre. Also look up the societies' pages in this book. You will find there a student-run religious society to welcome you to Aberdeen.

SO...

The message is that there really are many people who're here to help you with information and/or advice. If you have a query or a difficulty – ask somebody, before the difficulty becomes a problem (and, even if it does become a problem, it really is never too late to ask). Details on all the above are on our web pages:

www.abdn.ac.uk/central/students



Like a precious gem, the AUSA Info & Advice Centre is a treasure worth hunting for. Tucked away in the corner of the first floor of The Hub, it is the place to get help for all of university's little challenges. You'll be able to get info on private accommodation, advice on housing issues, details of academic appeals and complaints, advice on financial matters, and access to free contraception. If that wasn't enough to tickle your fancy, you'll be able to pick up loads of leaflets on everything from mental, physical and sexual health, you can grab your free security pack, buy your own personal attack alarm, send that fax to home, and call university and local services from the Centre for free! Even if you just fancy a chat, the Info & Advice Centre is the place to be.

Accommodation

Living at the Neverland Ranch isn't an option these days, besides it'd make getting to your early morning classes at the Arts Lecture Theatre a bit of a thriller!

As luck would have it more convenient options exist closer to hand. At the Info & Advice Centre you can access loads of info on available private housing in Aberdeen, from rooms in shared flats to 6 bedroom party pads. All our accommodation is now online, so you don't even have to leave the comfort of your bed to find that new crib. The Info & Advice Centre can even advise you on housing issues, including landlord problems and advice on renting.

You can check out our accommodation website at:

www.ausa.org.uk/advice/accommodation or pick up a copy of our Accommodation Handbook for hints and tips!

REMEMBER: Always read through your contract regardless of what type of accommodation you are staying in. Check that you understand and accept its terms before you sign.

The Info & Advice Centre is the best place to come for unbiased information on student accommodation in Aberdeen. We also list all of the student accommodation companies in Aberdeen. The University has a number of sites on, and off campus.

- Hillhead is slightly north of Kings Campus past Seaton Park... about a 15 minute walk away from campus.

- There are a small number of flats available on Elphinstone Road (Near The Hub).



- Crombie and Johnston Halls are located just off the High Street on the Kings Campus. Contact the University Accommodation office on: 01224 273502.

- UNITE, in partnership with the University of Aberdeen, will bring 520 new student beds for the 2008 academic year. Occupying the former Carnegie Hall, New Carnegie Court is a brand new development of en-suite self-catered flats

Unite provide accommodation close to campus at four sites. The Mealmarket Exchange (opposite the Union), King Street Exchange (opposite the University's MacRobert Building), The Old Fire Station (Near Morrison's Supermarket) and Spring Garden (next to the Mounthooly Roundabout). For more info contact Unite on: 0117 907 8100.

Liberty Living provide accommodation at Don Street, close to campus, in the direction of Hillhead. Contact Aberdeen Student Village on: 01224 497845.

There is also accommodation available on campus at Hunter and Cooper Courts. Operated by Hunter Construction, contact them on: 01224 288000

House of Multiple Occupancy Licenses

If you're living in a house with 3 or more unrelated occupants, make sure the property has a valid HMO license, and that the landlord is registered with the council, this way you can be sure that you will get a basic standard of safety features for your accommodation.

If your tastes are more modern apartment than halls and wardens, then Ardmuir (student friendly accommodation) provide student flats at Linksfield, Trinity Court, King Street and Froghall, all close to Campus. Contact Ardmuir on: 07768 164 704

Niteline

www.ausa.org.uk/niteline

Tel: (01224) 27 28 29

Niteline is a confidential listening and information service run for students by students. Niteline is open from 8pm – 8am every night during term-time. The Niteline volunteers are trained to the highest possible standard through an intensive course of expert training. Calls are also anonymous and non-judgemental. Niteline is first and foremost a listening and information service... if you need someone to talk to, Niteline is a good place to start.



Money, Money, Money!

www.ausa.org.uk/advice/finances

When you first arrive at university you can be overwhelmed by the amount of freedom that you are now given. Not least financial freedom, or at least that's how it seems. The amount of money that you are likely to handle in the next year or so will probably be the biggest you will have had access to so far. With loans and parental contributions to handle and also managing the overdraft and credit facilities that are now open to you, you need to be aware of the pitfalls. A word of caution: while spending £100 without batting an eyelid is surprisingly easy – bear in mind that to earn that money can take upwards of 27 hours!

It's perhaps easy for us simply to preach at you, but that is certainly not our intention. So how do we convince you that it is possible to survive financially as a student?

Here are some guidelines

Make a budget to the best of your abilities. We understand though that as a student it can be hard to estimate an average weekly income, especially for those who are working and don't know what hours they will have from week to week. Set down basics such as rent, food, electricity and then work out what is left. Don't forget to include toiletries and books.

Make sure you shop around for your student account. Get the best deal you can. On campus there is a branch of the Bank of Scotland open normal business hours.

Make sure you get into the habit of opening and checking your bank statement. Avoid 'split banking' i.e. keep all your accounts with just one bank.

Limit or refuse the credit facilities available to you. Store cards can be an attractive offer but ask yourself whether – even with a discount – is it still value for money when you consider the interest they will add? Especially as several stores around Aberdeen offer student discounts anyway. It doesn't seem like real money on a plastic card. Pay by cheque or cash and you'll have a more realistic view.

Maximise your income. For some of you it shall be necessary to get a job to supplement your income. You are not



alone and AUSA Joblink is available, through which many students have found employment. Remember, however, that the University recommends you work no more than 15 hours a week. International students are advised to check whether they have permission to work.

If you are taking a job make sure that you get the appropriate tax code. Most employers who are already employing students will know about the P46 and P38 tax forms that will help you make full use of your annual tax-free allowance. If they don't, let them know!

Minimise your expenditure. It can be hard to police yourself when you are out shopping. Even when it comes to food, you now have total control over what you buy to eat. Just be realistic about what you really need and try to keep treats to a minimum. Make a list and stick to it. Buy essentials e.g. toilet rolls in bulk when there are offers such as "3 for 2", or "Money off" offers.

If you find yourself concerned about money worries then feel free to contact the Students' Association. We have a money advisor available, so don't tuck it away in a corner it will only get worse if you do. The money advisor can help you sort out a realistic budget and help you to consider other options that you perhaps would have missed on your own. Appointments can be made through the AUSA Info & Advice Centre.

Additional sources of income

Hardship Fund

There is a fund available from the University for students who encounter "unexpected and/ or exceptional" financial difficulties. It can't pay for tuition fees or major living costs, but it assists many students each year.

Application forms are available from various places, including The Hub, the



Medical School and the University Office. Some supporting documents (eg bank statement) will be asked for.

Travel Grants

Don't forget that Scottish students who are supported by SAAS (Student Awards Agency for Scotland) are eligible to apply for repayment of travel expenses at the beginning of the second term, just after Christmas, (under certain conditions). Full details of the grant plus the form can be downloaded from the SAAS website www.student-support-saas.gov.uk

Keeping Safe In Aberdeen

Most of this is common sense but we recommend you make every effort to follow this advice to keep yourself safe, as prevention is always better than cure. Fortunately violent and sexual attacks on students are rare, nevertheless nobody should be complacent.

Out and About

Avoid being out and about on your own, especially after dark. Always try to go home with a friend and if you are alone avoid taking short cuts and stick to busy, well-lit roads. Don't put yourself in a situation where you are vulnerable to being attacked.

Always carry a personal attack alarm. These are available from the Info & Advice centre on floor 1 of The Hub. Carry the alarm in your hand or secure to your person and ensure it is easily accessible.

If you think you are being followed try to get to a public place like a pub, shop or police station, or even a house with lights on. Call the police on 999.

Seaton Park is the area between the River Don and the Chanonry. While it is a great place to go during the day, try to avoid it in the dark. If you do walk through it then make sure you are with a large group of friends, otherwise take a bus or a taxi.

If you are threatened, set off your personal alarm, and make some noise to try to attract attention. Get away as quickly as possible and call the police straight away. Try to remember as much detail as possible to report to the police.

Driving

Ensure you have enough fuel for your journey and the car is well maintained. Always carry some cash.

Keep the doors and windows locked especially in slow moving traffic.

Park in well-lit and populated areas.



Never pick up hitchhikers.

Don't stop if you feel you are being followed, drive to a public place and raise the alarm.

Don't stop to assist a motorist whose vehicle has broken down. Drive on and report the incident by phone.

Cycling is often a safer and healthier way to get around - get on your bike!

Drug Assisted Rape

Always be aware of the danger of a stranger spiking your drink:

Don't leave a drink unattended.

Don't accept drinks from strangers.

Remember that these drugs are odourless, tasteless and colourless. Only one has a blue dye and this can take 20 minutes to develop and will not show up in coloured drinks. It doesn't have to be an alcoholic drink.

In the Home

Install a door chain and viewer. Don't open the door until you're sure who it is.

If the caller claims to be an official, ask for proof of identity. Take time to satisfy yourself that the caller is genuine and if you are unsure ask them to wait or call back later so you can check with the company they are representing.

If you lose keys, or move house, make sure you change the locks immediately.





A Sense of Community



- The no.1 venue on campus to meet and eat and only a 2 minute walk from your room
- A range of international and traditional food is available at hubgrub on the upper level
- The ground level features a Subway, shopping, bookstore and the Tiki Cafe
- Free wi-fi access is available throughout as well as fixed computer terminals for free use

Looking After Your Health...

www.ausa.org.uk/advice

When you arrive in Aberdeen the University **strongly advise registering with a doctor**. The Old Aberdeen Medical Practice, which stems from what was the University's own Student Health Service, is in purpose-built premises just off campus. The staff are friendly and familiar to student needs and concerns. You'll have the chance to register with the Old Aberdeen Medical Practice at your registration at the start of the session; however, if you already have an existing practice in Aberdeen, you may wish to continue with them.

In the past the practice has specifically asked people who have any of the following to make special point of introducing yourself at the practice itself;

- Asthma, Diabetes, Dyslexia, Epilepsy,
- Any physical, visual or hearing impairment
- Any long-term maintenance medication
- Any condition that you consider important

As with all Medical practices, the Old Aberdeen practice would prefer you arrive a few minutes early for your appointment. Also they would specifically ask that you **phone the surgery to let them know if you will be unable to attend the appointment** that

you have made: that allows for the doctor to see someone else in your place. It is also important to let the doctor know where you are living as the years go by. It's not uncommon for students to change address at least three times during a four-year course, so let them know where you are in case of emergency.

The medical practice is open **Monday to Friday 8.30am to 5.30pm** during term time and during the University vacations open 8.30 am till 5.00pm.

