

THE ALTERNATIVE

PGR

GUIDE

2019 - 2020



Written by PGRs, for PGRs
in the Humanities



WELCOME!



Welcome to the Humanities PGR community! We really hope that you will enjoy the coming years of your postgraduate programme and being part of the Humanities at Manchester, whether you're new or you're coming back after studying here before.

Welcome also to the [Alternative PGR Guide](#), written for postgraduates, by postgraduates. We know what it's like at the start of your MA or PhD - there can be a lot of information to take in, when you want to be getting your teeth into your research. Even as you progress through your programme, you might feel you need a quick reminder on certain things, without wanting to trawl through countless webpages or notes made during induction to find the information you need.

That's why we've written this guide. It's here for you to dip in and out of when you need, and contains lots of useful information on everything from where to live, what eProg is, where to find additional support and what to expect at your progress reviews. The first section contains information and advice that will be useful for all Humanities postgraduates, and you can find specific information on each of the five Schools in the second section. We've even included a handy page at the back telling you where to find useful contacts for your school, so you can find them in a flash!

So we hope you enjoy, and good luck!



CONTENTS

Section 1

- | | | |
|---|---------------------------|------|
|  | 1. Where to live as a PGR | p.4 |
|  | 2. Postgraduate Systems | p.15 |
|  | 3. Progress Reviews | p.27 |
|  | 4. Careers and Training | p.30 |
|  | 5. Additional Support | p.34 |

Section 2

- | | | |
|---|---|------|
|  | 1. School of Arts, Languages & Cultures (SALC) | p.55 |
|  | 2. School of Environment, Education & Development
(SEED) | p.59 |
|  | 3. Alliance Manchester Business School (AMBS) | p.62 |
|  | 4. School of Social Sciences (SoSS) | p.65 |
|  | 5. School of Law | p.69 |
|  | 6. Finding School contacts | p.73 |



ENJOY LITTLE MOMENTS

Special thanks to amazing researchers:

 Sarah Davison (@sellendavison)

 Matt Hitchcock (@archaeologymatt)

 Lucy Neat-Ward (@foxie_wilde)

on Instagram for their kind permission to use their photos. Thanks also to the University of Manchester for permission to use images from their image bank.

1. WHERE TO LIVE?

Whilst some students may have lived in Manchester before, others come from far and wide. Knowing where to live when you arrive in a new city can be challenging. The University does have some accommodation specifically for postgraduates, but many live in private halls, house shares or in flats and houses.

Whether you're looking for somewhere quieter, a family-friendly area, amazing nightlife or the full student experience, Manchester has a diverse range of areas to suit all needs! We've compiled the benefits, drawbacks and some key information about each of the city's zones to lend you a hand.

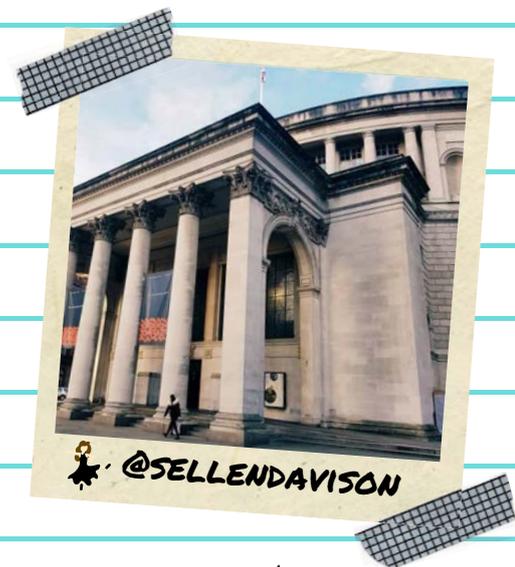
City Centre

Benefits:

- 😊 Convenient access to the University and amenities
- 😊 Good transport links
- 😊 Great alternative study spots - like Central Library and cosy cafés!
- 😊 Easy access to shopping and restaurants at the Arndale
- 😊 Fantastic nightlife right on your doorstep!

Drawbacks:

- 😞 The centre can be rather noisy from traffic and night life
- 😞 There are limited types of accommodation, mainly flats



KEY INFORMATION - CITY CENTRE



20 - 30 minutes from the main campus



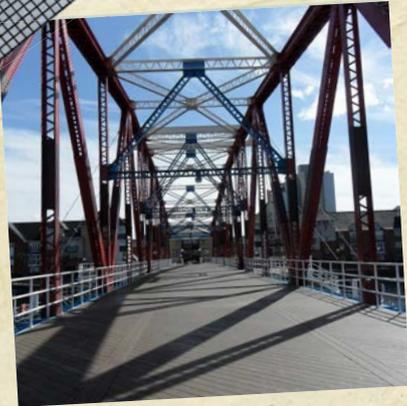
Rent per month - c.£800 to £1500

1 bed flat: £800 - £900

2 bed flat: £900 - £1,400

3 bed flat: £1,700 - £1,900

Salford



Benefits:

- 😊 Generally quieter than the city centre
- 😊 Business-like and young professional vibe
- 😊 Good transport links to the city centre, especially with the tram network
- 😊 Access to restaurants and shopping with the Lowry Outlet Mall
- 😊 Great social opportunities, plus the Lowry Theatre
- 😊 Plenty of sporting opportunities, especially with the Helly Hansen Watersports Centre

Drawbacks:

- 😞 There are limited types of accommodation, mainly flats
- 😞 Some areas are more desirable than others, so take care when choosing!

KEY INFORMATION - SALFORD



45 minutes from the main campus



Rent per month - c.£650 to £1,200

1 bed flat: £675

2 bed flat: £700 - £800

3 bed flat: £1,000 and over

Fallowfield

Benefits:

- 😊 Can be much cheaper than other areas
- 😊 Convenient and close to the main campus
- 😊 Good transport links to the University and city centre, especially by bus
- 😊 Tends to be very sociable and has a studenty feel
- 😊 You will most likely be sharing accommodation, if you enjoy this!



Drawbacks:

- 😞 Although there is a studenty feel, there are far more undergraduates than postgraduates so it might not be the best area if you want to meet other PGRs
- 😞 Fallowfield can be pretty noisy, especially from nightlife and transport
- 😞 You may be sharing accommodation, if this isn't your thing!

KEY INFORMATION - FALLOWFIELD

🕒 25 - 30 minutes from the main campus

£ Rent per month - c.£395 to £700

Room to rent (often including bills): £350 - £450

1 bed flat: £500 - £600

2 bed flat: £675 - £795

3 bed flat: £800 - £1,300

Rusholme

Benefits:

- 😊 Quieter than many other areas of the city
- 😊 More residential than the centre or Fallowfield
- 😊 Better suited to families than other areas may be
- 😊 Rusholme is very convenient, being close to the main campus and with good transport links
- 😊 If you're on your own, there are plenty of opportunities to share accommodation

Drawbacks:

- 😞 Rusholme can be less sociable than other areas, so it may not be the best area if this is what you're looking for
- 😞 You may be sharing accommodation, if this isn't your thing!
- 😞 Unfortunately, the crime rate can be higher in certain areas

KEY INFORMATION - RUSHOLME



20 minutes from the main campus



Rent per month - c.£395 to £600

Room to rent: £200 - £300

1 bed flat: £400 - £550

2 bed flat: £650 - £800

3 bed flat: £1,000 - £1,300

The University Area

Benefits:

- 😊 Very convenient for access to the main campus, day or night!
- 😊 Fast transport links to the centre and the rest of the city
- 😊 You'll find plenty of social opportunities, as well as cafés and great study nooks
- 😊 Compared to other areas of the city, it's relatively quiet
- 😊 Limited university accommodation is available



Drawbacks:

- 😞 The university can be very studenty, though mainly undergrads, if this isn't what you're looking for
- 😞 There can be a moderate noise level, especially during term time

KEY INFORMATION - UNIVERSITY AREA



Main campus right on your door step!



