



CITY
UNIVERSITY OF LONDON
EST 1894

125 YEARS

LIFE

AT

CITY

Supporting you in this exciting new phase of your life and helping you make the most of every opportunity studying in London brings.

This is City.

2 – 3. Welcome	
Welcome to City	
4 – 13. Enjoy City life	
Food and drink on campus	
Sport and leisure	
Activities and schemes at City	
CityBuddies	
CityOutreach	
City Employability Award	
Experience City	
Community volunteering	
Sustainability Leaders	
Become a Marketing Ambassador	
Free language courses	
City Students' Union	
14 – 20. Support at City	
The Student Centre	
International students	
Accommodation	
Student funding	
Multi-faith Chaplaincy team	
City Cares	
Learning and careers	
The Student Hub	
Learning Success	
CityCareers	
CityStarters	
IT and library services	
IT services	
Library services	
Using Moodle	
Health and wellbeing	
Student Health Service	
Student counselling and mental health	
Relationships and consent	
CitySight	
21 – 23. Working together	
The Student Charter	
Our local community	
Exploring our neighbourhood	
24 – 29. Helpful information	
Staying safe	
Emergency numbers	
Fire safety	
Harrassment and bullying	
Benefits	
University of London	
Student discounts	
City SU Welcome Week events	
Finding your way around	
Welcome week events pull-out	

WELCOME TO CITY

Congratulations on getting your place here at City, University of London. We are delighted you are joining us and hope you have an exciting and fulfilling time studying in the heart of London, with all that is on offer in this amazing city.

This guide outlines all you need to know for your first week and beyond to help you make the most of your time here.

From the day you arrive at City, there are lots of great opportunities to get involved, develop your skills and meet new people, both on campus and in the local area.

Our Student Services teams will be here throughout your journey to support you and help you achieve your goals. If you need help or advice about any aspect of university life, get in contact with our award-winning Student Centre at Northampton Square who will be happy to help you.

You can keep up with events and opportunities on campus by following us on social media:



@cityunistudentcentre
@CityUoLondon



@custudentcentre
@CityUniLondon



@cityunilondonstudentcentre
@cityuniversitylondon





FOOD AND DRINK ON CAMPUS



Central to City student life is the student bar, CityBar. It is a great spot to have a drink with friends, meet new people and grab a bite to eat.

Location

Ground Floor,
Tait Building

Opening hours

15:00 – 23:00
Monday to Friday
Food served
17:00 – 22:00



Crussh 'fit' food and juice bar serves up healthy breakfasts, super-food salads, wraps, freshly pressed raw juices and coffee. Perfect revision fuel.

Location

Level 1,
University Building

Opening hours

08:30 – 16:30
(core opening hours)
10:00 – 16:00
Monday to Friday



This outlet serves breakfast from early morning followed by delicious soup, artisan style sandwiches, pasta and the famous City shakes. You can also enjoy triple-certified coffee, selection of

pastries, cakes and snacks available throughout the day.

Location

Level 1, Tait Building

Opening hours

08:00 – 17:00
Monday to Friday



You will be spoiled for choice with the lunch offering in **EATCITY** where we have something for all tastes.

Location

Level 1,
University Building

Opening hours

Café 08:00 – 17:00,
food counters
11:30 – 14:30
Monday to Friday

Opening hours for all outlets may change in accordance with the academic year.

THE COFFEE HOUSE

Our recently refurbished space offers the best in trendy coffees, hot snacks and delicious cakes.

Location

Level 1 Main Walkway,
University Building

Opening hours

08:00 – 17:00
Monday to Friday

CITY CAFÉ @ THE SQUARE

City Cafe is proud to serve Costa Coffee, bringing the very best from the high street to you. Pick up your iced latte, fruit cooler, gluten-free chocolate brownie and enjoy the views of Northampton Square.

Location

BXG10

Opening hours

08:00 – 18:30
Monday to Friday
Also open on Saturday and Sunday.

Rhind Café

Tucked away in Rhind building, Rhind Cafe is a handy place to know. It serves triple-certified coffee, freshly-baked pastries, snacks, sandwiches and cold drinks to keep you alert during lectures.

Location

Ground Floor,
Rhind Building

Opening hours

09:00 – 15:00
Monday to Friday

BAXTER'S

So small and discreet you might just walk past it. Pop in to Baxter's for a triple-certified coffee, freshly-baked pastries, breakfast pots, fresh juices, sandwiches and snacks.

Location

Ground Floor,
College Building

Opening hours

08:00 – 17:00
Monday to Friday

SPORT AND LEISURE

Sport, leisure and wellbeing are a big part of student life at City. There are lots of opportunities for you to get involved in sport – whether you’re attending a fun social session, representing City in a national competitive sport, volunteering at sporting events, coaching or just cheering on your fellow classmates, your Sport and Leisure Services team are here to help.

To see the sports on offer or to keep up with latest sporting news, visit our website, follow us on social media and grab the latest copy of the Sport & Leisure magazine from CitySport.