You can find the Old Aberdeen Medical Practice at 12 Sunnybank Road.
To make and appointment telephone:
(01224) 486702



Let's Talk About Sex...

www.ausa.org.uk/advice

One of the overwhelming images of students is that they come to university get excessively drunk and jump into bed with each other for fantastic marathon long sex sessions. Some medical experts might cast doubts over the viability of this stereotype, nonetheless with so many young people crammed together and alcohol flowing it does not seem entirely ridiculous to suggest that some of you will be having sex! Remember though that it is important to only do what you feel comfortable with. For both men and women 'No' is a perfectly acceptable answer and never be afraid to use it whenever and wherever you want to. All of this said it's time for that inevitable line, use protection every time.

Contraception

You have no doubt heard about contraception because you are educated bright young people! You know that wearing a condom can protect you against HIV and AIDS. You know that it can protect you against other sexually transmitted infections.

FREE CONTRACEPTION IS AVAILABLE FROM AUSA INFO & ADVICE CENTRE -1st FLOOR The Hub

You now know that free condoms, femidoms, lubricant and other various contraceptives are available free from the AUSA Info & Advice Centre on Floor 1 of The Hub, so you might want to drop in and pick up a few.

Despite all of this though we are only human, and mistakes can and do happen. Even if you do have protected sex the condom might split, though this is rare. In this event emergency contraceptive is available from places such as the Old Aberdeen Medical Practice. It needs to be taken within 72 hours after unprotected sex but is most effective within the first 24 hours.



You can get the 'morning after pill' from your local GP, the local family planning clinic and the A&E department up at Foresterhill. You can also buy the contraceptive over the counter in some chemists. It costs between £20-£30. To ensure that the chemist does stock it, it would be advisable to phone ahead. As some women do experience side effects it is important to remember that the emergency contraceptive pill is not an alternative to other planned kinds of contraceptive.

Pregnancy

If you think that you might be pregnant it is important to get it confirmed as early as possible. Pregnancy testing kits are available to buy from most chemists which allow you to test at home. However, it is still important to get this confirmed by your GP as these tests are occasionally wrong.

It is also important to talk to someone about it, whether that someone is a friend or family member or one of the people from around campus who can listen. The Students' Association Info & Advice service would be more than

happy to listen to your concerns. If however you want to get further information and details on the choices available to you then perhaps you would like to contact the family planning service. (13 Golden Square, Aberdeen, AB10 1RM)

Sexuality

For some people, arriving at university can be an opportunity to truly discover yourself. This can be an interesting time that triggers a self-awareness, which may lead you to consider your sexual orientation. There are various support and social groups and bodies around campus. For more information please come in and ask at the AUSA Info & Advice Centre or check it out on the Students' Association web site at www.ausa.org.uk

Useful Contacts:

Genito-Urinary Medicine
Aberdeen Royal Infirmary (Woolmanhill)
Tel: (01224) 555555

Family Planning Service,
13 Golden Square, Aberdeen
Tel: (01224) 642711



Know The Score - Drugs...

www.ausa.org.uk/advice

Drink and drugs are becoming very much a part of life and very much a part of University culture, and it is highly likely that you will come across them throughout your time at University, and find people that both use them and enjoy them. There is a drug problem in Scotland and particularly in Aberdeen. There is an estimated 3,645 problematic drug users in Aberdeen, the third highest prevalence rate behind Glasgow and Dundee.

This information is designed to help you make an informed choice about drink and drugs: to let you know the University's, and the law's view of drugs; their effects; and how to recognise and what to do about a problem.

AUSA in no way condone drug taking, however it would be foolish to assume that this never happens. Should you find yourself in a position where drugs are, or have been taken, it is important to know what to do.

Drugs and the law

Not only do drugs affect your health, but it can also affect your criminal record. Most drugs are illegal, and if you are caught abusing them, or supplying them, then you are at risk of facing legal action.

The Misuse of Drugs Act states that both POSSESSION and SUPPLYING of controlled drugs is illegal.

You should be fully aware of the legal implication of possessing, supplying and taking drugs. A criminal record can have a very negative impact on your future employability. If you want to find out more about drugs, check out:

www.knowthescore.info

What to do

Many of the substances mentioned here are highly addictive and users become more and more dependent on them for the same effect. There are loads of people who can help you if you are concerned about yourself or someone you know, and the sooner you seek help the better. Your own GP or Health Service is a good place to start, or anyone who you feel you can trust and talk to.



For more info look up: www.ausa.org.uk/advice/drugs

Cannabis

Also known as hash, hashish, draw, blow, grass, bush, weed, pot. This is a commonly used drug by students, and has been smoked by an estimated 6 million people from all walks of life. Cannabis is usually smoked in some way, usually mixed with a cigarette, but can also be eaten.

Effects

In small quantities, users find cannabis both relaxing and stimulating – the senses are enhanced and it improves the appetite. In larger quantities, or with stronger strains, users may experience nausea, hallucinations, anxiety, panic attacks or paranoia.

Cannabis can be less harmful to health than excess tobacco or alcohol and there are no aftereffects or hangover. It can make reflexes slower so do not operate machinery or drive whilst under the influence.

Long-term effects

Cannabis can trigger an underlying mental problem in some people and some people can become psychologically dependent on the drug. It may also cause short-term memory loss, which can obviously affect your academic ability.

Ecstasy

Also known as E, MDMA, pills. They are usually available in tablet form and are also widely available on the drugs scene. It is almost always swallowed as a tablet or capsule although is occasionally snorted, smoked or injected.

Effects

Effects are usually felt within 20-40 minutes of taking a tablet with rushes of exhilaration which can be accompanied by nausea. Sensations are enhanced and users report a pleasant experience, with a sensation of understanding and accepting others. Users feel as though barriers disappear and feel less inhibited. Users often feel 'down' for a few days after taking ecstasy, this is partly due to the MDMA's action upon the brain.

Be safe

There have been at least 60 deaths in the UK related to ecstasy. It is thought that this has been caused by a rise in body temperature caused by the tablets, together with the hot environment of a club, energetic dancing and not drinking water. It is advised to sip water regularly but don't drink too much as this can be as dangerous as too little. This can prevent



dehydration but it is not an antidote to the other things that can go wrong as a result of taking ecstasy. If someone does collapse after taking ecstasy then call an ambulance, put them in the recovery position and don't force them to drink anything. When the ambulance arrives tell them what has been taken to enable them to treat the person properly.

Long-term effects

Very little is known about the longer-term effects of ecstasy. Some research suggests that the MDMA can damage the brain but other research contradicts this. It is also thought it may make you more prone to depression and it is suggested that those with heart problems, high blood pressure, glaucoma, epilepsy or any mental condition should avoid taking E.

Heroin

Also known as smack, brown or horse. Currently an estimated 3% of the population of Aberdeen are heroin users. It is usually injected.

Effects

In the short term users feel a euphoric high without loss of intellectual ability, although higher doses are more sedative. People report feeling sleepy, relaxed and very contented. First time users may experience nausea and it can reduce the heart rate and breathing, which can be fatal.

Long-term effects

Heroin is psychologically and chemically addictive. People become tolerant to it very quickly, resulting in regular use and many often turn to crime to fund the habit. Withdrawal after a period of high use can feel very much like a severe bout of flu with sickness and diarrhoea. Heroin is often cut with substances that cause other long-term complications when injected. Sharing needles is also a problem which can result in you having HIV and/or Hepatitis C (which affects over 60% of users). An overdose of heroin can result in a stupor or coma, or be fatal.

Amphetamines

Amphetamines are stimulant drugs which act on the central nervous system. Most illicit amphetamine is sulphate and comes in the form of a dull, white powder. Also known as speed or whizz. There is also Base Speed, a stronger form of amphetamine, and more like a paste.

Effects

Your whole nervous system is excited and speeded up, you breathe faster, your heart beats faster, you feel more alert, confident and cheerful. But while it makes you more alert it reduces your concentration and affects your short-term memory. One dose can last about 3 hours. The day/days after you will feel very washed out.

Long-term effects

When used frequently, lack of sleep and not eating properly may lead to the problems being associated with being run down. Speed is addictive and long

term use can lead to unpredictable mood swings and paranoia. Also speed may also trigger an epileptic fit or heart attack if you have such an underlying condition. If you stop a period of regular use, you will probably find that you feel depressed and lethargic, this could be accompanied by a strong craving for the drug.

LSD/Acid

LSD or acid is a powerful hallucinogenic drug which usually comes in the form of small pills (microdots), or as 'tabs' of impregnated paper.

Effects

The effects of LSD (the trip) usually last around 6 to 12 hours, although this can be longer. The experience varies greatly from person to person and is greatly affected by your mood and surroundings when you take it. Sense of time can be distorted, music heard more acutely and strange patterns seen. Sensations are intensified so if there is any doubt or anxiety in the mind of the user then this can be intensified and the user will have an unpleasant experience. Therefore, it is important for users to be in an environment where they feel totally comfortable if they are going to take it.

Long-term effects

LSD is not physically addictive and is not usually associated with dependency problems because it becomes less effective after several days use. However, psychological problems can occur. Serious anxiety can occur and also flashbacks for weeks after the LSD was taken. A 'bad trip' is not entirely predictable. Someone who is having a bad experience with LSD should be comforted and reassured and put in a soothing environment. If you already suffer from mental health problems it is probably not a good idea to take LSD.

Cocaine

Cocaine is a powerful stimulant which comes in the form of a white powder. It is most commonly snorted up the nose but occasionally it will be smoked or injected.

Effects

Cocaine can make you feel confident and alert or appear arrogant or aggressive to others. Users will feel energetic and exhilarated but the effects are short-lived, usually not lasting not much more than 30 minutes. Some users may feel anxious and panicky when using cocaine or suffer from paranoia and aggression.

Long-term effects

People can become quickly dependent on cocaine and the feelings of well being that it provides. When frequent users withdraw from taking the drug they tend to feel extremely tired and often very depressed. When used regularly over longer periods it stops making users feel good, makes them restless, anxious, nauseous and can affect their sleep.

Repeatedly snorting cocaine can also destroy the membrane of the nose.

Know The Score - Alcohol...

www.ausa.org.uk/advice

Alcohol is something to be enjoyed, and a lot of students certainly do enjoy it! However, it is good to be aware of the guidelines and the risks so that you can choose for yourself how much you want to drink.

Do I have to drink Alcohol?

The simple answer is no. If you don't drink alcohol, good on you, don't give into peer pressure from other people to drink. It may seem like everybody in Aberdeen drinks. If you don't drink, be proud of yourself for being a true rebel. Check out our "zero booze" events for Freshers' week if you want to get away from alcohol. You're saving yourself a lot of money and sore heads. How about setting up a teetotal society? Speak to Johnny vpssa@abdn.ac.uk about that!

How much should I drink?