Rent per month - c.£500 to £1,000, depending on the type of accommodation

Rooms to rent: from £130 per week (including bills)

Deansgate and Castlefield



Benefits:

- 😊 Generally quieter than other areas of the city
- 😊 Attracts a lot of business people and young professionals
- 😊 Fantastic transport links to the city centre
- 😊 Great nightlife with bars, pubs and restaurants

Drawbacks:

- 😞 It can be expensive, so you may need to share

KEY INFORMATION - DEANSGATE + CASTLEFIELD



35 minutes from the main campus



Rent per month - c.£600 to £2,000

1 bed flat: £700 - £800

2 bed flat: £900 - £1,300

3 bed flat: £1,400 upwards

Spinningfields

Benefits:

- 😊 One of the more upmarket areas
- 😊 Quieter than other areas, except at weekends
- 😊 Plenty of luxury shopping and dining opportunities, as well as great nightlife
- 😊 Close to the John Rylands Library, a great study spot
- 😊 It's very close to the city centre and the Arndale



Drawbacks:

- 😞 Since it's upmarket, Spinningfields can be pretty expensive!
- 😞 As prices are higher, you may have to share

KEY INFORMATION - SPINNINGFIELDS



35 - 40 minutes from the main campus



Rent per month - c.£1,000 to £1,800, depending on the type of accommodation and if you're sharing

Northern Quarter



Benefits:

- 😊 Has a very arty, alternative and indie vibe
- 😊 Great nightlife with bars and restaurants
- 😊 Plenty of places to eat out for vegetarian or vegan diets, and those with allergies
- 😊 Very close to the city centre and the Arndale

Drawbacks:

- 😞 It isn't a very residential area, so there is limited accommodation
- 😞 Available property can be quite expensive
- 😞 There are limited types of accommodation, mainly flats
- 😞 It can be quite noisy, especially at the weekends, due to its proximity to the city centre

KEY INFORMATION - NORTHERN QUARTER

🕒 35 - 45 minutes from the main campus

£ Rent per month - c.£450 to £800

Studio apartment: £600 - £700

1 bed flat: £795 - £1,900

2 bed flat: £1,000 - £2,200

3 bed flat: £1,500 upwards

Longsight

Benefits:

- 😊 Very convenient, being only 10 minutes from the main campus and near to the city centre
- 😊 Generally a residential area, which can mean there are more properties available
- 😊 Highly affordable compared to other areas of the city
- 😊 Can be quieter than other areas
- 😊 Being close to campus, it attracts a lot of students, postgrads and young professionals - so it can be great for house shares, if this is what you're looking for!



Drawbacks:

- 😞 Unfortunately, Longsight can be known for a higher crime rate

KEY INFORMATION - LONGSIGHT



10 minutes from the main campus



Rent per month - c.£300 to £700

1 bed flat: £350 - £575

2 bed flat: £425 - £650

3 bed flat: £700 - £1,200 upwards

Didsbury



@SELLENDAVISON

Benefits:

- 😊 Typically a residential area, so there can be more properties available
- 😊 Very quiet and pretty, with plenty of parks that make for nice walks
- 😊 Didsbury is a really good area for families

Drawbacks:

- 😞 Compared to other areas, Didsbury can be pricier
- 😞 It is farther from the main campus and city centre, which can mean longer commute times

KEY INFORMATION - DIDSBURY



45 - 60 minutes from the main campus



Rent per month - c.£450 to £800

1 bed flat: £525 - £750

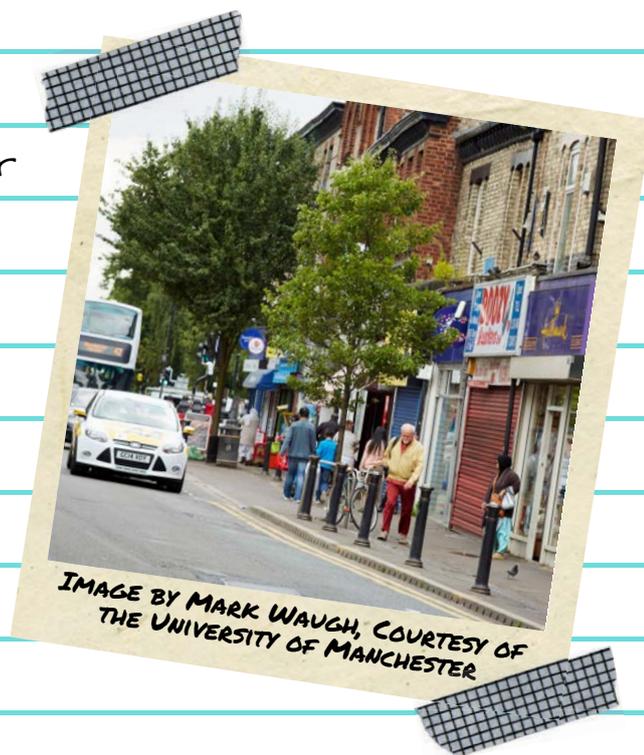
2 bed flat: £675 - £1,000

3 bed flat: £900 - £1,400

Withington

Benefits:

- 😊 Similar to Fallowfield, only quieter
- 😊 There are lots of nice alternative study spots, including some great cafés
- 😊 The nightlife is more gentle than other areas, mainly traditional pubs



KEY INFORMATION - WITHINGTON

- 🕒 30 minutes from the main campus
- £ Rent per month - c.£450 to £800
 - 1 bed flat: £460 - £695
 - 2 bed flat: £595 - £800
 - 3 bed flat: £950 - £1,400

2. PGR SYSTEMS

As a PGR at the University, you will need to use various IT systems, some of which you may not have used before or be familiar with. We're here to give you a run-down of some of the most important, and where you can find additional information or support if you need.



Data Management Plans

WHAT IS A DATA MANAGEMENT PLAN?

In the Faculty of Humanities, you will be required to create a data management plan (DMP) as part of your mid-year review in first year. This outlines how your research project will manage data both during and after its completion. Your plan is not a static document, but is intended to be updated as you proceed through your programme - a great time to do this can often be for your mid-year reviews.



This is good practice as you progress through your academic career, as many funders now require you to create a DMP as part of grant applications. However, the University's Research Data Management (RDM) policy requires that all researchers create a DMP for every project, whether it is funded or not.

Thinking about how to organise your data in advance will help to make your research more efficient, as you will easily be able to access

information when you need. There are some key aspects that you might wish to consider before writing your DMP, including:

- 👤 File formats
- 👤 How you will organise your data
- 👤 Documentation and metadata
- 👤 Storage
- 👤 Data security



The Library has useful information about these key areas, and you can find the links in the useful resources box below.

Depending on the nature of your project, and any funder requirements, you might need to think about how you will share your data - especially for collaborative projects. Where the University of Manchester is not the lead institution, a DMP is still required to cover the data held in Manchester.



You can write your DMP using DMPonline, which already has templates for several funders. You can look at example plans, or look up the management plans created by other researchers at your institution for guidance too!

Help creating your DMP

Depending on your project and field, this might be the first time you have had to create a DMP. Don't worry, though, as there is plenty of support available at the University and online!

THE LIBRARY AND RESEARCH DATA MANAGEMENT SERVICE

Throughout the academic year, the Library offers introduction sessions to data management and DMPs, which you can find and sign up for on the My Research Essential Hub. If you can't make one of these workshops, you can find a 30-minute online tutorial through the hub as well.



When it comes to writing your DMP, the University Research Data Management Service can offer you support. Once you have created your plan, you can request feedback from the service prior to submitting it to your supervisors or to funders. You can do this via DMPonline, by clicking the 'Request Feedback' button in the 'Share' tab of your plan.

THE UNIVERSITY IT SERVICES

The University IT Services can help you with writing a DMP and managing your data. To store your data, they can provide access to

centrally-hosted, highly scalable and secure storage which is available to research staff. However, some postgraduates may need to apply for access via their supervisors, so it can be worth checking.

This storage can be accessed from campus-wide desktops and laptops, or from the High Performance Computing (HPC) Internal platform. The University's Research Data Management Service recommends using this storage as it satisfies Research Council UK RDM guidelines.

DIGITAL CURATION CENTRE

If you want to get a feel for how you go about creating a DMP, the Digital Curation Centre (DCC) is a great resource. Here, you can look at example DMPs for different types of project and disciplines. If you need quick reminders on what to



include, or how to write your plan, they have comprehensive guides and checklists which you can access online or download. Find links to these documents in the useful resources box.

*It's not the plan that's important,
it's the planning!*

- Dr Gramme Edwards

USEFUL RESOURCES

-  Research Data Management Overview, IT Services
<http://www.itservices.manchester.ac.uk/research/services/rdm/>
-  Research Data Management, UoM Library
<https://www.library.manchester.ac.uk/using-the-library/staff/research/research-data-management/>
-  Thinking about your DMP - Advice
<https://www.library.manchester.ac.uk/using-the-library/staff/research/research-data-management/working/>
-  Sharing your data and DMP
<https://www.library.manchester.ac.uk/using-the-library/staff/research/research-data-management/sharing/>
-  My Research Essentials, UoM Library
<https://www.library.manchester.ac.uk/using-the-library/staff/research/my-research-essentials/>
-  DMP Online Tutorials
https://www.escholar.manchester.ac.uk/learning-objects/mre/research-data/story_html5.html
-  Research Data Policies, UoM
<https://www.library.manchester.ac.uk/using-the-library/staff/research/research-data-management/policies/>
-  How to Develop a DMP, DCC
<http://www.dcc.ac.uk/resources/how-guides/develop-data-plan>

Researcher Integrity



@ARCHAEOLOGYMATT

As a postgraduate researcher, it is your responsibility to conduct your research ethically and professionally, and to comply with relevant University policies. Regardless of your discipline or funding status, you will be required to take a 5-hour subject-specific course in researcher

integrity provided by Epigeum, as part of your first mid-year review. At the end of the course, you will have to complete a short test and obtain a score over the pass criteria. Once you have completed the course, you will be able to download your certificate, which must be uploaded to your eProg as part of your mid-year review.

