

MANCHESTER
1824

The University of Manchester



An Introduction to Peer Mentoring 2015-2016

Spanish, Portuguese and Latin American Studies

PEER
MENTORING



Produced by Spanish, Portuguese and Latin American Studies Peer Mentors
in association with PwC.

Hi there, welcome to SPLAS!

This booklet has been put together by existing SPLAS students with the aim of giving you, the new first year students, the best introduction to life in Manchester possible, with a special SPLAS spin on it.

Inside you'll find tips on where to eat and how to get there, how to manage your finance and possibly your food, where to go shopping and where to go clubbing, and important do's and don'ts to ensure that your first year in Manchester has the potential to be awesome. All of this has been put together by students who have experienced everything here themselves, who have learnt what they need and now want to pass on their knowledge.

The students who put this booklet together are all part of the student mentoring scheme. Peer mentoring is a scheme designed to help first year students settle into Manchester in the best way possible. Run by students and staff, peer mentors exist to provide advice, support and guidance to freshers as they begin this new part of their lives. We've all been first year students before, so we know exactly what it's like to be in your shoes, we've had the same hopes, the same worries, and the same questions, so we're readily available to help you settle in. We will be ready to answer any questions throughout the year, all the way up to next June, so a question or a worry is never too late to be dealt with.

All that is left to be said is that we really hope you have a great time during your first year at University. Manchester is a vibrant, diverse and ever expanding city with so many opportunities and experiences waiting to be made the most of, so have an awesome time!

¡Saludos!

Saúdos!



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Places to go and things to do

Now you're in Manchester, you may be wondering just how you can get out and about in the city, without having to walk for hours. Well, handily, Manchester has a great range of public transport networks, so getting anywhere couldn't be easier!

Buses – Getting the bus is one of the easiest ways to quickly get into the city centre for a very small price. Oxford Road Magic buses and Stagecoach offer £1 singles all the way from Fallowfield or Didsbury right into the centre and there are special term or year long unirider cards designed specifically for students! On the back of tickets, there is usually a voucher for half price MacDonald's, which can be very handy if you're in a rush. Buses are extremely frequent, on Oxford road you shouldn't have to wait more than five minutes for a bus throughout the day.

Trains – Manchester is a great base for travelling. From the main stations (Piccadilly, which is a short walk from Piccadilly Gardens; Oxford Road, which is closest to the university; and Victoria, which is further to the north near the Printworks), you can get to just about anywhere in the country. Within the city as well, trains can be very useful for getting to places that the inner city buses don't visit. There is also a free shuttle bus from Piccadilly which takes you into the centre, where you can get a bus to wherever you need to go.

Trams – Trams are a bit more pricy, but can be useful for getting to places like the Etihad Stadium or the Trafford Centre. Just like the buses, you can buy single tickets, and also returns and season passes, so if you're a football fan, these could be very useful! There are stations dotted around the city centre, so finding a tram isn't difficult. One thing to remember is that you need to buy your tickets on the internet or at the station, because they aren't sold on the trams themselves.

Cycling – last but not least, my preferred method of getting round the city. Fast, free and eco-friendly, cycling is a great way to get around and get some exercise done as well. Don't worry if you don't have a bike either, because the Students Union runs the Biko Bikes scheme, where they rent out recycled bikes for incredibly low prices. Most roads are perfectly safe to cycle on, just be careful when there is no specific cycle path.

-- Alex Tarbox

Good places to eat

Manchester is one of the most culturally diverse cities in the UK and offers a vast array of cuisines for students to explore.

Firstly, the best two Spanish restaurants, that we have visited, are located in Deansgate – an area of Manchester in which we would recommend all SPLAS students to visit! Within this area, La Tasca and La Viña are situated. Everyone knows of the multinational chain La Tasca, a fine place to enjoy tapas! But a difference with this specific restaurant is that mid-week there is normally an event hosted by the international society for Spanish speaking students. Not only is it a great place for food but also a place to go and practice some Spanish and enjoy the ambience of Spanish styled Fiesta.

La Viña is another fantastic Spanish restaurant, offering a similar menu but at a cheaper price. Additionally, my Spanish friends told me that they felt it had a more authentic taste to its food than La Tasca – something that led them to believe that La Viña being the better restaurant of the two. Personally, I enjoyed and would recommend both as a must visit.

A further two Spanish-speaking restaurants that I would highly recommend are Revolución de Cuba and Chiquitos. Both of which offer a more South American style of food but equally as good as the two previous examples.