It is recommended men do not exceed 21 units per week and women do not exceed 14 units per week. Currently the safe limits for drinking are between 3 - 4 units per day for men and between 2 - 3 units per day for women. If you stick within these limits then there are no significant risks to your health.

However, it is important to remember that drinking only 2 units of alcohol can put you over the legal driving limit and drinking heavily the night before could mean you are still over the limit the next morning. So quite simply, don't mix driving with alcohol at any time.

Everyone can let go from time to time, and everyone can over do it too... and you probably will survive the embarrassment and the hangover. But try to ensure it does not become a habit.

Am I at risk of drink spiking?

Unfortunately there have been incidents of people having their drinks spiked in Aberdeen, it is a growing trend which you and your friends must be aware of. The best way to beat the spikers is to keep an eye on your drink, don't leave it unattended, and if you think you have had your drink spiked at a bar or club and inform a member of security immediately, keep your friends near you and leave the premises as soon as you can. With a bit of caution you'll be fine, keep an eye out and don't let the drink spikers spoil your fun.

I'm worried about getting too drunk, any advice?

Try having the odd low-alcohol or non-alcoholic drink in between the full strength ones.

Pace yourself, so that you're not 'under the table', or dancing on top of the table, hours before closing time.

Give yourself time to recover before another drinking session.

Know your own limits. Alcohol affects different people in different ways, for example smaller, lighter people may feel the effects more - you only have to drink as much as you want to.

What are the risks of drinking alcohol?

Heavy drinking over a long period of time can damage your health. Common related illnesses include raised blood pressure, coronary heart disease, liver damage and cancers of the mouth and throat. It can also result in psychological and emotional problems for yourself and those around you.

Sometimes drink can become a problem and you may feel your drinking is getting out of control or have concerns about someone you know. There is support available and help if you need it. Pop into the AUSA Info & Advice Centre on Floor 1 of The Hub for more details or for more information on alcohol visit www.drinkaware.co.uk

Smoking

Smoking is an old fashioned habit and is in the process of becoming taboo in Scotland with the introduction of the public ban of smoking. All of the University premises are no smoking areas and I'm sure you all know that smoking is not good for you – it causes a whole host of health problems, costs a fortune, is addictive and smells.



AUSA Joblink is located on the 2nd floor of The Hub. AUSA Joblink is owned and run by Aberdeen University Students' Association, we provide our members with links to quality employers including information and advice, part-time work, temporary opportunities and full time jobs.

AUSA Joblink advertise part-time vacancies, temporary and vocation work. We have over 1,000 employers registered with our service which means that we can put you in touch with companies who have suitable vacancies. Students are required to register with us before they can access and apply for vacancies. All information provided is stored in compliance with the Data Protection Act 1998.

AUSA Joblink offers:

Website Access

Joblink gives you 24/7 access to our student friendly jobs throughout the year and a wide variety of useful links.

Resources & Information

We recognise the importance of balancing a part-time job whilst studying and we will give you as much help as possible. We can offer guidance on making job applications, C.V's and interview tips. We can also support and advise you on employment issues, income tax, National Minimum Wage and National Insurance numbers.

AUSA Joblink also has a resource centre located on the 2nd Floor of the Hub where there are computers to search for vacancies on our website and staff are on hand to assist should you need any help.

Email Service

Once you have registered with AUSA Joblink you can get weekly updates on all the newest jobs straight to your university e-mail account.

Recruitment Fayre

AUSA Joblink holds 2 Recruitment Fayres a year giving employers with current vacancies the chance to meet students who are looking for work. Our next 2 Recruitment Fayres are being held on:

Tuesday 14th October 2008 & Tuesday 28th April 2009. Our Recruitment Fayres are held in Elphinstone Hall between 11am & 3pm. These events are usually very popular so make sure you get there early and don't forget to bring your C.V.!

Contact Us:

AUSA Joblink
2nd Floor
The Hub
Elphinstone Road
Old Aberdeen
AB24 3TU

Opening Hours are: Monday – Friday 9am – 5pm

Tel: 01224 272828

Fax: 01224 272977

Email: joblink@abdn.ac.uk

Web: www.ausa.org.uk/joblink



Volunteering allows students to contribute to their local community, meet different people, make new friends and even get that all important work experience you might need for a new job. It is a two way process, benefiting both the volunteer and the community or organisation they are working with.

Why Volunteer?

Volunteering helps an individual acquire a different outlook on life and to find out how their community exists and operates. It is an opportunity to do something worthwhile to help others within the local community. Volunteers will acquire and develop skills which can have a positive influence on their career choice and also allows students to gain valuable work experience, helping them find a job after University. Moreover, it can provide work related references for CVs.

At AUSA Volunteering, we have a whole range of voluntary opportunities seeking volunteers. Have a look at our online database to see what opportunities would suit you at:

www.ausa.org.uk/volunteering

Millennium Volunteers (MV)

The Millennium Volunteers Award is available to those aged 16 to 25. It's a way of recognising the amount of hours donated by young volunteers with awards given for 50, 100 and 200 hours of volunteering. The 200 hour award is an Award of Excellence that is signed personally by Alex Salmond, the First Minister of Scotland! MV Awards are suitable for new and existing volunteers. You can include retrospective hours, i.e. we can count some of the hours you have already done! You can also carry your hours across any voluntary activity throughout Scotland (great if you move away to study!) Simply pick up a registration pack from AUSA Volunteering.



AUSA Volunteering Opportunities

The Students' Association also has a whole range of internal voluntary opportunities which students can get involved with. These opportunities are varied and are spread over a whole range of different activities so there will be something to suit everyone which will, in turn, help you get more involved in student life from day one. Choose from any of the following:

- Aberdeen Student Radio (ASR)
- Niteline
- BookEnds
- Students' Charities Campaign
- Gaudie (Student Newspaper)
- Dirty Weekenders

Why not start your own Volunteering project?

We are always on the look out for new, innovative volunteering projects to support and, as long as you can involve lots of students in your project we would be happy to hear your ideas. To find out more about any of the above volunteering Opportunities pop into AUSA Volunteering on the 2nd floor of The Hub on Elphinstone Road. We're open Monday to Friday 9am to 5pm.

Class Representatives

www.ausa.org.uk/classreps

What is a Class Representative?

A Class Rep is an elected position, which provides the link between the student body, the University and the Students' Association. Class Representatives are elected by their peers within their class or course programme. Some subject areas have year representatives such as Law or Medicine but others have class representatives. If a course is large it is likely that you will be one of a couple of representatives.

As a Class Rep, your responsibility is to listen to the views and concerns of fellow students within the course or subject you represent. It is then your responsibility to highlight these concerns to your course co-ordinator so that these can be satisfactorily resolved. The Class Rep has the potential opportunity to offer constructive criticism, improve courses, the quality and methods of teaching and assessment methods.

Communicating regularly with the Students' Association, Vice-President Education & Employability & Area of Study Conveners is also vital for your role so students can be represented at the University Committee level.

Who can be a Class Rep?

Any student registered on a course at the University can represent their class. It is essential that you are approachable and personable, so that your classmates feel they can involve you in their discussions of the course.

What time and commitments will you have to make:

- Liaise with your fellow Class Reps; your Area of Study Convener and Students' Association; attend departmental Staff/Student Liaison Committees (one per half session) and raise student concerns over relevant issues.
- Keep physical and mental records of meetings and other activities that you attend.
- Let your class know how to contact you by either having your information on a departmental notice board or passing out your University email address.
- Your role is to help students in the areas relating to their course. If students approach you with other concerns it is your role to point them in the right direction.

What will I get out of it?

- A good working knowledge of formal meetings
- Build up a good relationship with staff members in your department
- Get to meet lots of other students
- Develop negotiation skills and skills of arbitration
- Influence decisions that are made about the future of your course & University
- Great addition to your C.V.!

Training

Don't worry we won't leave you in the lurch, we want to make sure you are fully equipped for the task ahead of you. Training will take place in the fourth or fifth week of teaching in both academic terms and should take place before your staff/student liaison meeting. Training is provided by the Students' Association through SPARQS (Student Participation in Quality Scotland).

If you want more information about being a Class Rep contact:

Joy Elliott
VP Education & Employability
AUSA
The Hub
Elphinstone Road
Old Aberdeen
AB24 3TU

Tel: 01224 272965

E-mail: vped@abdn.ac.uk

Area of Study Convener

www.ausa.org.uk/classreps

What is an Area of Study Convener?

An Area of Study Convener is a student who represents the interests of fellow students in their degree area. This is an elected position, whereby the key-role of the Convener is a communication link between students within an area of study, the University and the Students' Association. Area of Study Conveners assist in the running of the Class Representative System and are responsible for dealing with problems that Class Reps have or, indeed, complaints about Class Reps themselves. Each area of Study Convener works closely with the Students Association and the VP Education & Employability in the execution of education policy issues within and out-with the Association.

Who can be an Area of Study Convener?

Ideally the Area of Study Convener should be enthusiastic, confident and able to argue on behalf of the students to the appropriate department and the University. They also need to be approachable to students to ensure the system works effectively. The conveners will receive quality training from the Students' Association which will build on existing skills, in order to master all that is required to be an effective student representative.

What commitments will I have to make as Convener?

Being an Area of Study Convener requires about three hours a week and also the allocation of a natural enthusiasm for the job. The Convener must attend regular meetings and also deal with queries and problems from students within the Area of

Study they represent. Here are some of the Committees that the Convener will attend over the course of the year:

- Senate
- Education Committee
- AUSA Council
- Undergraduate Programme Committees
- Staff/Student Liaison Committee Meetings
- Relevant Department meetings

What will I get out of it?

Apart from the usual attributes that such a position holds, like a range of communication, planning, organisational and representative skills that will prove useful for the rest of your life. You will also gain an insight into the internal workings of the Students' Association and the University.

For more information about being an Area of Study Convener, please contact:

Joy Elliott
VP Education & Employability
AUSA
The Hub
Elphinstone Road
Old Aberdeen
AB24 3TU

Tel: 01224 272965

E-mail: vped@abdn.ac.uk

Student Media...

Gaudie

www.ausa.org.uk/gaudie

“What a stupid name for a student newspaper.” Wrong! It’s shrouded in history and has some Latin meaning that we currently can’t find on Google! Madness! Anyway, Gaudie is a FREE weekly

student newspaper and is produced by the

talented students at this University. Each week 4,000 copies are

printed and distributed all around campus and halls of residence, as well as some

of the coolest pubs, venues and shops around Aberdeen City Centre. It has been in existence since 1934 when the contributors probably used to write it in pigs blood or something. Anyway, when reading this section please remember: GAUDIE IS HERE FOR YOU. We want you to read it, contribute to it and enjoy it.