USEFUL RESOURCES

-  Code of Good Research Conduct, UoM
<https://www.manchester.ac.uk/research/environment/governance/conduct/>
-  Research Ethics, UoM
<https://www.manchester.ac.uk/research/environment/governance/ethics/>
-  Research Misconduct, UoM
<https://www.manchester.ac.uk/research/environment/governance/misconduct/>
-  Epigeum Online Portal
<https://impact.epigeum.com/>

eProg

As a postgraduate researcher, you will need to familiarise yourself with new online and IT systems at the University. One of the most important is eProg, a progression monitoring system for postgraduate researchers. It allows you and your supervisors to record agreed objectives, monitor your research activities and reflect on your progress throughout your PhD journey.



eProg will be particularly important for your mid-year and annual reviews, as it keeps track of all your progression milestones, associated forms and deadlines for completion. At the beginning of each year, you will fill out an expectations form, and have other forms to complete for progress reviews. You, your supervisors and your internal reviewer will be able to see these, and they provide a basis for discussion at your reviews.

Though not obligatory, some PhD students prefer to record their supervision meetings on eProg, to which you and your supervisor have access. eProg also automatically keeps a record of your attendance at any training sessions at the University, particularly those available via ProGRess@humanities. For progress reviews, you can use this to generate a spreadsheet of your training activity which you can submit

as evidence. Towards the end of your PhD journey, you will use eProg to give notice to submit your thesis.

HELP WITH EPROG

If you are having technical problems with eProg, many Schools have a dedicated person to help with these issues and they should be your first port of call. If needs be, the University IT services will be able to help. Within the first few weeks, some Schools in the Faculty of Humanities run sessions to support you in familiarising yourself with eProg.

USEFUL RESOURCES

 eProg Student User Guide, UoM

<http://documents.manchester.ac.uk/display.aspx?DocID=21084>

 eProg Research Handbook, AMBS

<https://pgrhandbook.portals.mbs.ac.uk/MyProgramme/ProgressionandReview/eProg.aspx>

 Uploading training information to eProg

https://www.library.manchester.ac.uk/media/services/library/usingthelibrary/researchservices/myresearchessentials/MRE_eProg_guide.pdf

If in doubt,
ask for help!

Pure

WHAT IS PURE?

Pure is another important system you will encounter as a postgraduate researcher. An abbreviation of 'Publication and Research', it is a database which stores information about your research activity. By submitting information to Pure, you can make it available and searchable for the academic community and wider public.



@FOXIE_WILDE

As a postgraduate, you will be required to create and manage a Pure account. Here, you can keep a record of your research activities, including any papers or data sets you publish. Your Pure account will also provide information for job applications, or grant and funding bids.

HELP WITH PURE

There is a lot of support at the University and online if you're struggling with Pure. The University has a Pure Support site that is available via the StaffNet, and a support team who you can email at  pure@manchester.ac.uk. Throughout the academic year, the Library runs workshops on creating, managing and making the most of your Pure account, which you can book via My Research Essentials.

WHAT'S THE DIFFERENCE BETWEEN PURE AND ORCID?

Pure and ORCID are both systems that allow you to keep a record of your research activity. However, while your Pure account is often linked to the institution for which you are working at the time, your ORCID can be used throughout your career irrespective of where you work.

These two systems are designed to compliment each other, and you can configure your accounts to synchronise. This means that when you update your Pure account, your ORCID will automatically be updated too, making it easier for you to manage your research profile. You can also export data from Pure to your ORCID record; if you set up your Pure account first, this means you can save time when it comes to creating your ORCID.

USEFUL RESOURCES



Useful guides on Pure, written for PGRs

<https://www.staffnet.manchester.ac.uk/pure/pgrs/>



Guide to the key features of Pure from Elsevier

<https://www.elsevier.com/solutions/pure/features>

ORCID

WHAT IS ORCID?



Another important online system you will need to learn about is ORCID, which stands for 'Open Researcher and Contributor ID'. All researchers are required to create an ORCID and make it known to the university, including postgraduate researchers. An ORCID will be important throughout your academic career, as it is a unique identifier which allows you to distinguish yourself from other researchers.

ORCIDs are free to create, and you can attach your ID to funding and job applications. The two key components to your profile are a personal profile page and a record of your research activities, which can be added to as you progress through your career.



Having an ORCID means that you are more likely to be credited for your work, especially if your name is common as you may share it with another researcher around the world! A growing number of publishers and funders are also incorporating ORCIDs into their systems. This further helps with crediting your work to you, but it will also make

it easier to report your work to funders, agencies and other institutions.

HELP WITH ORCID



As you create your account, ORCID guides you through the process. However, if you feel you need help or would just like some more information on how to get the most out of your ORCID, there are a number of resources out there to support you. The Library regularly runs workshops on creating and managing your ORCID, which can be booked via My Research Essentials. The Library website also has a lot of useful information on what your ORCID is and how to set up your account.

The ORCID website is a useful source of information as well, with a help section dedicated to supporting you in resolving issues and making the most of your account. Their video tutorials are particularly useful!

USEFUL RESOURCES



ORCID

<https://orcid.org/>



Video introduction, by ORCID

<https://vimeo.com/97150912>



Managing your ORCID via Pure,

<https://medium.com/@manlibresearch/managing-your-orcid-84ab069a4b5d>



Information and resource bank, ORCID

<https://orcid.org/help>

3. PROGRESS REVIEWS

The University requires that formal mechanisms are in place to ensure all students progress on their programme, with a view to submitting a high quality thesis within the permitted timeframe. Academic progression and monitoring for PGR degrees is governed by the progression policy, which forms part of the University's Code of Practice for postgraduate researchers.



Progress reviews are held twice a year, with a mid-year and an annual review; when these take place will depend on when in the academic year you started your PhD, in September or January. Depending on your School, different members of staff may or may not be present at your progress reviews. If in doubt, check with your supervisor what the process is for your School and for your programme.

You can check the deadlines for your mid-year review in your 'My Progression' page in eProg, whilst annual reviews are held in the ninth month of each year of your programme. On eProg, you can also find any additional forms or instructions on what you need to complete before your review. For example, all first year Humanities students must complete an online researcher integrity course and upload the certificate as part of your mid-year review.



YOU GOT THIS!

Progress reviews provide you with an opportunity to receive feedback on your performance and identify or address any difficulties which might arise. You will be asked to prepare work for each review, which you will agree with your supervisory team beforehand, and following the meeting there will be a report written outlining the

key outcomes. In particular, annual reviews are important as you must satisfy those present at your review that you have made the progress expected by the relevant point in your programme, so that you can continue to the next year.

Progress reviews are treated as examinations and if cancelled, will need to be rescheduled for the next available date. If you fail to attend or submit a piece of work without obtaining mitigating circumstances, this will be recorded on your file and you will be called for a rescheduled meeting. If you submit a piece of work which fails to meet the required standard, or do not submit the work requested, this will be recorded as a first submission.

Repeated non-attendance, non-submission or failure of a piece of work on second submission without mitigating circumstances will lead to the case being referred to your School's Postgraduate Research Committee for consideration and possible termination of your programme.

USEFUL RESOURCES

-  Code of Practice for Postgraduate Research Degrees
<https://www.staffnet.manchester.ac.uk/rbe/rdrd/code/>
-  Policy on Progress and Review for PGRs
<http://documents.manchester.ac.uk/display.aspx?DocID=612>
-  Information about eProg
<https://pgrhandbook.portals.mbs.ac.uk/MyProgramme/ProgressionandReview/eProg.aspx>



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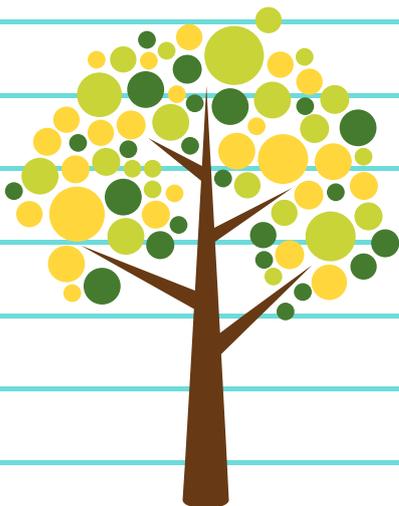
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4. CAREERS & TRAINING

Most of those who enrol as doctoral researchers aim to be academics. However, the life of an academic can be very different from that of a PhD student. At the beginning of your PhD programme,

you might want to learn more about what the life of an academic entails, and ask yourself if it is the right career path for you. If it is, finding out more about what you need to do to achieve this goal and give yourself a competitive edge will help you in the long run. Exploring different

options at the start of your PhD can help you build a firmer plan for your career development, or stop you

from drifting into short-term research projects and temporary teaching roles that do not ultimately lead to a permanent academic post.

The Careers Service offers resources specifically for PGR and PGT students, knowing that you may have very different backgrounds, experiences and ambitions from

undergraduates. One of the most useful resources includes the 'How To' guides, which answer common questions posed by postgraduates such as 'what are the career options for doctoral students outside academia?'. If you're looking to find potential career contacts within or outside of academia, or find out how to network in career events as a



 @SELLENDAVISON

postgraduate, the 'How To' guides are there to help you. Besides information on how to get a job, they also offer advice on how to put your experience as a postgraduate into a perspective which will be attractive to potential employers. You can find links to the Careers Service pages in the useful resources box below!