One place that no student has any excuse not to visit is Toros steakhouse. Located at the top of the Curry Mile, close to Lidl, it offers quality steak and student prices and it was the ideal place to celebrate the end of exams.

Our favourite place in Manchester during our first year here is by far a place called the Kitchenette. This restaurant is on the Oxford Road, thus walking distance from the University, makes great tasting food, from pizzas to burgers. Once again, it is great value for money, which I'm sure, is one of your criteria when it comes to finding a place to go for a meal. -- Josh Danielli.



Nights out

Manchester is one of the largest cities outside of London and has varied and diverse nightlife with over 164 clubs, many of which host club nights especially for students. Events at the **Students' Union** are very popular, such as 'Why Not Wednesdays' and Pangaea, which takes place three times every year.

As well as the Students' Union there are a variety of different areas within the city which offer a wide variety of clubs:

The Northern Quarter- located in the city centre, close to Piccadilly Station, offers a quirky night out from comedy clubs and cocktail bars to small intimate gig venues.

Manchester has a huge, thriving LGBT scene and its clubbing scene, centred around **Canal Street** offers a variety of clubs - most of which are free entry with very cheap drinks!

Deansgate Locks offers a more refined and classy feel to clubbing, with a variety of popular clubs, such as: Lola Lo, Revolution, Ark (To name just a few!)

Fallowfield is also packed with bars and clubs, such as 256 and the very popular cocktail bar, The Font (£2 cocktails!!)

There are also plenty of other clubs **just off Oxford Road** such as: Factory, Sound Control, Deaf Institute and Fifth Avenue – all of which are very popular with students. But don't forget the **Accommodation bars**! These are great places, especially during welcome week, as you can meet people from your halls and also enjoy the very reasonably priced drinks!!!

With so many clubs to explore it's hard to know where to begin, but try out a few different ones and you'll soon find your favourites! **Top 5 club nights according to current students:**

1. [Why Not Wednesday!](#) – As the name suggests this takes place every Wednesday in the Student Union bar and in Club Academy (Downstairs SU) – tickets are £3 and can be bought via the SU website, in the SU, or on the door. This night often has a various themes and twists, such as UV or foam parties.

Music: A variety depending on theme.

2. [Poptastic](#) – Every Tuesday and Saturday at club Alter Ego in Manchester's Gay Village. £3 entry for students before midnight!

Music: Cheesy pop.

3. [Gold Teeth](#) – This takes place every Tuesday at Manchester Deaf Institute, located just off Oxford Road on Grosvenor Street. It is £5 entrance, tickets can either be bought online or on the door.

Music: Rap, R&B, Motown.

4. [LIGHT BOXX](#) – A great Saturday night out at the Ritz, on Whitworth Street West, close to Oxford Road station. Tickets are £5 for students when bought in advance online and £7 on the door.

Music: R&B, chart music.

5. [Remake Remodel](#) – Every Monday at Soup Kitchen in Manchester's Northern Quarter. It's £3 entry for those with promotional leaflets or £5 normally.

Music: Indie and Rock music.

What will your top 5 club nights be..?

-- Ryan Jones

Shopping

Manchester is home to practically every high street shop that you could ever dream of. In the City Centre alone, it's home to four of the largest department stores in the United Kingdom (Selfridges, Harvey Nichols, House of Fraser and Debenhams), plus many different shopping areas.

The most well-known of these are Market Street and the Arndale shopping centre, the go-to places for all of your favourite high street stores such as H&M, Topshop/Topman and Primark.

If you're planning to splash out, there's King Street where you have high end shops such as Pretty Green, Cath Kidston and Jack Wills. Just a short bus journey away, you will find the Trafford Centre, the largest shopping centre in the UK which boasts almost every shop imaginable, including exclusives such as Victoria's



Secret (its only other UK store is in Leeds), plus a colossal food court (pictured).

However, you will find the most unique shopping experience in the Northern Quarter, just off Piccadilly, which is home to the iconic shopping emporium Affleck's Palace, selling everything from vintage to fancy dress. Other notable stores in the NQ are Fred Aldou's, a gold mine for all things arty and Magma, where you will be able to find a much more eclectic selection of books than in your average Waterstones.

-- Katie Hughes

Campus – key buildings

The Samuel Alexander Building



The main base for the Schools of Arts, Languages and Cultures - You may remember it if you came here on your interview day!! It's quite likely that you will have a lot of your lectures in this building; it can be quite a maze at first, but you'll soon find your way round!!