Gaudie aims to cover every aspect of student life, from incisive reporting of local, national and international news to coverage of society events and sporting successes. Gaudie also provides weekly reviews of films, CDs, gigs and anything else that catches our eye to keep your cultural radar on track.

Gaudie has a range of super-interesting sections designed to pull any reader out of their skin and throw them flesh-first into our realm of informative yet creative journalism:

Gaudie

“News” selects the stories that mean the most to you, the student. Scanning global and local news to bring it to you in a bite size chunk of refreshing clarity.

“Focus” is the place for students to share their views on the larger issues facing the world and the forum to generate constructive discussion among equals.

“Sport” covers what is possibly the largest part of many students’ non-academic lives. With more than 50 sports clubs and thousands of participants, members of Aberdeen University Sports Union compete all over the country at every level of ability and Gaudie Sport is there to witness the highs, the lows, the hits, the misses and the maybes. There are usually some action photos too, with hilarious captions.

“Subculture” is one of the newer sections, arriving in 2002 under an air of mystery and controversy. This is the section dedicated to bringing original journalism to print. It is also the section where some of the most feared geeks on campus use the mighty pen to brutally attack the source of their insecurity spilling blood, bile and rubbish in (occasionally) equal proportions. Have a read and see if you can better it.

Finally we come to “Music”. When the contributors aren’t fighting over Vanilla Ice albums or remixes of Mogwai B-sides they tend to write some of the most well informed and entertaining music journalism in existence. Music has amazing vision, predicting the greatness of artists weeks before the mainstream press have even heard of them. They also

aim to ensure that your student loan is not spent on any stinkers by reviewing albums and singles to within an inch of their life. Gaudie Music also obtains a ridiculous amount of free CDs. Look out for their auctions on eBay! (Only kidding Mr. Record Label Representative!)

The most important thing about Gaudie though, is that it is a team effort. Their infamous nights out are almost as famous as the paper, as the team let their hair down in rapturous fashion. Get in touch and get involved. It could be one of the very best decisions you'll make at University!

Contact Gaudie

email: gaudie.editor@abdn.ac.uk or by phone on (01224) 272980.

Visit Gaudie in person at our stall in the Freshers' Fayre or in the Gaudie office, 1st Floor, The Hub, Elphinstone Road.

Aberdeen Student Radio

www.abdn.ac.uk/asr

It's On!

Aberdeen Student Radio (ASR) is the brand spanking new student-run radio station. Because it's well expensive to broadcast the oldskool way, this puppy is based online, and is therefore extremely easy for you guys to tune into! Broadcasting from a secret location on campus, the station plays a wide range of good music (that students like) and also has news shows, sports commentary, debate, comedy and covers a wide range of student activities. Don't miss out on the gossip, listen in to ASR for a proper laugh!

We are also looking for local talent to get involved, so if you think you've got the perfect face for radio, don't be shy, get in touch and open up new sonic possibilities. If you want to get involved in this completely awesome project, then contact the pimptastic studio manager, Cearuil Swords at: manager.radio@abdn.ac.uk

Expect to be woken up to the perky morning show, loosen up during the cheese packed lunch programme, and hope to widen your musical tastes with eclectic and genuinely trendy evening show. Sometimes thought provoking, and sometimes side splittingly funny, ASR is your radio station. Show your support this year by listening in!



Doing It For Charity...

www.ausa.org.uk/charities

The Aberdeen Students' Charities Campaign is a collection of highly enthusiastic students from Aberdeen and beyond! The campaign has been in existence for over 85 years and has grown bigger and better each year. Most students take part in at least one of our events during their time at university due to the wide variety of fundraising events that we run. Over the past year we raised £50,000 for over 50 charities, groups and projects in Aberdeen and Aberdeenshire.

Many people think that raising money involves standing on street corners rattling a tin, but there is so much more to it than that and most importantly it can be so much fun. As I have already said, our events include everything imaginable such as pub crawls, fire-walks, beer festivals, bus pulls, rag raids, parades, balls, ceilidhs, footie collections, party nights, schools collections... the list is endless! We are always looking for new ideas for events. Everything is considered so please don't be shy and come and join in! Being part of the Charities Campaign is something that is not only a huge amount of fun, but also looks great on your CV!

Student Show

www.studentshow.co.uk

The Student Show is Charities' most successful fundraising event each year. Grossing over £30,000, it is famously known for being Aberdeen's biggest selling show and one of the most successful charity musicals in the country. The show is unique as it



is written, performed and organised by students. Many Alumni who have appeared at HMT in Student Show have gone on to further careers in show biz on stage and on screen. Your rector Stephen Roberston began his career in comedy and formed the trio 'Scotland



The What?' as a result of doing Show!
A unique way to raise money for Charity,

appear on one of the World's best stages, and show off to thousands!

Torcher Parade

Unlike an alternative spelling of its name would suggest, The Torcher Parade is enormous fun. But what is it? Well it is a Torch-lit Parade through



the streets of Aberdeen and is one of our biggest events. It is also the 'piece de resistance' of Charities Fortnight in April. 'Torcher' is famously known as the largest torch-lit procession in Europe, usually involving in the region of 2000 students from across the city in fancy dress and over 50 decorated floats. It is extremely well known and loved by the locals of the city and usually attracts around 50,000 people of all ages to give us their spare change. It brings the main streets of Aberdeen to a complete standstill and is one of the highlights of the city's calendar.

Eureka

'Eureka' is our Rag Mag and is a highly entertaining publication,



which is distributed across Aberdeen and the surrounding area. If anyone would like to contribute material for next year's 'Eureka', work starts in the first term and everything will be looked at.

Jailbreak

The idea of this event is basically to get as far away from Aberdeen in 36 hours without spending any money. An impossible task? Not at all! Over the past few years, contestants have made it to France, Belgium, Holland, Austria and even the USA and New Zealand, raising thousands of pounds in sponsorship at the same time.

Fashion Show

For all those who want to join the high society circles of Aberdeen, the Fashion Show is your stepping stone to success. With top brands, vintage retailers, models, DJ's and the hottest of the hot spectators, what could be a better way to ensure that you become Aberdeen's most important person to know?! Oh and did anyone mention that those Champagne cocktails were divine?!

Rag Raids

Jailbreak (above) isn't the only event that allows you to venture away from 'The Granite City'; you can also take part in Rag Raids. These

are when groups from other University Rags get together and raise lots of money for a particular charity. Taking part in a Rag weekend can take you to places like Glasgow, Edinburgh, Manchester and even London.

Schools Collections

What better way to raise money for local charities than descending on local schools to collect cash from children while wearing fancy dress? We take a jaunt out to an unsuspecting school and steal all their lunch money. All in the cause of local charity, of course...

Gala Saturday

Gala Saturday involves a stage set up in the city centre on which numerous acts including University societies and local groups perform. The event attracts loads of passing shoppers, who are more than willing to stop and watch the days events, and eventually part with their cash.

On top of these favourites, Aberdeen Students' Charities Campaign will be running many more events throughout the year with the aim of raising £100,000.

For more details of any of the events check out the website www.ausa.org.uk/charities or email charities@abdn.ac.uk

BookEnds

www.ausa.org.uk/bookends

Based on the ground floor of the Hub, BookEnds gives you the opportunity to get the course text books you require, at a fraction of the price compared to buying them new. Also at the end of your course, you can sell your books on and make some money back on them, instead of leaving them to collect dust on your shelves!



WELCOME ALL VETERANS AND VIRGINS 2008/9 TO THE ORIGINAL AND BEST STUDENT BAR IN ABERDEEN!



THE WATERING HOLE

the best student package 7 days a week

OFFERING: the best pub entertainment with Karaoke, cheesy skool discos, race nights, bingo and our famous quiz nights

STOCKING: all the student faves - with the best draught products, full range of spirits & shots and all the latest alcopops and bottles, also home of the Cheeky Vimto and the -10 degrees Jagermeister

SHOWING: all the best in live sport on our BIG SCREEN, Premiership, SPL, Champions league, La Liga Football, Six Nations Rugby & other top TV Events

GIVING IT AWAY: a free venue for your parties and celebrations drinks promotions with lots of freebies

Careers Advice...

The University of Aberdeen Careers Service (www.abdn.ac.uk/careers) provides a customer-focused service of the highest quality to all undergraduates, postgraduates; graduates, contract researchers and staff of the institution. We are accredited against the Matrix quality standard

for information and guidance services, approved by the guidance Accreditation Board.

We Offer :

Careers Resources :- Our offices have a wide range of information for research, with assistance from our information staff to help clients identify what they need.

Guidance Interviews :- One to one confidential interviews with trained and qualified members of staff.

Duty Officer sessions :- Drop-in quick query sessions are available between 10.00 am and 4.30 pm daily Monday to Friday. No need to book in advance.

IT Resources :- a number of computers are available for careers-related research.

Vacancy Information :- All vacancies sent to the Careers service are uplifted to our web site. We are now participating in a shared vacancy system with other Scottish university careers services.

What can you expect from us ?

- Confidentiality
- Impartiality
- Prompt and courteous attention
- Information that is up to date and comprehensive
- Equal and fair treatment
- Appropriately trained and experienced staff

Our Mission :- Is to support you in making your own decisions about the directions you may consider taking after completing your first degree. We are therefore in partnership with you. We concentrate on three major areas of post-degree decisions.

First, going directly into **Employment** ;

Second, looking into **Postgraduate Opportunities & funding**,

Thirdly, **Time Out after Graduation**;

Your part in this is to take full advantage of all the enjoyable activities the University offers you; almost all of these help you develop the skills and experience so valued by employers. High on their shopping list are oral and written communication skills, team working and problem solving.

The courses you take encourage this development, but so too does your active participation in clubs, societies, sports teams, charity events, voluntary experience, and your membership of committees, staff-student bodies, or professional associations.

The very best of luck to you and remember to visit us at **Our new Location 2nd Floor The Hub** to talk over your own career aspirations

Relax

(It's the best £10 you'll ever spend)

Any seat. Any performance.

www.scottishoperau26.org.uk



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direction

careers service

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- > DROP IN ADVICE SESSIONS

Careers Service, 2nd Floor, The Hub, Elphinstone Road, Aberdeen **t: 01224 273601**

www.abdn.ac.uk/careers



UNIVERSITY
OF ABERDEEN

www.ausa.org.uk/societies

There are over 80 societies at the University of Aberdeen. These range from course-related societies - providing you with additional support during your education - to those societies whose aims are to provide mad, mental fun and extra curricular activities to make the student experience all the more memorable.

The Societies are run by students for students, and are supported strongly by the Students' Association providing services including financial assistance, equipment and transport.

Give It A Go!