If you are curious about all the career paths available to you as a PGR, the the University organises an annual Pathways Event which allows you to explore the different opportunities available. At this event there are several panels throughout the day, which invite PhD speakers from a diverse range of career areas and backgrounds. It typically takes place in June each year; you can find out more information about speakers and how to attend on their webpages - look out for the link in the useful resources box.



As well as the Pathways Event, the University offers The Manchester Gold Mentoring programme which aims to provide a more personalised experience. If you join, you will be paired with another PGR as your mentor over a period of 6 months, during which you will benefit from multiple one-to-one meetings and guidance from your mentor. They can advise you on applying for jobs and help you to address the challenges you encounter during your doctoral programme.

TRAINING OPPORTUNITIES

The University offers a wide range of training events to equip you with the skills and knowledge to succeed as an independent

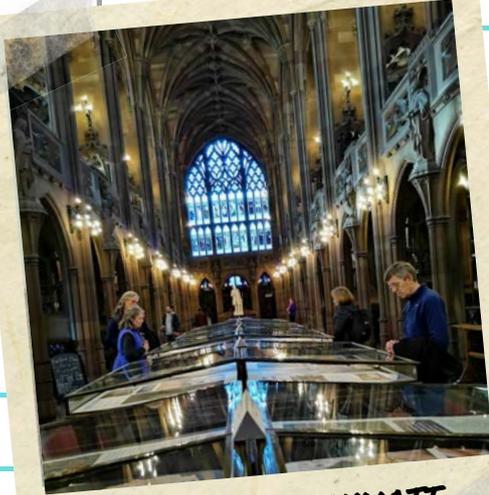
researcher. These training sessions are specifically tailored for PGR students. The best way to find training workshops is through the training catalogue on eProg.

Another way to find useful training resources is through the 'Postgraduate Researcher Development' website, which

offers an overview of the extensive training

opportunities available in each faculty. Here you will find workshops on academic skills such as conducting research or writing and teaching, as well as sessions to help you to improve transferable skills. You can find the link in the useful resources box below.

As a Humanities postgraduate student, a third great way to find training opportunities is through the ProGRess@humanities training hub. Here you can find a variety of training sessions around the University to help you develop skills connected to doing research, including writing, planning, publishing or public engagement. You can easily book onto these sessions via the hub, and they automatically connect to your training record on eProg. Look for the link to the training hub in the useful resources box below.



@ARCHAEOLOGYMATT

Finally, a fantastic training opportunity is the 'Developing Intellectual Leaders Programme' (or DILP), which is unique to being a Humanities postgraduate at the University of Manchester. With a small group of other PGRs, you will lead a project to create impact within the University's PG community, or within the wider public. The programme is designed to encourage you to take active control of your professional development and further your leadership skills, for your future career as an intellectual leader, whether in academia or beyond.

USEFUL RESOURCES

 Explore Academic Careers, UoM

<http://www.academiccareer.manchester.ac.uk/foryou/phd/explore/>

 University of Manchester Careers Service

<http://www.careers.manchester.ac.uk/>

 Postgraduate Pathways Events

<http://www.careers.manchester.ac.uk/postgraduates/pathways/>

 Manchester Gold Mentoring Scheme

<http://www.careers.manchester.ac.uk/postgraduates/year/manchestergolddoctoralresearcher/>

 ProGRess@humanities Training Hub

<http://progresstraininghub.humanities.manchester.ac.uk/category>

 Developing Intellectual Leaders Programme

<http://blogs.humanities.manchester.ac.uk/humsresearchers/developing-intellectual-leaders-programme/>

5. EXTRA SUPPORT

As you progress through your doctoral programme, the University is always there to support you and help you make the most of your experience, whatever your needs.

Disability Support

If you have additional needs for physical and learning disabilities or mental health, there is a wealth of support available at the University and beyond.

DISABILITY ADVISORY AND SUPPORT SERVICE (DASS)

Disabled students make up over 15% of students at the University, so you are not alone! Your main port of call for additional support will be

DASS, which stands for the 'Disability Advisory and Support Service', located on the second floor of University Place.

The service is completely confidential and supports anyone with a disability as defined by Equality Law. DASS therefore helps students

with a broad range of conditions, some of which currently include:

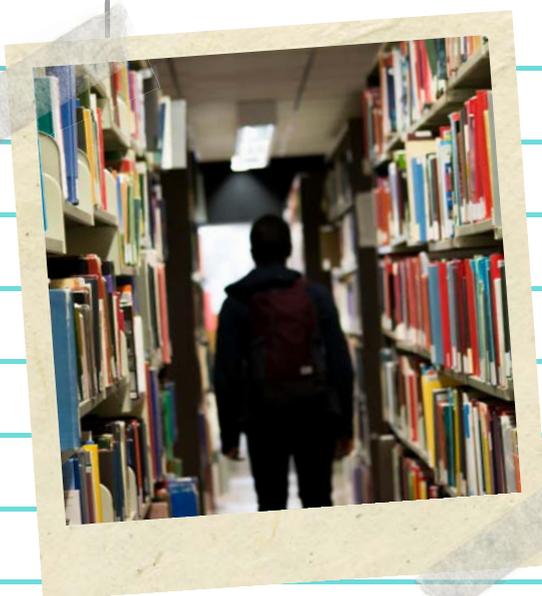
- 😊 Autism spectrum conditions (ASC)
- 😊 Mental health difficulties



- 😊 Mobility and sensory impairments
- 😊 Dyslexia, dyspraxia and other specific learning difficulties
- 😊 Unseen disabilities such as epilepsy, HIV, AIDS and chronic fatigue

Once you have registered with DASS, you will be assigned to a disability advisor who can help with any queries or issues, so that you can get the most out of your experience. Along with your advisor, you will create a disability support plan to make sure you receive the support you need. With your permission, this can be shared with your supervisors or other staff involved in your programme.

SO WHAT SUPPORT IS ON OFFER?



Depending on your degree and your condition, some support may be more relevant to you than others. Some of the support that DASS can help you access includes:

- ✎ Assistive software
- ✎ Support from teaching staff
- ✎ Library support
- ✎ Equipment
- ✎ Human support

Your advisor can also help you make an application for a Disabled Students' Allowance (DSA). These are provided through the UK government and can help to pay for additional support you might

require due to your condition - costs that non-disabled students would not have.

HOW DO I ACCESS THIS SUPPORT?

If you would like to receive support, you will first need to register with DASS. You will need to fill out a form and provide evidence of your condition, such as a letter from your doctor or an educational assessment.

Once you have submitted your application, you will be assigned a disability advisor, who will meet with you to discuss your needs and create a plan describing the support that will be put in place for you. Whilst the document is confidential, it



can be beneficial if you decide to share information about your condition with other members of staff, such as your supervisors or teaching staff - although this is only done with your consent. Your support plan will be in place throughout your programme. If you feel that your plan isn't meeting your needs, or if you aren't receiving the agreed support, you can always contact your advisor to review this.

TRANSPORT AROUND THE CITY

One of the easiest and most convenient ways to travel around the

city is using the Metrolink tram system and the buses. However, during busy periods it can be hard to find a seat. To support those with health conditions, Transport for Greater Manchester (TFGM) have launched their 'Please offer me a seat' scheme. You can apply online and within 7 - 10 working days you will receive a blue badge, which you can wear as you ride the trams and buses.



USEFUL RESOURCES

 DASS website, UoM

<http://www.dso.manchester.ac.uk/>

 Assistive software available at the University

<http://www.dso.manchester.ac.uk/what-support-can-i-get/study-support/assistive-software/>

 Human support available at the University

<http://www.dso.manchester.ac.uk/what-support-can-i-get/study-support/human-support/>

 Disabled Students' Allowance (DSA)

<https://www.gov.uk/disabled-students-allowances-dsas>

 DASS registration form

<http://documents.manchester.ac.uk/display.aspx?DocID=16397>

 Student Support Website

<http://www.studentsupport.manchester.ac.uk/>

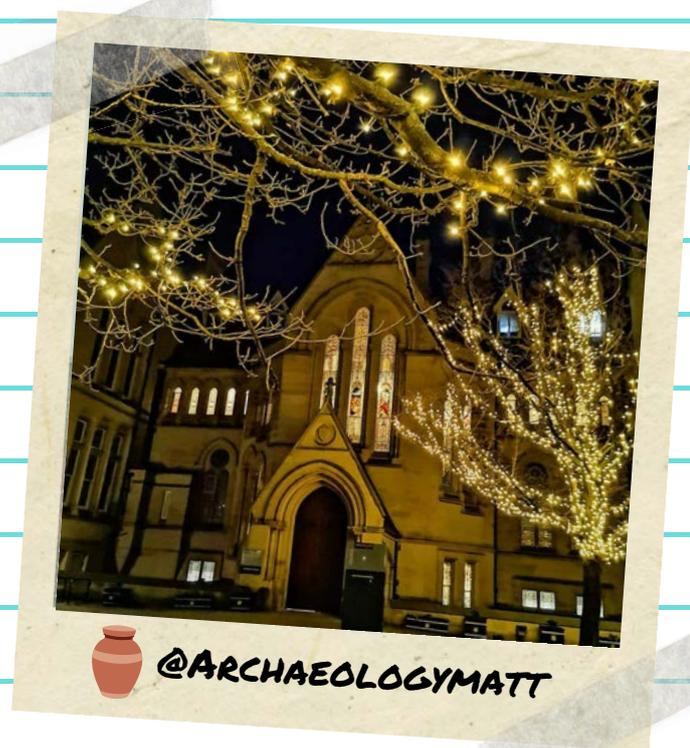
 TFGM 'Please offer me a seat' scheme

<https://tfgm.com/public-transport/please-offer-me-a-seat>

Wellbeing

Doing a PhD can be difficult at times and looking after yourself is of utmost importance. There is a lot of support available at the University, so you're sure to find a service that is right for you! If you're not sure which one might be best for your needs, you can contact the

Student Support and Advice team, who will point you in the right direction!