Inside on the lower ground floor of the South Wing you can find a computer cluster and the language centre. These are great places to study as they are quiet and often don't get too busy because not many students outside the school know that they are there. There's also the Lime Café on the lower ground floor, which serves food and drink!

John Ryland's Library

The country's third largest library with over 4 million books to choose from and also plenty of computer clusters to study in! Take advantage of any library tours offered to you during Welcome Week so that you know where exactly to find the books related to your course and also familiarise yourself with how to take books out from the library.



Alan Gilbert Learning Commons (nicknamed 'The Ali G')

Open 24/7 so come armed with your sleeping bag! This building is a great place to study with more than: 1000 flexible work spaces, 400 PCs, 30 bookable group study rooms. It also has a café in the entrance for a coffee and cake to prepare you for some studying!

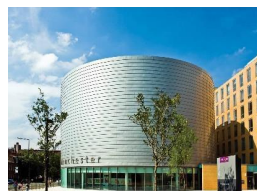


Manchester Students Union

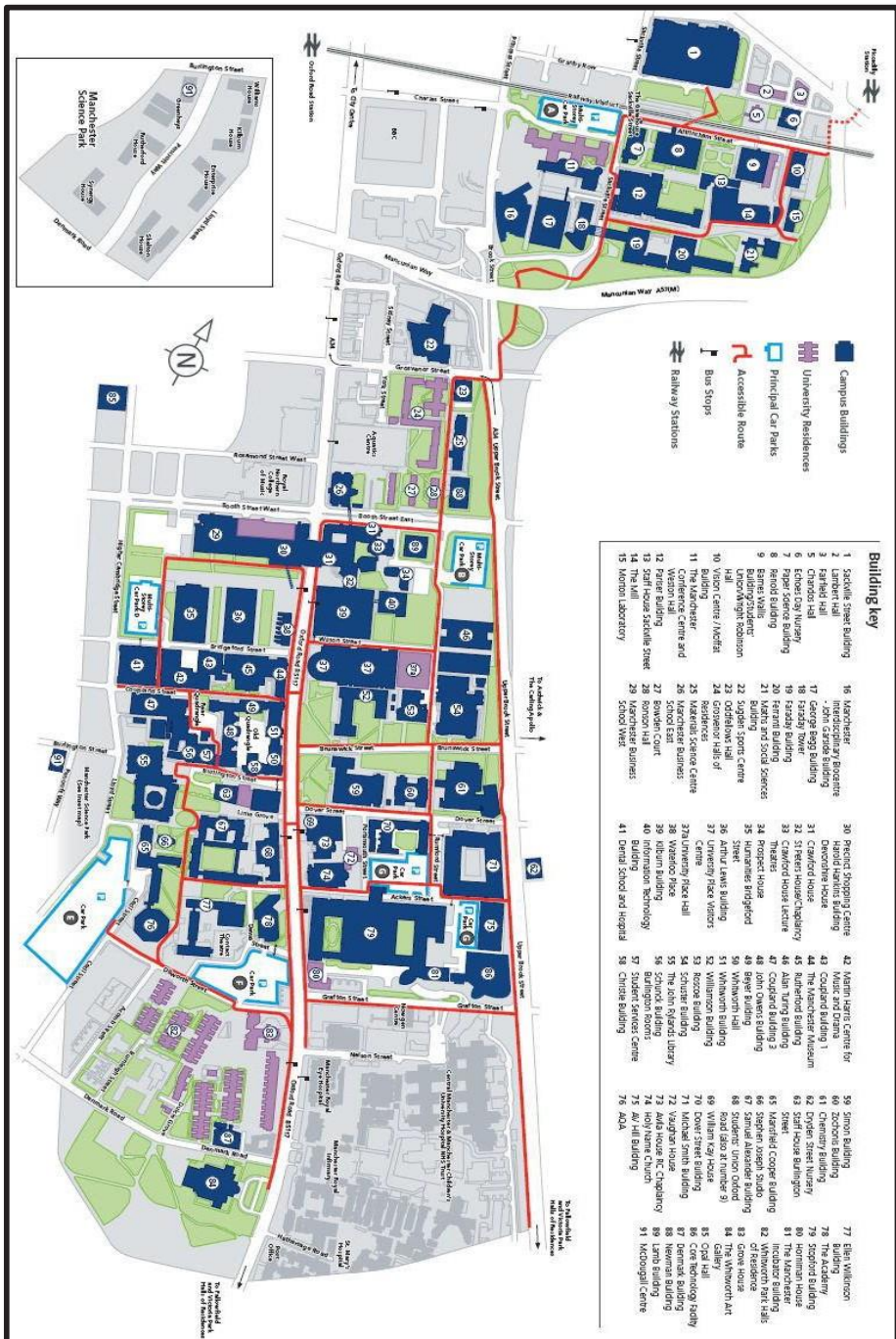
One of the UK's most active Students Union and a base for many of the University societies. Inside there is a Uni shop, Starbucks, The Union Bar and two function rooms with stages and bars.