This year we are introducing a new scheme to allow you to come and try your hand at some of our many societies available before making the commitment to join! Throughout Freshers' Week 2008 and beyond there will be sessions all over campus designed to give you a taste of what life within a society is like! There will be instructions and more information in the AUSA Societies Handbook and at www.ausa.org.uk/societies

If you happen to hit upon an idea for a society then why not start one! Just check out the AUSA Societies' webpages at www.ausa.org.uk/societies for more information.

More information can also be found at the Freshers' Fayre on Tuesday 23rd September, which will be jam-packed with the societies all looking for you to sign up and join them and for detailed society-by-society information and contact details check out your AUSA Societies Handbook 08-09!

Opposite are the details of the societies currently affiliated with AUSA - something for everyone!

(List is correct at time of print - but check out www.ausa.org.uk/societies for up-to-date info)



AUSA Societies 2008-09

Departmental

Accountancy
Agricultural
Anthropology
Archaeology
Chemsoc
Economics
Education
Engineering
Enterprise
Finance
Forestry
Geography
Geological
History
History of Art
Land Economy
Law
Leaf and Loam
Legal Research
LLM
Medical Humanities
Medical Science
Medsin
Medsoc
Mooting
Ogston
Philosophy
Wilderness Medical
Zoology

Cultural

Celtic
Chinese
Egyptian
European
Finnish
French

German
Hispanic Society
Hong Kong and
Cantonese
Hungarian
Indian
International Students
Italian
Muslim
Nippon Connections
Polish
Russian
Saudi

Faith

Buddhist
Catholic
Christian Union
Jewish
Muslim

Create Change

Amnesty International
ASSHE
Bicycle
Conservatives and
Unionist
Friends of med Sans
Help
Labour
Scottish Nationalist
SCROLL
Shared planet
Unicef

Creative Arts

Art
Belly Dancing
Centre stage
Cinergi
Concert Band
Creative writing
Dance

Gilbert and Sullivan
Jazz
Photography
Revelation Rock Gospel
Scottish Dance
Treading The Boards
Urban dance

General Interest

Anime and manga
Capoeira
Conservation
Expedition
Falconry and Raptor
First Aid
Gaming
Harry Potter
Juggle
Malt Whisky
Mini Preservation
Paintball
Real Ale
Role Playing
Scout and Guide
Story-telling
SWAG
Vegan and Vegetarian

Don't see what you like?

Check out

www.ansa.org.uk/societies
to set up your own!

AIESEC

www.ausa.org.uk/aiesec

A big hello to all you Freshers and welcome to the University of Aberdeen. Now that you're here and eager to settle in to student life, you may be wondering how you can spend your time outside of your degree course. Why not join the best student organization Aberdeen has to offer! "And what is that I hear you say?".....

We're called AIESEC and we are the largest student-run organisation operating in over 100 countries worldwide. Our main aim is to offer work-abroad placements to you the students. We work in teams to recruit and send undergraduates on summer placements and graduates on year long internships - this is our Outgoing Exchange area.

We also work to recruit graduates from abroad to come and experience working life in the UK by forming close working relationships with the prestigious businesses in the city- this is our Business Development area.

But don't worry – as well as this we spend weekends away socialising with over 21 other Universities in the UK, as well as having countless socials and fundraising events within Aberdeen.

Becoming a member of AIESEC entitles you to choose any country in the world where you can spend any amount of time, working in any of the work abroad programmes we offer!

So if you're keen to stand out from the rest of your peers when it comes to impressing potential employers and you're keen to establish contacts with other students within the UK and beyond, as well as having the unique experience of living in another country, then AIESEC is the place to be!! If you're the business- orientated type and you would like to have firsthand experience dealing with a variety of companies or you enjoy organizing events on a large scale then AIESEC is also for you.

We have just celebrated the 60th anniversary of AIESEC, showing we are the students' Number One choice of University Activity. Everyone of us in AIESEC so far have loved the experience it brings and would love to give new students the same opportunity. Look out for us at the Fresher's Fayre and we look forward to meeting you. Please feel free to come and chat to us at this point.

Your Committee for AIESEC ABERDEEN '08/'09, your fellow students:

Ruth Minto - President

Daniel Szekely - VP Outgoing Exchange

Angela Iacovou - VP Exchange Projects

Adriano da Costa Silva - VP Business Development

Natasha Kozlowska - VP Talent Management

Debater

www.abdn.ac.uk/~src033/

What is Debater?

Aberdeen University Debater was founded in 1848, making it the University's oldest student organisation. The aim of Debater is to facilitate and promote free speech and discussion on campus about any range of issues. All students are entitled to attend, absolutely free of charge.

What we do?

Debater hosts a broad range of activities, outlined below, and as such we meet twice a week, on Tuesdays and Thursdays, at 7:30pm, in order to accommodate the schedule. Meetings are held in the Old Senate Room on campus.

Tuesdays are when we will be holding set piece events. These will alternate between British Parliamentary style, in which anyone is entitled either to speak from the table in the main debate, or from the floor before the final vote; and public forums, in which panels of leading figures will attend to participate in discussions with an audience on a certain issue, such as terrorism or Intelligent Design. These are ideal venues for getting informed, or getting your view across.

Thursdays are given to competitive debating. Again, these will alternate between training events, where participants can develop better speaking and debating skills; and an internal debating league, in which speakers compete amongst themselves to hone their competitive skills. This is open to speakers of all levels, and culminates in a grand final at the year's end.

Additionally, our Maiden Speakers' competition at the beginning of the year gives new speakers (not us older types) the opportunity to win a £50 prize!

Getting involved

For more information on our calendar of events and other information, please visit our website: www.abdn.ac.uk/debater or email debater@abdn.ac.uk and we will be more than pleased to hear from you.



Other

Student Interest Groups

(These guys should all be at the Freshers Fayres)

Why not join the Navy?

Discover your strengths and the freedom of the Seas, from travel, sports and social to adventure training. Develop a wide range of skills and leadership aboard our dedicated Training Ship. Gain an insight into maritime skills without any commitment to join the Navy. Immerse yourself in an enjoyable world and supplement your finances!



Additional Contact:
Lt SL Coulton
Aberdeen Universities' Royal Naval
Unit
Gordon Barracks
ABERDEEN
AB23 8BD

Tel: 01224 822663
E-mail: aurnu@abdn.ac.uk

Or the RAF?

Contact:

East of Scotland Universities' Air
Squadron
RAF Leuchars
St Andrews
KY16 0JX

Tel: 01334 839471 ext 7718
contact: Squadron Leader
Keith Block, Adjutant:
uas-adj@leuchars.raf.mod.uk

ROYAL AIR FORCE 

Or the Officer Training Corps?

Captain D Chapman MBE
AUOTC
Roy Strathdee Building
152 Don Street
ABERDEEN
AB24 1XQ

Tel: 01224 483861
aberdeenuotc@btconnect.com

**We're running the assault course
at the Freshers' Fayres so come
and see us there!**



**ABERDEEN UNIVERSITIES'
OFFICERS TRAINING CORPS**



Pick up your copy at the AUSA Societies' Fayre on Tuesday 23rd September in the Marquee @ King's OR from the AUSA Societies Centre, 1st Floor, The Hub!

**Give
it a
Go!**
www.ausa.org.uk/societies



AUSA SOCIETIES

NEW! For 2008!
Why not try a society before you join?
Give It A Go is a new initiative to allow you to do just that!
Look out for the details of Freshers' sessions at www.ausa.org.uk/societies and in the Entertainments Guide!

Make a difference. Get involved.

Welcome to Aberdeen University and the sporting opportunities available here. AUSA Sport is responsible for co-ordinating sport and organising events, both within this University and against others. The Sports Union consists of the Vice-President Sport (Gordon Cox), two Junior Vice-Presidents (Mark Mahado and Nina Smith) and a further twelve members who are all elected in annual cross-campus elections.

Sport at Aberdeen University is tremendously varied and with over 50 sports clubs affiliated to AUSA Sport; the opportunities available to you are vast. Our clubs cater for all standards, whether you are an experienced and successful athlete, a recreational participant, or a complete beginner. In fact, coming to University is one of the best opportunities for you to try new, diverse and sometimes unusual sports. In addition to our sports clubs, AUSA Sport run many events throughout the year, in which you are encouraged to participate. These include the very popular intra-mural sports leagues and one day events as outlined later in the Sports Union Events section.

Sport doesn't only provide a welcome break from your studies, it also contains a popular social aspect. As a member of a sports club you not only participate in your chosen sport, but also have the opportunity to meet many new people and make new friends. Most clubs regularly socialise after training and events, in addition to which the Sports Union organises various sports nights throughout the year at local nightspots, which are always very lively events and allow all our different clubs to party together.

For further information on this, or any other sporting matter, please do not hesitate to drop into the Sports Union Office (1st floor of Butchart Recreation Centre, University Road) or e-mail Gordon on vpssport@abdn.ac.uk. We wish you all the best for your time at Aberdeen University and hope that you are able to take part in and enjoy all the sport that is on offer.

AUSA Sport Events

Throughout the year there are numerous events organised by AUSA Sport and as many students as possible are encouraged to participate. Our year kicks off when our 'Captains Meet the Principal'.



After the Christmas holidays, things begin to get pretty hectic in the AUSA Sport office! Once we've recovered from February's Sports Union Ball, we have the City of Aberdeen Universities Boat Race with the Robert Gordon University (RGU), Superteams and the Granite City Challenge, again against RGU. Things certainly do not wind down in the summer term as we host Football 6's, the final of the Intra-mural league and Rugby 7's. Every year is busy, eventful and fun for AUSA Sport, and we hope to see you getting involved in the action.

AUSA Sport Ball

This prestigious annual event is the pinnacle of the sporting year celebrating sporting excellence at Aberdeen University. It comprises the presentation of the Blues awards (the highest accolade awarded to a student in recognition of outstanding sporting excellence) and the trophy awards to individuals and clubs. The ball is attended annually by 500 sports club members and individuals who have excelled in their chosen sport. The night is always one to (try and) remember so harass your club early in order to get a ticket and be the envy of all your friends!

City of Aberdeen Universities Boat Race – 28th February 2009

The boat race is one of many inter-varsity events that happen throughout the year. Aberdeen University have only lost once in it's history. Last year led to a record-breaking win for Aberdeen University. Watch out this year as Aberdeen continues to dominate the Dee. The boat race is followed by the highly popular Boat Race Ball.

The Granite City Challenge

Another day of sporting competition against RGU which Aberdeen University proudly win (nearly!) every year! Any sports team that has a rival at RGU takes part at various locations throughout the city, and is followed by an evening presentation and a guaranteed legendary night out. Get ready with the chant "RGWho???"