Student Support and Advice Team:

 0161 275 3033 or 0161 275 3781

 studentsupport@manchester.ac.uk

SIX WAYS TO WELLBEING



SIXWAYS
to wellbeing

The University has its own wellbeing initiative aimed at all students, called 'Six Ways to Wellbeing'. It helps you make small changes that can have a big impact on feeling positive and staying well. You might not need all of the six steps, so

the initiative is flexible and you can tailor it to your needs. The six steps include:

-  Connecting
-  Giving
-  Taking notice
-  Being active
-  Being healthy
-  Learning and discovering

You can find information on how to implement these steps on the 'Six Ways' webpage, or follow them on Instagram,  @uomwellbeing.

I'M WORRIED ABOUT

When you're going through a tough time, it can feel incredibly isolating. Sometimes it helps to know that others have gone through the same thing as you, and what strategies they used to survive. The 'I'm Worried About' section of the University's Student Support website is there to do just that! On the webpage you can find a variety of self-help booklets written by past and present students. They contain useful activities and informal advice on a number of topics, such as settling in, finance, health, harassment and anxiety. Look for the links in the useful resources box.



SELF-HELP RESOURCES

The University also offers a wealth of self-help resources which are easily accessible online or to download. The support site contains links to NHS guides, online interactive programmes such as SilverCloud and The Mood Gym, as well as several relaxation audio downloads - even ones to do at your desk! You can find the link to the webpage in the useful resources box.



WORKSHOPS

The University's Counselling Service regularly runs a number of workshops to support you in different aspects of your programme and wellbeing. Topics include reducing perfectionism, managing challenging interactions, mindfulness meditation sessions, yoga for self-care or breaking patterns of depression.

You can find a full list of upcoming sessions and book onto them via the Counselling Service's website.

THE PGR WELL BEE-ING PROJECT

Postgraduate researchers and taught students can face unique wellbeing challenges, which might differ to those experienced by undergraduate students. To address this, the PGR Well Bee-ing Project has



recently launched at the University. It aims to improve the provision, support and resources for wellbeing and mental health across the PGR community. They hold regular sessions where you can find out more about the project, and the different ways you can get involved.

USEFUL RESOURCES

 Taking Care, the Student Support Website

<http://www.studentsupport.manchester.ac.uk/taking-care/>

 Six Ways to Wellbeing, UoM

<http://www.studentsupport.manchester.ac.uk/taking-care/wellbeing/six-ways-to-wellbeing/>

 I'm Worried About, UoM

<http://www.studentsupport.manchester.ac.uk/taking-care/imworriedabout/>

 Self-Help Resources, UoM

<https://www.counsellingservice.manchester.ac.uk/self-help/>

 Workshops, UoM

<https://www.counsellingservice.manchester.ac.uk/workshops/>

 The PGR Well Being Project

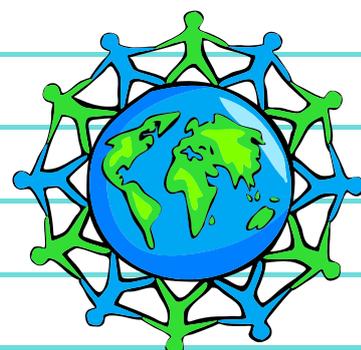
<https://sites.manchester.ac.uk/pgrwellbeing/2018/11/13/1826/>

 University Services, A-Z

<http://www.studentsupport.manchester.ac.uk/uni-services-az/>

International Students

As an international student, there is a lot support available to you at the University, throughout the duration of your programme and beyond.



STUDENT IMMIGRATION TEAM AND STUDENT SERVICES CENTRE

The Student Immigration Team is dedicated to offering support and advice to international students. Based in the Student Services Centre, they can help with visa applications and signpost you to other relevant services offered by the university.

Student Immigration Team

 0161 275 5000

 visa@manchester.ac.uk

As well as the immigration team, the Student Services Centre on Burlington Street has a range of support services to help with practical aspects of university life such as immigration, registration or funding and fee payment.



 @SELLENDAVISON

STUDENTS' UNION AND ADVICE SERVICE



As a student at the University, you will automatically become part of the Students' Union, which is dedicated to the social, educational and welfare needs of all students. The Union building

on Oxford Road is the centre of many student activities, including an advice service, a bar, a café and a shop

The Students' Union has a free and confidential advice service located on the ground floor. You don't need an appointment, but can drop in anytime from 10am - 4pm on Monday to Friday. The full-time advisors can help with any problem related to student life, from worries with your programme, your wellbeing or queries about housing and funding. If you can't drop in, you can also contact the advice service - any information you share will be treated confidentially.



Student Immigration Team

 0161 275 2952

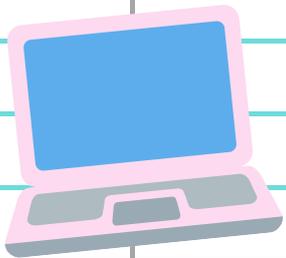
 advice.su@manchester.ac.uk

The Union is where over 100 student societies are based - these can be a great way to socialise and meet others interested in the same things as you! There also a number of societies aimed at a broad range of international students, which you can find via the Union website - look for the link in the useful resources box.

THE CAREERS SERVICE

The University's Career Service is award-winning and is there to help you throughout your programme towards your dream job. They are located on the first floor of University Place, and their advisors can provide resources, advice and events to support

international students in planning your career and making the most of your time at Manchester. You can access individual careers advice, support with writing an amazing CV and job vacancies.



Throughout the year, the Careers Service also holds several events and webinars for international students. These can help you to meet employers, network and hone your skills. You can find out more about these events, and how to sign up, via the Careers Service's website, CareersLink.

SUPPORT OUTSIDE THE UNIVERSITY

In addition to the University, there is plenty of support for international students available in Manchester and throughout the UK as well.



THE INTERNATIONAL SOCIETY

The International Society celebrates cultural diversity and international friendship. Membership is open to anyone, and the society is supported by the Universities of Manchester, Salford and Manchester Metropolitan University.

It can be a great way to meet other international students, as the society holds a number of events and trips throughout the semester. If you're around the main campus and want a bite to eat, their Small World café is also a brilliant way to meet people. You can find out more about the society on their website - the details are in the useful resources box!



UK COUNCIL FOR INTERNATIONAL STUDENT AFFAIRS



The UK Council for International Student Affairs (UKCISA) is a national advisory body which supports international students. They provide guidance and information on a range of aspects of student life. Whether you need advice on finance, immigration, culture shock or mental health, UKCISA is there to help.

The University of Manchester is a member of the council, which means that you automatically have access to their full range of member services. More information is available via their website - you can find details in the useful resources box.

FOREIGN STUDENTS

Foreign Students is another online platform there to support international students in the UK. Their website has a wealth of information to help you with every aspect of your experience as an international student, from accommodation, jobs, health and UK culture. You can find out more information on their website - details are in the useful resources box below.



USEFUL RESOURCES

-  Support with immigration and visas, UoM
<http://www.studentsupport.manchester.ac.uk/immigration-and-visas/>
-  Information for International Students, UoM
<https://www.manchester.ac.uk/study/international/>
-  Visa guidance
<https://www.manchester.ac.uk/study/international/admissions/visa-guidance/>
-  International student finance
<https://www.manchester.ac.uk/study/international/finance/>
-  Student Service Centre Online Guide
<http://www.studentnet.manchester.ac.uk/crucial-guide/>
-  Students' Union website
<https://manchesterstudentsunion.com/>

 Students' Union Advice Service

<https://manchesterstudentsunion.com/contact-advisor/using-the-advice-service>

 Students' Union International Societies

https://manchesterstudentsunion.com/groups?group_type=club-society-782&group_cat=international&search=

 Careers Service for International Students, UoM

<http://www.careers.manchester.ac.uk/international/>

 International Students Blog, Careers Service

<https://manunicareersblog.com/category/international/>

 International Students Events, Careers Service

<http://www.careers.manchester.ac.uk/international/events/>

 Manchester International Society

<http://internationalsociety.org.uk/>

 UK Council for International Student Affairs (UKCISA)

<https://www.ukcisa.org.uk/>

 Foreign Students

<http://www.foreignstudents.com/>



LGBTQ+



The University of Manchester is committed to making its campuses a safe and welcoming place to work, study and live. But the University also recognises that students who identify as LGBTQ+ can face additional challenges, or might feel they are facing discrimination or barriers to succeeding in their education. There are a number of services available through the University and beyond which are there to enable you in making the most of your programme.