University Place (nicknamed 'The tin can')

Six floors high, this building is a landmark on campus and also home to the Careers Service in the Atrium on the first floor.



-- Ryan Jones



Survival guide

Coming to University for the first time can be very exciting, but also daunting for any new freshers arriving into a potentially brand-new city for the first time. If university is your first time away from home you are bound to feel first day nerves, however the peer mentoring team are here to help in any way to make you feel settled during your first few weeks at university and throughout the year.

Fresher's d o's

- **Do** get involved as much as you can with any activities set up by the peer mentoring team as these are designed to help you settle in and make new friends with the people on your course.
- **Do** make sure that you try to organise activities with the people you are living with during fresher's week so that you can get to know them properly.
- **Do** try and explore the city; living in Fallowfield especially, it is hard to leave the "university bubble". There are many fun places to visit such as the Northern Quarter, the Arndale and the Whitworth Art Gallery.
- **Do** attend all welcome lectures associated with your specific language course which will help you learn about the modules and what the course structure for the year will be.
- **Do** get into a good routine of attending lectures and seminars from the beginning of the year, as attendance is important.
- **Do** visit the fresher's fair to join any societies and sports clubs that you may be interested in. The SPLAS society is very fun and useful for Spanish and Portuguese students as themed socials are organised which allow you to practice your Spanish and Portuguese, as well as make friends.
- **Do** arrive willing to get involved to make the most out of your first year.

Fresher's Don'ts

- **Don't** be too nervous or scared before you arrive because everyone is in the same position as you meaning you will make friends very quickly.
- **Don't** lose your friends if you go on a night out because it is important to stick together, especially during the first few weeks when everyone is finding their feet in the city.
- **Don't** forget that you can contact the peer mentors should you have any problems.
- **Finally, don't forget to have fun!**

-- Laura McGrath

How to make the most out of Fresher's Fair

The Fresher's Fair is an event that happens during the Welcome Week at the start of the year. All first-years are welcome, and it's an opportunity to see what your university offers outside of your lectures and seminars.

All of the university's societies and clubs will be there, alongside local businesses offering freebies, prizes and great opportunities for you during your time at university.

How to make the most out of the Fresher's Fair:

- Join any societies linked to your course. It's a great way to meet people on your course and the societies will offer great activities and nights out throughout the year.
- If you play a sport or have a specific hobby, see if there is a society that does what you like. Societies range from things like scuba diving and gymnastics to things like Harry Potter and blogging.
- Join a sports team! Whether you already play a sport or want to try something new, there's bound to be a sports team for you. We have university teams for rugby, swimming and cheerleading just to name a few.
- Check out the local businesses at the Fair. Businesses range from taxi companies to local restaurants and bars. A lot of businesses will be offering goody bags and freebies like sweets, keyrings and pens. Many will also be giving you the chance to win prizes such as discounts and memberships.
- Sign up to different places. Local bars and restaurants will be giving out discounts and loyalty cards to people who sign up, which can save you a lot of money.



Finally, just have fun and look around! You might discover a new hobby or sport. The Fresher's Fair is a great place to see what your university offers and you will definitely come away with loads of freebies, posters and sweets!

-- Sarah Hanvey

Cooking tips and cheap recipes

For most of you coming to university, it is your first glimpse at freedom. However, this freedom also stretches to the kitchen. Here are a few tips to surviving.

Coming to Manchester, it is time to say goodbye to Sainsbury's, Waitrose and Tesco for those big food shops, and hello to the greatest places known to the student: **Aldi and Lidl**.

Once you get used to the “every man for himself” kind of feeling and the pit stop checkouts, they will become your weekly food haunt.

The biggest tip that I can pass on is to plan your weekly shop. It cuts down your shopping bill massively, there is less stress when you get into the kitchen and think “what do I cook?!” and then, more importantly, there is more in your budget to be a fresher.

Here are some quick and easy recipes that are relatively healthy (however instant noodles do suffice every once in a while and they are only 18p!):

1. **Baked chicken, sweet potato mash and veg** – this meal takes about 30 minutes but it worth the wait. Also, if you don't want chicken or you are vegetarian then fish cakes and bean burgers are a great alternative.