Superteams

After its face lift, Superteams became the ultimate test of mental agility, strategy, physical endurance, and the year's toughest test of BANTER! Last year's event comprised many various weird, wacky and sporty and non-sporty secret events disclosed on the day. Superteams is the biggest sporting event on campus all year. All you need is a team of 7 with sex, and some old trainers! At least 3 members of the opposite slightly sporty to take part. There is no need to be even in this event baby! This is not something you get the chance to do anywhere else!

Football 6s

Now in its 8th biggest one-we host, t e a m s

year, the football 6s is the day football event that Football 6's involves twenty in fierce (but good humoured!) competition on Kings playing field. Competition for places is tight so get training now and keep your eyes peeled for entry forms just before Easter.

Rugby 7s

This is an annual event held study is a day filled with rugby, boys, some travelling from other prize rugby boys of the University, along and enjoy the carnival

at Kings. The perfect preparation for burgers and beer! Groups of seven Universities, battle it out to be the Even if you are not playing, come experience (ie beer tent).

Intra-Mural Sport

AUSA Sport offers students the opportunity to participate in competitive sport in addition to, or instead of, club activity. Our intra-mural leagues are open to all students of all standards regardless of sports club membership. It is the responsibility of teams to select the team members, generally comprising friends, flatmates, hall friends, the random bloke you met in the pub last week and any top quality players that you managed to swipe from teams from the previous season! If you cannot make up a full team, don't worry, you still have the opportunity to participate! The AUSA Sport office will take names of interested individuals and small groups, and combine them (in the order received) to form appropriately sized teams.

The leagues that are running in 2008-09 are:

- 6 a-side Football
- 11 a-side Football
- 7 a-side Rugby
- Squash

Entry forms are available from the AUSA Sport office.

For further information about any aspect of the Sports Union please feel free to drop into the office or e-mail any enquiries to vpssport@abdn.ac.uk. University life is the best opportunity to try new sports, join teams and make friends so take this opportunity and join a sports club today!

Trophy Awards

Blues Bowl - Presented to the freshman or woman who has made an outstanding contribution to their sport in their first year at University.

The AJM Edwards Memorial Award - Awarded to an individual who has made an outstanding contribution to University sport over a number of years.

Centenary Cup - This cup is presented to an individual or team who excels in a single event during the previous sporting season.

The Sandy Morrison Memorial Trophy - Presented to an individual who has performed to an exceptionally high level at his or her chosen sport.

The Allender Memorial Trophy - This is awarded to the most deserving club at the discretion of the Blues Committee, which consider competitive performances, as well as fund-raising, social events, training and tours. Basically it's our club of the year trophy.

Blues

The prestigious AUSA Sport Blues are awarded to sportsmen and women who have reached the highest level in their field. 2007 - 2008 was no exception to the immensely high level of applications received every year. Students balancing a full-time degree while playing at Scottish and British University level with some representing their country at full international level is a tremendous feat representing the exceptional sporting talent within Aberdeen University.

Find us at:

AUSA Sport
Butchart Recreation Centre
University Road
Old Aberdeen
AB24 3UT

Telephone the office on 01224 272311 or the VP Sport on 01224 272545 or Fax: 01224 272315 or email vpsport@abdn.ac.uk or visit our website at www.ausa.org.uk/sport



**CHECK
OUT YOUR AUSA
SPORT HANDBOOK
2008-09 FOR MORE
DETAILS ON OVER 50
SPORTS CLUBS!!**

**Make a difference.
Get involved.**

**Handbook
2008-09**

Make a difference. Get involved.

AUSA SPORT www.ausa.org.uk

AUSA SPORT www.ausa.org.uk

Sport & Recreation Services...

Sport & Recreation Services run the sporting facilities throughout the University. They are proud to boast that they cater for every student studying at Aberdeen University, claiming that if they don't have it on their timetable then they should and just tell them! You will find that they are the hub of activity here at King's Campus hosting a wide range of facilities for you to enjoy with friends. Go and visit them at Butchart or on their web site: www.abdn.ac.uk/sportandrec



Facilities

The University provides facilities for a wide range of sport and recreational activities. These are centered around three main areas. The major indoor facilities of the Butchart Recreation Centre include a games hall and gymnasium, (which are used for indoor matches, recreational activities and fitness classes), a performance gym which contains a large selection of free-weights, 4 squash courts and a viewing gallery.



The outdoor facilities of King's include 3 full-size grass pitches, an artificial cricket wicket, a 5-a-side soccer pitch and 3 tennis courts (which

double as a floodlit training area during the winter). The 600m perimeter of King's also provides a popular running area. King's Pavilion itself houses a 20 yard swimming pool, a free weights area, an exercise studio and a fitness room, comprising an extensive range of cardiovascular and resistance-training machines. Balgownie Playing Fields boast extensive pitch facilities for football, rugby and shinty.

Sport and Recreation Services run an extensive fitness class programme, which is unchallenged in the city. They provide the University population with the opportunity to take part in physical



activity and exercise for enjoyment, health benefits and improved performance. There are a variety of fitness classes, which take place at lunch-time and in the evening in the

Butchart Recreation Centre and King's Pavilion. The classes include aerobics, boxfit, step, circuit training, aeroskip, sports conditioning, body toning and relaxation. The classes are geared to all levels of fitness and are always extremely popular. They also offer instructional classes in squash, golf, yoga and swimming.

Sports performance group & bursary schemes

For students who are performing in their own sport at a high level and who wish to improve their performance, the Sport and Recreation Services offer guidance and supervision in the form of the Sports Performance Group. In addition, sports bursaries are available for sporting expenditure, for example, coaching, equipment, travel, clothing, footwear etc. Both membership of the Sports Performance Group and of the Bursary Scheme entitles the member to free entry to all classes, free fitness testing and seminars on all aspects of performance (including conditioning, diet and nutrition, flexibility, concentration, and relaxation techniques, goals and goal-setting, etc.).

Health & lifestyle assessments & fitness training

The health and lifestyle assessment provides an opportunity for individuals to obtain a baseline knowledge of their health status, and is therefore ideally suited for the health-conscious individual, or simply for those wanting some advice on how to improve their health. The fitness testing offers a series of physiological tests, which assess aerobic fitness, anaerobic fitness, body fat, muscular endurance, flexibility and lung function. The fitness assessment is useful in providing a baseline of current fitness status for all levels of fitness and for monitoring the effectiveness of training programmes. They also provide free drop-in advice clinics, giving you the opportunity to quiz one of our highly-trained teaching staff regarding any aspect of diet, fitness or training.

Membership

As students you are given Membership of our facilities - you just need to pay a small fee for each activity. But you may choose to take out our All Star Pass - once you have paid the initial membership fee, everything is FREE - a great incentive to get active, and stay active!

Contact Kings Pavilion Sport and Recreation
on (01224) 272309

**Aberdeen Sports Village -
Opening Summer 2009**

- see www.aberdeensportsvillage.com



Culture - Performing Arts Venues...



Aberdeen Exhibition and Conference Centre

Bridge of Don
www.aecc.co.uk
01224 824824



The AECC hosts a variety of Exhibitions and Conferences. The fun does not stop there, however, as it is also used for popular and traditional music concerts as well. The AECC is situated just outside the city and is easy to get to by public transport... The Red Line buses on King Street (Number 1 & 2) will take you there.

Aberdeen Music Hall

Union Street
www.boxofficeaberdeen.com
01224 641122



The Music Hall comes to you courtesy of local architect Archibald Simpson, a man so highly thought of in these parts he has a pub named after him. Concerts of all descriptions are held here including Folk, Rock, Pop and Jazz, however, the Music Hall is best known for its classical music. Among others the Royal Scottish National Orchestra, BBC Scottish Symphony Orchestra and Scottish Chamber Orchestra all run regular concert series throughout the year. Situated in the middle of Union Street (opposite Burger King) the Music Hall also houses Aberdeen Box Office, the main ticket centre for the city.

Recent performers there include Idlewild, Maximo Park, Biffy Clyro and Embrace.

His Majesty's Theatre

Rosemount Viaduct
www.boxofficeaberdeen.com
01224 641122



Thought to be the first theatre in the world built entirely from Granite it seems only appropriate that HMT should be in the middle of Aberdeen. Audiences have been flocking to HMT for a healthy dose of culture since it opened in 1906. In short, HMT is THE place to witness all things theatrical in Aberdeen. Musicals, Plays, Opera, and Comedy all feature regularly on the agenda. The best selling show in HMT each year is the annual Aberdeen Students' Charities Campaign's Student Show, which is a registered must see so make sure you buy your tickets early!

The Lemon Tree

5 West North Street
01224 641122
www.boxofficeaberdeen.com



The Lemon Tree is a vibrant multi-disciplinary music and arts venue with a flexible café music/comedy space and a studio performance theatre. Recently rescued from closure by Aberdeen Performing Arts (they also run HMT and the Music Hall), The Lemon Tree is bouncing back with a wide selection of drama, comedy, music and dance. In the last 10 years, The Lemon Tree has presented artists of the calibre of Baaba Maal, Radiohead, Altan, Courtney Pine, Harry Hill, V-TOL Dance, Theatre Cryptic, Suspect Culture, and many more. It also has a thriving education programme and a lively cafe/bar. It is situated in West North Street close to Aberdeen Arts Centre and The Union. They also have a Jazz lunch on a Sunday. Delicious.

Aberdeen Arts Centre

33 King Street
01224 635208
www.aberdeenartscentre.org.uk



The Arts Centre is one of the most important community venues in the city. Run almost entirely by volunteers, it hosts many of Aberdeen's amateur dramatic performances in its theatre and also runs regular art exhibitions. The Arts Centre has a long standing relationship with the University's two musical theatre companies, Treading the Boards and the Gilbert and Sullivan Society who both invade the Centre each February with their annual shows. Why not volunteer?

Art Galleries...

Aberdeen Art Gallery

Schoolhill
Telephone: (01224) 523 700

For more information on cultural venues and tourist attractions in the area visit www.aberdeency.gov.uk

The Art Gallery houses important collections of fine and applied art and offers an exciting programme of exhibitions and events. Traditionalists should be warned that priority is given to contemporary art. Well worth a wander around.

Queens Road Gallery

15 Queens Road
Telephone: (01224) 322 558

Contemporary abstract art, ceramics and sculpture, all Scottish. Exhibitions change every 6 – 8 weeks.

Rendezvous Gallery

100 Forest Avenue
Telephone: (01224) 323 247

Another gallery mainly featuring contemporary Scottish art, notably Gordon Bryce RSARSW, Jack Morocco and Ann Patrick along with art deco and art nouveau antiques. The exhibitions change monthly.

Pub & Club Guide...