ALLOUT



The University of Manchester
LGBT Staff Network Group

Allout is the lesbian, gay, bisexual and transgender staff network group launched in 2010. It is fully inclusive and welcomes all staff, those who are questioning their identity and sexual orientation, or anyone wishing to support colleagues, friends or relatives.

Allout organises different events throughout the academic year, and has a place on the bi-annual equality, diversity and inclusion forum to raise issues affecting LGBTQ+ staff. Whether you are a member of the group or not, you can contact their chair for confidential support and advice on any issue pertaining to LGBTQ+.

You can join their confidential mailing list by e-mailing:

 lgbt@manchester.ac.uk

THE COUNSELLING SERVICE

The Counselling Service is there to support the good mental health and wellbeing of all students. The Service has a range of options so you can find one that suits you most, including booking an appointment with a trained counsellor to receive confidential, professional advice.



The Service also supports a new, friendly and student-run LGBTQ+ support group. Whilst this is not a therapy group, members can talk openly about mental health difficulties in a safe environment. The group currently runs on from 1pm to 2.30pm on alternate Wednesdays, in the UMSA Room in the Simon Building. Every week, members choose different topics which are of interest or concern to LGBTQ+ students. For more information, you can e-mail:

 uomlgbtqsociety@gmail.com

or visit the Counselling Service's website - you can find the link in the useful resources box.

The Counselling Service is open 9am to 4pm, Monday to Fridays, and is located on the fifth floor of Crawford House. You can contact them by phoning:

 0161 275 2864.

THE LGBT FOUNDATION



The LGBT Foundation is an independent organisation based in Manchester. They support anyone who identifies along the LGBTQ+ spectrum, and offer a range of support options to suit your needs including befriending, talking therapies, trans advocacy, domestic and substance abuse or various LGBT Foundation groups.

The LGBT Foundation runs Village Angels, their flagship project. First established in 2011, volunteers can be found wearing hot pink uniforms around the Gay Village every Friday and Saturday night from 9pm to 3am. They ensure that the community can enjoy the best of Manchester nightlife whilst feeling safe. The Foundation runs the Village Haven as well, providing you a nighttime safe haven if you're feeling vulnerable on the streets.



You can find out more about the support the Foundation offers, the events they run and how you can get involved via their website - look for the link in the useful resources box! For advice and support, you can also call:



0345 330 30 30

LGBTQ+ SOCIETY

The University's LGBTQ+ society welcomes all those who identify under the LGBTQ+ spectrum, those who don't or those who don't want to identify under a specific label. They seek to provide a space where you can be yourself and feel supported, as well as meet other like-minded individuals. The society organises a wide range of social events, activities and campaigns involved with LGBTQ+ issues at the University and beyond. Students of all ages join the society, and they regularly put on socials specifically for postgraduates and mature students.



There are a number of ways you can get in contact with the society, or keep up with what's going on.

 uomlgbtqsociety@gmail.com

 www.facebook.com/uomlgbtqsociety

 www.instagram.com/uomlgbtqsociety

 www.twitter.com/uomlgbtqsociety

THE PROUD TRUST (LGBT CENTRE)



The Proud Trust is an independent organisation based in Manchester. They run Manchester's LGBT+ Centre, a community centre based on Sidney Street. There you can find the Sidney Street community café, as well as a number of different social and support groups.

The Trust has a wealth of resources on a variety of issues, all of which are available to download via their website. They also run a great number of LGBT+ youth groups, which are a great way to meet like-minded people, chat and have fun. If you're feeling nervous about attending, you can contact the Trust to arrange for a volunteer or staff member to meet you in advance. You can find a guide to all the groups the Trust runs in the useful resources box.



There are a number of ways you can contact the Trust or keep up-to-date with everything that's going on.



0161 660 3347



info@theproudsttrust.org



www.facebook.com/pages/LGBT-Youth-North-West/54214655716



<https://twitter.com/theproudsttrust>



<https://www.youtube.com/user/LGBTYouthNorthWest>

REPORT AND SUPPORT



The University does not tolerate bullying or harassment. Whether you feel you are the victim of harassment, witness it or know someone who is experiencing it, you can report it using the online 'Report and Support' system. This is a confidential service and you can report anonymously if you wish. If you choose, you can

request to be contacted by a trained advisor who can help you get the support you need. You can access the 'Report and Support' form online, and you will find the link in the useful resources box too.

STONEWALL

Stonewall is an independent organisation, founded in 1989, who seek to empower people identifying along the LGBTQ+ spectrum to be their authentic selves.



Their mission is to support you in understanding how you can make a difference at work, at home and in your community. Stonewall works with institutions to create inclusive and accepting cultures. The University of Manchester has participated in the Stonewall Employer index since 2011, and in 2019 came 20th out of 445.



You can find advice and support on a number of issues on the Stonewall website, ranging from questions of coming out, asylum, discrimination, hate crime and parenting rights. You can also find a wealth of information about how to get involved with Stonewall. Look for the link in the useful resources box, or follow them:



020 7593 1850



info@stonewall.org.uk (for England only)



www.facebook.com/stonewalluk



<https://twitter.com/stonewalluk>

USEFUL RESOURCES

 Report and Support form, UoM

<https://survey.manchester.ac.uk/pssweb/index.php/767652/lang-en>

 Allout, UoM

<https://www.staffnet.manchester.ac.uk/equality-and-diversity/staff-network/lgbt-staff-network-group/>

 Counselling Service, UoM

<https://www.counsellingservice.manchester.ac.uk/lgbtq/>

 Counselling Service, Book an Appointment

<http://www.counsellingservice.manchester.ac.uk/get-help/appointments/>

 The LGBT Foundation

<https://lgbt.foundation/>

 Students' Union LGBTQ+ Society

<https://manchesterstudentsunion.com/groups/lgbtq-society--2>

 The Proud Trust

<https://www.theproudtrust.org/>

 The Proud Trust - Youth Groups Guide

https://www.theproudtrust.org/wp-content/uploads/download-manager-files/1541168915/wpdm_youth%20groups%20guide%20digital.pdf

 Stonewall

<https://www.stonewall.org.uk/>

1. SCHOOL OF ARTS, LANGUAGES & CULTURES (SALC)

The Graduate School for the School of Arts, Languages and Cultures (SALC) is located in the Ellen Wilkinson Building and has a range of facilities available to postgraduate students. There are a number of computer suites with printers, seminar and meeting rooms, a viva suite and the Graduate School Conference Room where training sessions and workshops often take place.

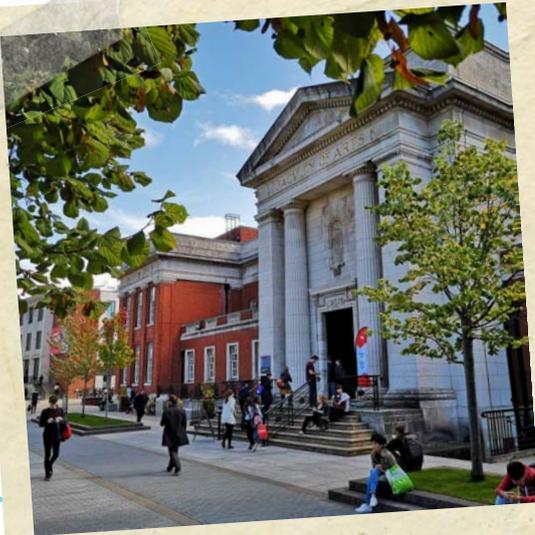


ACADEMIC

Whether you are funded or not, the Grad School is there to support you in making the most out of your course. The School has limited financial support available to PhD students, including:

- £ PGR Research Travel Fund, which provides help towards conference expenses or travel costs related to your research.
- £ PGR Fieldwork Bursary Scheme, which can contribute to the costs of approved fieldwork related to your course.

You can find more information about these funds, and the relevant application forms, online - look for the link in the useful resources box!



@ARCHAEOLOGYMATT

Whenever you need a hand, the School's team of friendly and experienced administrative staff are there to help. They're there to answer any queries and to support you in making the most of your experience as a PGR in SALC. You can find them in the Grad School office, located in Room CG6, in the Grad School, Ellen Wilkinson Building.

Across the School, each subject area has a PGR representative who is elected at the start of the academic year. They liaise between staff and students, and provide feedback on your programme to staff. Your representative is also there to support you, and can offer advice on issues relating to your programme. You can find out who your representative is, and how to contact them, via the student intranet.



As well as supporting your academic progress, the Grad School is a hub with a thriving community where you can meet other postgraduates, socialise and organise events. One of the best ways to keep up-to-date with what's going on is to follow the Grad School blog! It contains information about events, seminars and conferences, and you can find calls for papers here. If you have a news item or event you would like to publicise in the blog, you can e-mail Andy Fairhurst.





SOCIAL

Pursuing a PhD in the Humanities is immensely hard work and can feel isolating at times. Beyond your academic life, the Grad School runs a number of events to help you take a break, enjoy yourself and meet others.