2. **Pasta!** – if you don't like pasta before uni, then you'll have to like by the end of it. Cooked in 12 minutes, it's the dream. Just add tinned tomatoes, onions, beans, mince. Pretty much anything goes with pasta and if you're splashing out then go for a pre-made sauce, just makes life even easier.

3. **Jacket potatoes** – now these do seem to take an age to cook but if you've got work or an essay due, there is nothing easier than microwaving it for 10 minutes then sticking it in the oven for half an hour (drizzle with oil and salt for an incredibly crispy potato skin). Beans and cheese are a classic and sausages are great too because you can put them in at the same time as the potato, less things to think about and a tastier meal.

4. Stir fry – egg noodles, onions, peppers, broccoli and mushrooms surprisingly make for an amazing dinner. You can add chicken or tofu, which just adds to the dish. The tip with this meal is to add soy sauce and honey which caramelises the ingredients and is just “wow”.

If in doubt meat + veg never fail!

Good luck!

-- Sophie Ramsdale

What to bring to University

Some useful tips on what to pack for uni!

BEDROOM ESSENTIALS

- Duvet
- Pillows
- Duvet cover/ pillow cases
- Bed sheet
- Mattress protector
- Laundry bin (or your bedroom floor)
- Coat hangers
- Alarm clock- let's make an attempt to get to lectures on time
- Photos/ Posters- hall walls can look very bare so make it more homely!
- Door stop- useful in Welcome Week as it makes your room more approachable.
-

BATHROOM ESSENTIALS

- Bath towels
- Paracetamol/ Berocca
- Personal medication
- Small first aid kit
- All your make up/ shampoo etc

CLOTHES

- Casual clothes for lectures
- Going out clothes- however most clubs in Manchester are casual
- A good coat- Manchester's winters can be brutal
- Smart outfit- for university balls and/or job interviews

OTHER ITEMS

- Pack of cards- great for drinking games
- Stationery- pens, pencils, highlighters etc etc
- Electrical items- laptop, phone, iPod etc chargers
- Weekend at home bag- perfect for visiting mates or nipping home

KITCHEN

- Frying pan
- Saucepans (with lid)
- Flat baking tray
- Tin opener
- Bottle opener
- Vegetable peeler
- Cheese grater
- Wooden spoons or spatulas
- Microwavable bowl
- Mixing bowl
- Measuring jug
- Mugs
- Sieve
- Colander
- Whisk
- Chopping knives
- Chopping board(s)
- Tea towels
- Washing-up liquid
- Bin bags
- Plates
- Bowls
- Cutlery
- Cups

****REMEMBER**, if you're in catered halls you really don't need much for your kitchen!

SOME USEFUL TIPS

- Manchester is a big city, therefore it has shops! You really don't need to bring the whole of Ikea when you can buy things like washing powder and washing up liquid!
- Like above you don't need to bring food either, there's plenty of shops nearby!
- Don't bother bringing your A-level textbooks, you're going to uni to study a different course not directed at 17 year olds.
- A car isn't necessary! Parking will be limited and you won't be driving to uni! StageCoach bus passes are the way forward!
- CDs and records, although they're a lovely addition to any room, most people don't *need* them. There's no point in taking up much needed space when you have it on iPods etc, we're not in the 1990s!

-- Rachel Green

... and, in case you find your first year difficult and want reasons to persevere, here is what a few current students had to say about their year abroad!

“I have to admit, all the cliches are true. 'It will be the best year of your life,' an opportunity to embrace different cultures, working environments, lifestyles and meet new people. Once you overcome the initial fears of making the decision, you will find yourself enjoying every moment. On top of this you will improve your confidence and language skills.

But sadly, this opportunity only comes around once! So make sure you enjoy it! “

- Lucinda Lowe

“My year abroad in Portugal and Brazil was one of the most intense but rewarding experiences of my life. I felt privileged to be able to study Portuguese on both sides of the Atlantic, and to experience two very different parts of the world in which this language is spoken. I learned a lot about contemporary society in both countries, as well as the historical background which brings Portugal and Brazil together. I also met interesting people and had some really good times in both places.”

- Katrina Paterson

‘ADIOS’ FOR NOW – AND DON’T FORGET

TO ATTEND THE WELCOME LUNCH ON THE TUESDAY

OF WELCOME WEEK, 12-1, WHERE YOU’LL HAVE THE

CHANCE TO MEET YOUR MENTORS!



www.pwc.com/uk/careers

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