PUBS

The Union Bar

Littlejohn Street
(Next to the Number 20 Bus Stop)



Where better to begin a pub & club guide than your very own Union Bar?! The Union Bar sits opposite the No. 20 Student Bus stop that delivers the cream of Hillhead and Crombie-Johnston to its doors each and every night ensuring a consistently well-educated footfall. The door staff are also good at spotting scumbags, so you never need encounter any. Instead you will be treated to good chat, great refreshment, all in an environment safer than a Volvo. Oh, and we have a Wii too.

Best Bits: Cheap drinks, great music, fun events and entertainments, high concentration of campus eye-candy, pool tables.

Worst Bits: Only open 'til 1am Fri & Sat and 12 Midnight during the week

Moorings Bar

(Trinity Quay)



Just down from Market Street or alternatively past the Vue Cinema is a hidden gem called the Moorings Bar. Not only does it house the most incredible soundsystem known to man, it also has some of the best drinks you've never seen! It is one of the most student-friendly bars in town offering a great student discount bettered only by the 20% discount offered if you are dressed like a pirate! This venue is the perfect drinking establishment for those with an interest in alternative music. Many great local and touring bands will play here, and the folks in here are always really friendly!

Best Bits: Phenomenal range of drinks, great crowd, live music.

Worst Bits: Not the easiest place to find (but definitely worth searching for!)

Cheerz

(Just off Market Street)



Cheerz is the premier gay bar in Aberdeen. It features drag queens presenting pub quizzes and Karaoke nights. There is also a pole in the middle of the stage if you fancy a dance! It's not in the nicest part of town so be careful, but if you're that way inclined, Cheerz is a must-see!

Best Bits: Friendly and camp.

Worst Bits: Market Street is quite rough, so be careful!



The Bobbin

King Street

(Adjacent to High Street on Campus)

The Bobbin used to be a quiet bar populated by students emancipating themselves from Crombie-Johnston Halls. Now it is a hotbed of activity featuring the aforementioned demographic along with some hard drinking sporty types. It's also a lot more yellow than it once was and has a video jukebox. Lots of burgers are available for purchase along with a few more healthy options. When the rugby boys are in, it seems like a massive stag do... lots of drinking and shouting. They also show live sport!

Best Bits: Cheap drink with a yellow card, close to campus, always reasonably busy, shows live sports, an entertaining pub quiz on a Sunday and beautiful barmaids too!

Worst Bits: Can be a bit too claustrophobic at times, especially when they're showing football. You also have to wait ages to play pool.

Triple Kirks

Belmont Street

Located on the ever-so-trendy Belmont Street, this is the Bobbin's bigger more centralised brother. The sporty types are joined here by indie kids with shaggy hair preparing to head upstairs to the nightclub Exodus. Again, a "yellow card" will get you cheaper booze. It's really busy on a weekend, but sometimes it's difficult to see why, as it doesn't really offer anything out of the ordinary. If you're looking for a venue with firebreathers, magicians, hypnotists, live yoga and lectures in macrobiotic dieting, look elsewhere. Also hosts a cracking quiz, a burger menu that would fear you and a great little beer garden for those 2 days in July when you really need one in Aberdeen!

Best Bits: Very busy. Lot's of good haircuts.

Worst Bits: Very busy.

Siberia

Belmont Street



Again located on Belmont Street, Siberia is a bar which prides itself on its fine selection of flavoured vodkas. There are over 30 to choose from in shot form ranging from the uber-sweet Kola Cube to the down-right disgusting Curry and Garlic flavours. It's also a great place to sit and watch the bustle of Belmont Street and people-watch if that's your thing. There's also a beer garden terrace over-looking the Denburn and Union Terrace Gardens which is cracking on a sunny day and rubbish in the rain.

Best Bits: The range of flavoured vodkas

Worst Bits: The badly-flavoured vodkas

Ma Cameron's

Belmont Street

A cracking wee pub in the centre of town. One of Aberdeen's oldest, if not THE oldest pubs, Ma's is a real pub. There's no pretence, no egos, it's just full of warm, friendly people chatting over a few beers. Just like female wrestlers, Ma Cameron's is also deceptively large, housing plenty of space. Good to meet and eat with a bit of banter before heading somewhere more lively

Best Bits: A cool place to hang out with mature students and escape the meat-market mentality that is rife in other Belmont Street bars. Also a good selection of beers and a roof garden for sunny days.

Worst Bits: Again... not too many students in here, but sometimes it can be nice to pretend that you pay council tax!

Café Drummond

Belmont Street



This is a hub of indie. There are more bands, haircuts and awful Mancunian accents here than in all of the other bars in Aberdeen combined. This is where people will hang out with their bandmates, spitting NME rhetoric and chatting about how fit Holly Willoughby is. It's a great place to go if you're a lady, as the ratio on my last count was 5 boys to 1 girl! However, there's not much in the way of décor, with it being a bit drab... but at least it's not yellow!

Best Bits: Superb live bands and a good friendly atmosphere. Amazing "Battle of the Bands" competition.

Worst Bits: Not many seats, the dreadful bands hang out there ALL the time waiting to be recognised.

Wild Boar

Belmont Street

Although this bar has been through several re-incarnations over the last decade, it still remains a firm favourite on Belmont Street. Inside, the granite walls are stripped back and are inset by tea lights. Interesting and varying seating gives you a choice of how you spend your time here; quiet table for 2 or a booth downstairs with friends? You choose! Good music normally and often a classic film on the plasmas in the background for when the chat dies. They do a good deal on wine by the bottle here too.

Best Bits: Funky decor and changeable but decent atmosphere most nights

Worst Bits: Quite a trek to the sub-terranean toilets

Revolution

Belmont Street



Aberdeen's Revolution Bar is situated in the heart of the vibrant Belmont Street. The venue has two levels: the Ground Floor Bar, furnished with leather sofas and decorated with copper finishes, is perfect for both relaxing during the day and enjoying a drink or two at night; the Basement Bar downstairs opens out onto an elevated outdoor deck that boasts some great views of the city's Union Terrace Gardens, and is perfect for relaxing on a warm Summer's afternoon. Quite an expensive bar, but with privilege card, there's always a decent deal on offer, be it on food or drink.

Best Bits: Massive selection of cocktails and great pitchers, good outside seating area, plenty of seats throughout.

Worst Bits: Expensive, long wait at the bar, not an overly studenty venue.

Kilau

Little Belmont Street



Whilst not actually a bar, Kilau is a café that opens late (until midnight) and serves coffee and snacks. It's always really laid back and has a good crowd of students and artists. They also have live jazz occasionally!

Best Bits: Crepes, Paninis and Soup are to die for. Nice to escape the booze-hounds!

Worst Bits: Sometimes it's hard to get a seat.

Slain's Castle

Belmont Street

This bar is one of those Eerie pubs supposed to look like something out of a B-Movie. There are lots of different cocktails to drink based around the seven deadly sins, but we wouldn't recommend trying to drink them all in one night! The lighting in here is atrocious and its cavernous design makes it nigh on impossible to locate your chums.

Best Bits: Will impress your parents with its OTT décor

Worst Bits: Bathrooms are difficult to find (try pushing the bookcases)

Hogshead

(Belmont Street and Little Belmont Street)

There are two Hogsheads accessible from Belmont Street. One is quite modern, whilst the other has a more ye olde feel about it. Both of them tend to appeal to the older demographic, but they offer free buffets to clubs and societies bringing over 20 people to a meeting or party!

Best Bits: Easily accessible from Academy Shopping Centre

Worst Bits: Doesn't really offer anything out of the ordinary.

Soul

Union Street



Soul is one of the swankiest venues in town. It now houses a casino on the first floor (please see our money advice section – gamble sensibly!) Drinks are pricey, and there is no student discount, but this place is so swish you'd be embarrassed asking for it! Again it's another converted Church so make sure you behave yourself! Extensive cocktail list, but be prepared to wait for them. Also does a decent food menu at the upper end on the decent price range.

Best Bits: Looks cool, good space.

Worst Bits: Expensive, not overly student-friendly and rammed at the weekends

Paramount

Bon Accord Street



Paramount is another beautiful bar. Located off the top end of Union Street it varies greatly from night-to-night. Midweek sees it rammed full of students, whilst at weekends it caters for a more "up-market" crowd. i.e. the drinks promos are taken away! Paramount can boast some of the most stunning clientele that these reviewers have ever seen.

Best Bits: Cheap during the week

Worst Bits: Not cheap at the weekends!

Tonik

Bon Accord Street

Tonik is a small bar that spills out into the Galleria shopping centre. Not dissimilar to Paramount in that they have similar promos on weekdays but not so much at weekends. They always have good DJs and sometimes incorporate live musicians to jam along with the tracks. Be prepared to put up with Gucci Girls and Prada Boys: behind the bar.



Best Bits: Good music, student-friendly during the week

Worst Bits: Need to dress to impress

Under The Hammer

North Silver Street (just off Golden Square)



Located near the Aberdeen Music Hall on Golden Square, Under The Hammer is quite a trek. It has a reputation for hosting fantastic open-mic nights and storing old men with interesting beards and loud laughs. I assume it used to be an auction house or something, but to be honest I don't know. I shouldn't have mentioned it really should I?!

Best Bits: A good crowd of regulars.

Worst Bits: its underground which means mobile signal is virtually non-existent. Ideal to get away for a quite one or two though!

Jam

Justice Mill Lane



Jam is located up towards the top-end of Union Street and offers the kind of environment to prepare for a night of clubbing. The décor is fresh and undemanding and the music is sunny and danceable. Some good drinks promos on offer most of the time.

Best Bits: Cheap!

Worst Bits: A bit of a walk, sometimes a bit high on the Chav Factor and a very young crowd midweek

CLUBS

Liquid/Envy

5 Bridge Place

AUSA's Official Freshers' Week Late-Night Partner AND the city's biggest and best student nightclub! Although not actually made out of liquid, this is where most of the action midweek happens. Cheap, cheesy and cheerful with some great PAs throughout the year and a wide selection of music and club nights to get you through the term. Well-staffed and student-friendly this is where it all goes down.

Best Bits: Full of fellow students and loads of entertainments on

Worst Bits: Sometimes gets silly busy

The Tunnels

Carnegies Brae

(underneath Mark's & Spencer)

The Tunnels continues to be the nucleus of the live music scene in Aberdeen and is again AUSA's Alternative Late-Night Partner for Freshers' Week. With two rooms and a wide selection of named and up-coming bands, there's always a gig worth catching at this friendly bar/club in the depths of the city centre. Bands who've played here over the years include The Kooks, The Automatic, Hope of the States, Pretty Girls Make Graves, Buck 65, Shit Disco and The Long Blondes. Supporting acts and the cream of local talent is always on show too, so definitely worth a trip...or two!

Best Bits: Coolest live music venue in town and great atmosphere.

Worst Bits: Not the best for location or phone reception, so make sure your mates know where you are! Better still, take them with you!