- ★ Every month, the SALC 'Pub Quiz' takes place on a Friday evening.
- ★ Coffee and pastries are provided in the Grad School monthly on Mondays, from 10am - 11am. It's the perfect chance to network, take a break and treat yourself!



WELLBEING

In addition to the wellbeing initiatives offered across the university, the Grad School has its own dedicated wellbeing programme. This includes weekly sessions, workshops and a wellbeing half-day which is usually held in November.

The Grad School has its own PGR peer advisors each semester, who hold drop-in sessions. You can go to them with any questions or concerns, or just for a chat - they are always keen to share their experience and provide practical pointers to help you. You can find out more about the wellbeing projects, and read the peer advisors' profiles, on the Graduate School's Wellbeing Hub - you can find the link in the useful resources box.



FOLLOW

There are a number of ways you can keep up to date with what's happening in the Grad School.



<https://www.facebook.com/salcgraduateschool/>



<https://twitter.com/AlcGradSchool>



www.youtube.com/channel/UCA76FH87X_1s7sZGzs-DDvw



<https://sites.manchester.ac.uk/alc-grad-school/>

USEFUL RESOURCES



Graduate School Blog

<https://sites.manchester.ac.uk/alc-grad-school/>



Graduate School Website

<https://www.alc.manchester.ac.uk/study/graduate-school/>



Graduate School - Handbooks and funding forms

[https://www.alc.manchester.ac.uk/student-](https://www.alc.manchester.ac.uk/student-intranet/postgraduate/postgraduate-research/handbooks-and-forms/)

[intranet/postgraduate/postgraduate-research/handbooks-and-forms/](https://www.alc.manchester.ac.uk/student-intranet/postgraduate/postgraduate-research/handbooks-and-forms/)



Graduate School Quick Guide

<http://documents.manchester.ac.uk/display.aspx?DocID=17196>



Graduate School Wellbeing Hub

<https://bit.ly/2qBqOpm>



PGR Student Representatives

<https://bit.ly/2Lj9Uu>

2. SCHOOL OF ENVIRONMENT, EDUCATION & DEVELOPMENT (SEED)

The School of Environment, Education and Development (SEED) is an internationally recognised centre for both research and teaching, which offers a mixture of professional doctorates and doctoral programmes. It is located in the Arthur Lewis and Ellen Wilkinson buildings, near the heart of the University campus. Here you'll find dedicated postgraduate PC clusters, study spaces, modern research laboratories and a coffee bar, for those breaks from research!



The School works on the basis of a collaboration between five interrelated specialisms and institutes. Each retain their own character, whilst also developing a combined, interdisciplinary approach. The five areas are:

-  Architecture
-  Geography
-  The Global Development Institute (GDI)
-  Manchester Institute of Education (MIE)
-  Planning and environmental management



ACADEMIC

Across these five areas, SEED is a School of substantial size with many talented academic staff, researchers and PGRs. Many of the academic staff have worked and researched across the UK and overseas, and so have a wealth of experience to support you along your doctoral journey.



As a PGR, the School's team of experienced administrative staff are on-hand to offer support and advice, as well as to help you make the most of the vast array of activities going on around the School. You will also have excellent study resources at your disposal, including specialist libraries, computing facilities and specialist software.



FOLLOW

There are a number of ways you can keep up-to-date with what's happening in SEED:



<https://www.facebook.com/School-Of-Environment-Education-and-Development-467218153290114/>



www.youtube.com/sedmanchester

Various disciplines across the School also have their own dedicated Twitter accounts.

 Manchester Geography - <https://twitter.com/GeographyUoM>

 Manchester Institute of Education -
<https://twitter.com/EducationUoM>

 Planning Manchester - <https://twitter.com/Planninguom>

 UoM Urban Institute - <https://twitter.com/UoMUrban>

 Global Development Institute -
<https://twitter.com/GlobalDevInst>

 Manchester School of Architecture -
<https://twitter.com/themsarch>

USEFUL RESOURCES

 SEED Events

<https://www.seed.manchester.ac.uk/connect/events/>

 SEED Social media channels

<https://www.seed.manchester.ac.uk/connect/social-media/>

 SEED Centres, institutes and projects

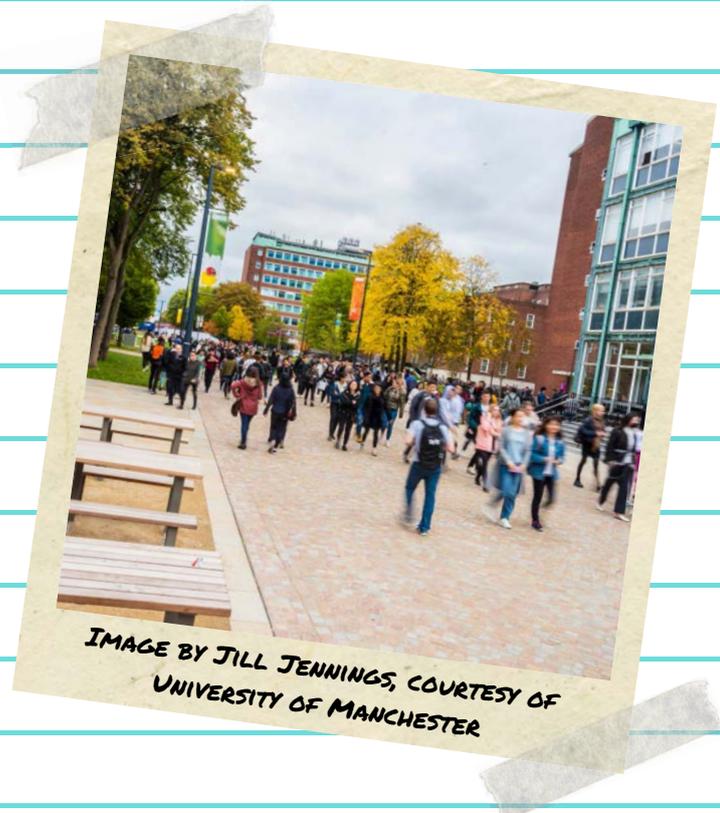
<https://www.seed.manchester.ac.uk/research/centres-and-projects/>

 Current SEED PhD students

<https://www.seed.manchester.ac.uk/study/postgraduate-research/current-students/>

3. ALLIANCE MANCHESTER BUSINESS SCHOOL (AMBS)

Alliance Manchester Business School (AMBS) is one of the largest business and management schools in the UK, home to over 500 academic staff and representing 41 nationalities. AMBS boasts numerous experts who generate globally recognised research across a wide variety of disciplines, industries and



specialisms. The School is structured around four divisions, which encompass its range of research strengths. These are:

-  Manchester Accounting and Finance Group
-  Innovation, Management and Policy Division
-  Management Sciences and Marketing Division
-  People, Management and Organisation Division

The new Alliance Manchester Business School will be at the heart of the university's campus and provides one of the best leisure spaces. Surrounded by trees and with a good selection of shops, bars and restaurants, it is the perfect place to take a break from your research. AMBS and the University of Manchester are also distinctive in UK higher education as the first university and business school to make social responsibility a core goal.



ACADEMIC



PhD students in AMBS benefit from world-class facilities and a supportive research environment, as the School is there to help you develop the essential skills for a successful career, whether in academia or industry. In particular, AMBS are keen to foster interdisciplinary links and can put you in contact with key areas across the university including engineering, health and the social sciences.

To support you in your doctoral journey, the School provides the Doctoral Research Support Allowance (DRSA), for which most PhD students are eligible. The allowance can be used to pay for expenses which you and your supervisory team feel would directly support and enhance your research, such as the costs of attending conferences or undertaking fieldwork.



Each year, PGRs within the Business School elect students to represent them. They liaise between staff and students, and can convey any concerns you might have about your programme. Your PGR representative heads the student committee and represents you at the School's Postgraduate Research Committee and any other relevant bodies. Over the years, this has allowed PGRs to have a voice and the opportunity to be participatory stakeholders in their educational process.



FOLLOW

There are a number of ways you can keep up-to-date with what's happening in the Alliance Manchester Business School.



0161 275 1200



mbs-pgresearch@manchester.ac.uk



<https://www.facebook.com/manchestermbs/>



<https://twitter.com/MBSnews>



<https://www.instagram.com/lifeatmbs/>



<https://www.youtube.com/user/manchestermbs>

USEFUL RESOURCES



AMBS PGR Handbook

<https://pgrhandbook.portals.mbs.ac.uk/>



AMBS Student Support

<https://pgrhandbook.portals.mbs.ac.uk/MySupport.aspx>



AMBS Events

<https://www.mbs.ac.uk/events/>



AMBS Funding Opportunities

<https://www.mbs.ac.uk/study/phd/funding/>



AMBS Careers Support

<https://www/mbs.ac.uk/student/careers>

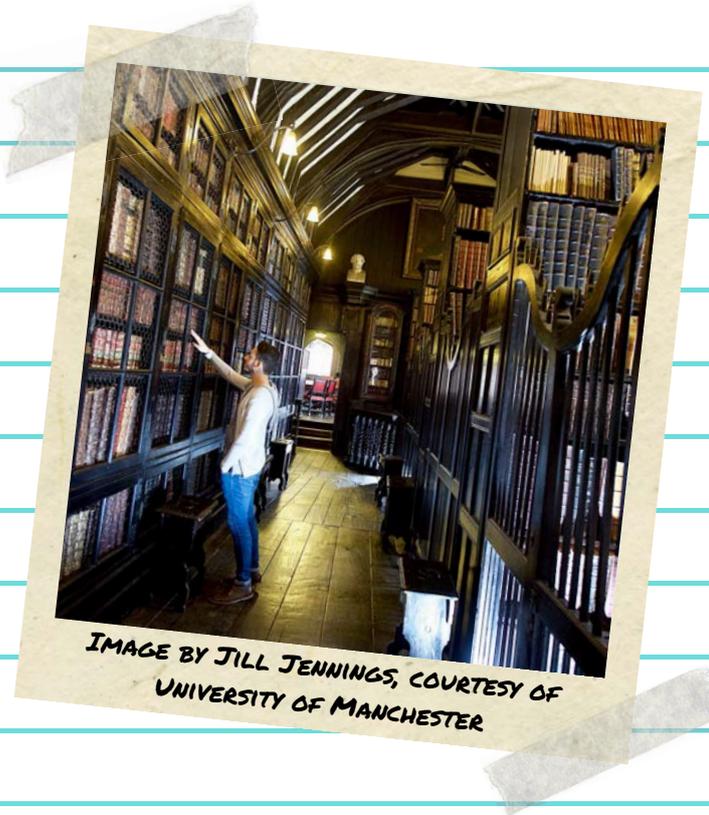
4. SCHOOL OF SOCIAL SCIENCES (SOSS)

! Due to an upcoming merger between the School of Social Sciences and the School of Law, you might find it useful to consult both pages.

The School of Social Sciences represents one of the largest and most diverse postgraduate research communities in the UK.

Located in the Arthur Lewis building, the School is near the heart of the campus and provides a modern and comfortable working environment. The PGR student space comprises a large, open-plan area close to your supervisors where you can hot desk. It's also near to the University's libraries, cafés and shops for when you need a break from your research. There are a number of other study spaces that you can book by emailing:

 sossresources@manchester.ac.uk



ACADEMIC

The School provides a fantastic opportunity to network and meet other students' in your subject area. They regularly run a number of events, seminars and public lectures. You can find out more information about these online - look in the useful resources box!



As well as these events, the School is home to a number of funded and high-profile research centres and institutes. These include the Centre on Dynamics of Ethnicity, the Manchester Urban Institute or The Mitchell Centre for Social Network Analysis. Getting involved with these centres is a fantastic opportunity to network and contribute to high-impact research. You can find out more about these institutes via the School's webpage.

Across the School, each subject area has a PGR representative who is elected by their peers at the start of the academic year. They are there as a channel of communication between staff and students, and provide feedback to staff on your programme. Your representative is there to support you, and can offer help and advice on issues relating to your programme. You can find out who your representative is, and how to contact them, via the online student handbook.



The School receives funding from a number of sources to help you fund and make the most of your doctoral programme. You can find out more about these opportunities, and how to apply, on the School's website - look for the link in the useful resources box.



WELLBEING

Doing a PhD is an amazing journey, but it can be difficult at times. As a PGR, you may face unique wellbeing challenges and so it is important to look after yourself as you progress through your programme.



The School of Social Sciences is involved in the PGR Well Bee-ing Project, which is a university-wide funded project. It aims to better understand the wellbeing and mental health issues faced by the PGR community. You can find out more about this project in the 'Additional Support' section of this guide.



FOLLOW

There are a number of ways you can keep up-to-date with what's happening in the School or get in touch.



0161 306 1340



www.facebook.com/uomsocialsciences/



https://twitter.com/UoM_SOSS



www.instagram.com/uomsocialsciences/



www.youtube.com/channel/UCPwmitKhKq7O2OLoWGvEOig



www.socialsciences.manchester.ac.uk/about/news/

USEFUL RESOURCES

 SoSS PGR Handbook

<https://www.humanities.manchester.ac.uk/pgr-handbook-soss/>

 SoSS PGR Representatives

<https://www.humanities.manchester.ac.uk/pgr-handbook-soss/support/student-representatives/>

 SoSS Events

<https://www.socialsciences.manchester.ac.uk/connect/events/>

 SoSS Funding Opportunities

<https://www.socialsciences.manchester.ac.uk/study/postgraduate-research/opportunities/results/>

 SoSS Centres and Institutes

<https://www.socialsciences.manchester.ac.uk/research/centres/>

 The PGR Well Bee-ing Project

<https://sites.manchester.ac.uk/pgrwellbeing/2018/11/13/1826/>

5. SCHOOL OF LAW

! Due to an upcoming merger between the School of Social Sciences and the School of Law, you might find it useful to consult both pages.

The School of Law is located in the Williamson Building, and comprises four different research hubs:

- 📖 Centre for Criminology and Criminal Justice
- 📖 Manchester International Law Centre
- 📖 The Manchester Centre for Regulation, Governance and Public Law
- 📖 Centre for Social Ethics and Policy

Each specialised centre within the School of Law organises a range of seminars across the year, which are a fantastic way to network with others in your discipline.

Your first port of call if you need any information about the School will likely be their PGR handbook, which is available online. There you can find information about health and safety, progression milestones and thesis submission - look out for the link in the useful resources box below!





ACADEMIC

During your registration period, you are eligible to apply for Postgraduate Research Support Awards. These can support any conference presentations or fieldwork that might form part of your research. Throughout your programme, you can apply for a maximum amount of £2,000 for a PhD student and £660 for an MPhil student. To apply for the awards, you will need to complete an application form with your supervisors' consent and send it to the PGR office. Applications are accepted five times throughout the academic year - in September, November, February, April and June.



The staff in the School of Law are incredibly supportive, and are there to help you make the most out of your doctoral programme. In particular, the support staff at the Teaching, Learning and Student Experience Office (TSSO) will be the first point of contact if you are looking for advice and assistance.

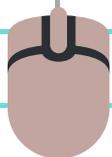


SOCIAL

Apart from academic seminars, the School of Law organises different social events for postgraduate students, such as the PGR breakfast and pizza social. Every winter there is also a Secret Santa, a School of Law tradition started by PhD student Emily Buehler.



There are two student-led societies, the Manchester University Law Society and the Manchester University Criminology Society, which organise annual balls for students. You can find out more information about the societies - and the events they run - on their Facebook pages.



FOLLOW

The best way to keep up-to-date with what's going on in the School of Law is via their social media channels. There are various Twitter pages you can follow, including:

-  School of Law UoM - https://twitter.com/law_uom
-  Criminology UoM - <https://twitter.com/CriminologyUoM>
-  Private and Commercial Law Hub UoM - https://twitter.com/CLH_UoM

There are also student-run societies and groups connected with Law, and you can find information about them on Facebook.

-  Manchester University Law Society
<https://www.facebook.com/mulsonline/>
-  Manchester University Criminology Society
<https://www.facebook.com/MUCSpagel/>
-  UoM Law School PGR Facebook Group
<https://www.facebook.com/groups/611483692327860/>

USEFUL RESOURCES

 School of Law PGR Handbook

<https://www.humanities.manchester.ac.uk/pg-r-handbook-law/programme/>

 School of Law Funding Opportunities

<https://www.humanities.manchester.ac.uk/pg-r-handbook-law/funding/>

*As we look ahead
into the next century*

LEADERS

will be those who

EMPOWER

others

- Bill Gates

6. FINDING CONTACTS

Whilst there are a number of ways to keep up-to-date with what's going on in your School, sometimes you will need more specific help and it can be good to know who to contact if you have a problem. Each School has friendly, professional and dedicated administration teams who are there to help you out.

As these contacts can change, the best option is to check who you need to get in touch with via your School's website. Below, you will find links to the contact pages for each School.

SALC

The Graduate School office is located in room CG6 in the Graduate School of Arts, Languages and Cultures, in the Ellen Wilkinson Building. It is normally open between 9am and 5pm, Monday to Friday.

 <https://www.alc.manchester.ac.uk/study/graduate-school/people/>

SEED

 <https://www.humanities.manchester.ac.uk/pgr-handbook-seed/connect/contact-us/>

AMBS

The Doctoral Programmes Office provides administrative and pastoral support for all postgraduate research students in the School. The office is open 10am to 4pm, Monday to Friday.

 <https://pgrhandbook.portals.mbs.ac.uk/MySupport/DoctoralProgrammesOffice.aspx>

SoSS

The School of Social Sciences' postgraduate office is on the second floor of the Arthur Lewis Building, and is open from 8.30am to 4.30pm, Monday to Friday.

 <https://www.socialsciences.manchester.ac.uk/connect/contact-us/postgraduate/>

School of Law

 <https://www.law.manchester.ac.uk/about/people/professional-support-staff/>

Any feedback?

We really hope that you've enjoyed the Alternative PGR Guide, and that you've found it useful. How helpful have you found this guide? Do you have any suggestions for how it could be improved?

We'd be really interested to receive your feedback. Please feel free to e-mail us:

 uomalternativepgrguide@gmail.com