The Priory

Belmont Street

Undergoing a complete refurbishment at the time of printing, so without a crystal ball it's hard to say. Still, owned by the same company who operate The Pearl Lounge which suggests it'll look pretty swank inside. Used to be free all week, so let's hope that remains the case!

Best Bits: It's being refurbished for Freshers' Week

Worst Bits: It has to close to be refurbished



Espionage

Union Street

Free every night of the week. Four Bars, three levels and loads of quality nights out to be had! Great venue for groups of people with differing tastes in music and for those who want a right good dance and funky decor throughout with tunes to match. Quite expensive though, and queues are on the long side at the weekends - but that goes to show how popular this place is!

Best Bits: Free Entry and open til 2am Weekdays, 3am Fri & Sat

Worst Bits: Good = popular = busy = crowded dancefloor

Tiger Tiger

Shiprow

(Next to Vue Cinema)



Tiger Tiger has a busy Monday night for students. Otherwise, it tends to price them out of the market. Entry alone can be expensive sometimes and the drinks aren't cheap. However, with 3 bars and 2 floors of music and some swank decor and decent DJs it's not too bad. They do have a good lunch menu and its a nice place to grab a drink before or after the cinema

Best Bits: Good food, nice drinks and smashing decor

Worst Bits: Very pricey and can get congested when busy due to layout.

Pearl Lounge

Dee Street

(Off Union Street)



The Pearl Lounge is a dancing hotspot for good-looking people but has a steep entry fee. Another venue which has been decorated to the highest standards, 'Pearl' has been a student favourite for a number of years. Don't expect drinks to come cheap at the weekend - a small price to pay for a good night out!

Best Bits: Reasonably newly refurbished and still looks great, good music

Worst Bits: Not the friendliest door staff in town and pricey on occasion

Snafu

Union Street



Basement club which hosts bands, DJs and club nights throughout the year. has recently won awards and always has soemthing different going on, this uber-cool night spot houses a great bar cosy dance floor and plenty of seating to unwind on.

Best Bits: Brilliant club nights

Worst Bits: You need to know what's going on before you go - check the Snafu Magazine!

Exodus

Schoolhill/Belmont Street

Above Triple Kirks, cheap and cheerful and always busy. Sunday - Thursday drinks promos are ace and Yellow Cards are accepted here too. Small Indie club with large queues at the weekend. No nonsense fun and no pretentiousness-osity anywhere near it. For some reason it's got a reputation for being one of the best venues for random nights out...just a quiet few... aye, aye!

Best Bits: Amazing current alternative music

Worst Bits: Can get silly busy outside, inside on dancefloor and at the bar.

Upstairs At O'Neils

Little Belmont Street/Back Wynd

Although it's dingy and rammed full of people, O'Neils is always a great laugh! Mainstream cheese and hard rock and a little bit of everything in between - you can really let your hair down in here! One of the most relaxed clubs in Aberdeen.

Best Bits: Always busy!

Worst Bits: Some sleazy old men!

Foundation

Carnegies Brae
(opposite The Tunnels)

Foundation is the largest gay club in Aberdeen. Located opposite The Tunnels, it's not the easiest place to get to but well worth it once there. Huge bar inside and seperate dance room with space for private functions too. The music is cheesy and camp, but there's usually something alternative happening there every other week, so keep an eye out!

Best Bits: Out and proud - free entry during the week

Worst Bits: Very hot

EASY TIGER

Sex, alcohol and deviant behavior – whatever you're into we're not ones to preach... that's where our tiger comes in!

Fresher's week and your student lives are designed for having fun, meeting people and (if you're into that sort of thing) partaking in a beverage or two. Whatever you do during Freshers' Week (or during life for that matter) remember: EASY TIGER!

The Tiger will be on campus throughout the week and will be hitting the town at night handing out refreshing water, condoms and other handy dandy items.

Our Tiger is full of helpful hints and will be advising you randy lot on safe sex and telling thirsty people to watch their consumption levels. He also gets a bit preachy when he sees drinks left unattended or valuables not being supervised.

****TIGER LINE****

With so much on and so much to do we're sure you will have your questions! Whether you're out and about or simply wanting some general advice feel free to call the tiger on:

07526668763

anytime from the 20th of September with all your Fresher's week questions, queries or advice needs. From directions to healthcare, the tiger is there to help YOU!

Remember:

Have fun. Be safe. And EASY....Tiger!!

Aberdeen - City Necessities...

SUPERMARKETS

Lidl

King St.

Easy walking distance from Hillhead Halls

On the Number 1 & 2 bus routes



Lidl is very cheap and has really good deals on fresh fruit and vegetables. It's a fantastic place to shop if you're on a budget, but make sure that you take your own carrier bags as they cost extra!

Tesco Express

King Street

(Near University Road and walking distance from Crombie-Johnston)



Tesco Express is incredibly handy. Whether you're after a snack or your weekly shop it's got just enough to keep you happy! It is pretty pricey though as they don't stock the value brands, but you pay for the convenience.

Morrisons

King Street

On the Number 20, Number 1, 2 and 13 bus routes



Morrison's is located further up King Street. It is a full-size store and has pretty much everything you could need. It is also reasonably cheap compared to the likes of Sainsbury's. It looks pretty retro inside, but it is easily accessible from the Number 1 & 2 bus routes (along King Street) and also the Number 20 bus (the stop AFTER the Union) so you needn't struggle home with your bags! It is also close to the Unite Mealmarket Exchange Halls.

ASDA @ The Beach

Beach Boulevard

Number 13A bus route



This is a large ASDA with its usual good value foods and drinks. It doesn't have a huge clothing or electronics section but contains all of the value brands and a good range of frozen goods.

ASDA @ Garthdee

Garthdee
Number 1, 2 & 9 Bus Routes

Closer to Robert Gordon's University, this ASDA is MASSIVE and is open 24 hours-a-day. It is based over two floors and has phenomenal homeware, clothing and electronics sections. It's a great place to pick up odds and ends for your flat!

Sainsbury's @ Berryden

Berryden
(Walking distance from Kings campus)

Sainsbury's is located a wee bit further up from Bedford Road (the same street as the Queen Mother Library). It has fantastic quality goods, but is rather pricey. However they do have a superb range of special offers running through the centre of the store.

Sainsbury's @ Garthdee

Garthdee
Number 1,2 & 9 Bus Routes

Directly opposite the ASDA at Garthdee this Sainsbury's offers an alternative if you manage to make the trek all the way to this side of town. Again, a massive store with a wide selection of everything you'll need. Often worth checking for deals as its in direct competition with the ASDA across the road.

Tesco Extra

Danestone
Number 1 & 2 Bus Routes

This is the daddy of all supermarkets in Aberdeen. It is gigantic and has everything you could ever need from tents to televisions, shoes to chardonnay and quality value food to incredibly expensive food!

It also has loads of clothes and electrical equipment too. If you've got a car... go here!
Also open 24 hours.

TOP TIP:

Never go to the supermarket when you are hungry. You'll only end up buying lots of snack foods that you don't really need.

Childcare

If you're lucky enough to be with child, the University have childcare facilities on Kings Campus. If you are looking for a place contact the Manager at:

Rocking Horse Nursery
University of Aberdeen
Aberdeen
AB24 3YD
Tel: 01224 273400



**VISIT
LLOYDS TSB & RBS
at the
FRESHERS' FAYRES
THIS YEAR!!**

Banks

One of the first things you should do - if you haven't done so already - is open a bank account. The offers and features of Student Accounts vary from bank to bank so shop around to find the account that suits your needs best! Many offer overdrafts which can help when money is tight - but remember that you need to pay that back and charges for exceeding limits can be hefty.

Kings Campus

Halifax Bank of Scotland (HBOS) & Lloyd's TSB are both in the vicinity of the Kings Campus

City Centre (mainly on Union Street)

RBS, HBOS, Nationwide, Barclay's, Natwest, HSBC, Lloyd's TSB, Abbey, Clydesdale, Alliance & Leicester

N.B.

- HSBC and Natwest are located towards the very top of Union Street so it can be quite time-consuming getting there. Make sure you have online banking to hit your deadlines!
- Clydesdale, HBOS and RBS are open on a Saturday!



Clydesdale Bank



Lloyds TSB



NatWest



Jen 'hustler' Brown
takes aim...



Debbie Hogs the mic at Karaoke!



the union - it's
about your mates!

- weekly quiz night
- theme nights
- pool tables
- karaoke
- friday night project
- open mic
- wii sports
- drinks promotions



Littlejohn Street

www.ausa.org.uk/whatson/union

UNION

Official Freshers Week

partner of
AUSA



Saturday 20th **10P:M - LATE**

"Unofficial Welcome Party"

The Saturday Night Warm Up
Drink Promo's B4 Midnight



Monday 22nd **10P:M - LATE**

BANDWAGON

3 Arena's of the Biggest Tunes
Featuring The Infamous University Challenge
This time its WAR!
Drinks Promo's All Night

Wednesday 24th **10P:M - LATE**

GET LOST

In Scotlands Biggest and Busiest Student Night
5 Bars, 4 DJ's, 3 Rooms
2 Dance Floors, 1 Amazing Night!
Drinks Promos All night

Friday 26th **10P:M - LATE**

Liquid High School Dance

"The School with No Rules"
Write what you want on your jotters and
wear your skirt as short as you want!
Free Entry in School Uniform B4 11.30pm
Drinks Promo's All Night



Sunday 28th

Liquid Slumberland

A Casual End to a Week of Madness with a Massive Pyjama Party
Party in your PJs all night and straight to bed when you get home!
Free Admission before 11.30pm in Pyjama's or whatever you normally sleep in!!!
Drinks Promo's All Night

Sunday 21st **10P:M - LATE**

Aberdeen University Freshers' Week

OFFICIAL Welcome Party
Drinks Promo's All Night

Tuesday 23rd **10P:M - LATE**

Liquid Island Beach Party

Featuring TWO MASSIVE Foam Cannons
There's NO Place to hide from the Foamy Goodness!
Free Entry B4 11.30pm in Beach Wear
Drinks Promo's All Night

Thursday 25th **10P:M - LATE**

SKINT

The Best in Chart, Pop
Indie & Dance

VIBE

A Fine Selection of
R'n'B & Hip Hop

ALL DRINKS 80p All Night - EVERY THURSDAY



Saturday 27th **10P:M - LATE**

Aberdeen's Only Superclub
The Biggest Tunes
Feat. Fire Breather's, Still Walkers,
Fire Jugglers & Fire Eaters!

BUY YOUR FRESHERS WRISTBAND FOR £20!

and gain access to the whole weeks activities and transport home! Contact Your Freshers Rep for details
5 Bridge Place, Town Centre, Aberdeen, AB11 6HZ | Tel:01224 595239 | aberdeen@liquidnightclub.co.uk