CITYSPORT

MORE THAN JUST A GYM

Keep fit and healthy while you study by joining CitySport, the University's ultramodern sports, fitness and wellbeing facility. CitySport is fitted with the latest cardiovascular and resistance equipment – including touch screen technology to access social media and web content while you work out.

Try a virtual spin class, compete in our Sport England standard sports hall or enjoy one of our many fitness and wellbeing classes.

Whether you want to increase your fitness on the gym floor, improve your flexibility with yoga or just have fun and make friends at a dance class, there is something for everyone.

CitySport offers gender neutral options for changing. A brand new inclusive changing room is open for all to use.

CitySport is only a five minute walk from campus, drop in for a tour or check out our video.

www.citysport.org.uk



Location

CitySport, Franklin Building,
124 Goswell Road, EC1V 7DP

Contact info

www.citysport.org.uk

citsport@city.ac.uk

www.facebook.com/citysportEC1

@CitySportEC1

+44 (0) 20 7040 5656

Don't miss the sport and leisure activities during Welcome Week.

Find out what is on when in the Welcome Week Guide inside the back cover.

Contact info

www.city.ac.uk/sport

sports@city.ac.uk

www.facebook.com/cityunisport

@cityunisport

www.twitter.com/cityunisport

@cityuniversitylondonsport

+44 (0) 20 7040 5656

Join us at our annual Varsity series, where we take on Kingston University for the honour of lifting the Thames river trophy. We've won the last three years and want to retain our unbeaten record, so come and be part of the Wolfpack and cheer on your university teams.



DON'T MISS CITYSPORT FREE CLASSES FORTNIGHT

16th – 29th September 2019

Explore the wide range of fitness, wellbeing and dance classes available at CitySport. Classes are filled in on a first-come, first-served basis.

Come to our 'Sport in the Square' event at the main campus on Monday 16th September, 11:00 – 15:00. Prizes to be won with 'The Luck of the Pop.'

Visit CitySport on 17th September 2019 from 14:00 – 15:00 for our Annual Welcome Week Dodgeball Tournament. Bring your friends, we'll put you in teams and let the carnage begin. Dodge, duck and dive.

Find out about our flexible membership and pay as you go options.

www.citysport.org.uk/membership

ACTIVITIES AND SCHEMES AT



CITYBUDDIES

Would you like someone to help you settle in to life at City? CityBuddies matches you with a current student on your course to help you settle in during the first months of university. Your CityBuddy Mentor will be there to guide you around the University, show you all the activities that City has to offer and give you valuable insight into studying on your course. They will be on hand to answer any questions and can stay in contact for as long as you find helpful during your first term.

Once you enter your second year and beyond, you can also sign up to be a CityBuddy to support new starters on your course. Keep an eye on the CityBuddies web page for more information.

Location

Careers, Student Development & Outreach, Level 1, Drysdale Building

Opening hours

09:00 – 17:00 Monday to Friday
(Thursdays 10:30 – 17:00)

Contact info

www.city.ac.uk/buddy
citybuddies@city.ac.uk
+44 (0) 20 7040 5001

Explore City's many activities and schemes designed to help you to have fun, meet others and develop new skills.

CITYOUTREACH

Do you have experience working with young people? Are you committed to fair and equal access to higher education for everyone? Apply to become a Widening Participation Student Ambassador at City and help CityOutreach make a difference. In your role you will act as a role model, a facilitator and a tour guide supporting the WP Outreach team in the delivery of a range of programmes and initiatives aimed at young people from across London. The working hours for this role are flexible and are designed to fit around your studies.

CITY EMPLOYABILITY AWARD

As you get involved in activities alongside your studies you will develop valuable skills that employers want to know about. Keep a record of where and how you have developed these skills and gain a Bronze, Silver or Gold Employability Award.

Discover more at
www.city.ac.uk/employability-award

Location

Careers, Student Development & Outreach, Level 1, Drysdale Building

Opening hours

09:00 – 17:00 Monday to Friday
(Thursdays 10:30 – 17:00)

Contact info

www.city.ac.uk/careers/wpambassadors
wpteam@city.ac.uk
+44 (0) 20 7040 4242

Don't miss out

Apply to become a Widening Participation Ambassador before Friday 4th October 2019.

Visit the webpage for more information.

EXPERIENCE CITY

ENJOY CITY LIFE



EXPERIENCE CITY

Whether you're looking to develop skills for your future career, make a difference in the community or simply meet new people, there are plenty of activities available to you here at City. Visit Experience City (experience.city.ac.uk) to find out about all the opportunities on offer from the University and the Students' Union.



COMMUNITY VOLUNTEERING

Volunteering is a great way to meet people, have fun and build your confidence. You can develop knowledge, skills and experience which demonstrate to future employers that you are passionate and motivated.

City offers hundreds of opportunities to volunteer with a wide range of charities, organisations and community groups across London. Opportunities range from micro-volunteering, which can be completed in less than five minutes to long-term projects you can develop and run yourself for a real sense of satisfaction.

Visit the website to find out more and apply.



SUSTAINABILITY LEADERS

Becoming a Sustainability Leader is a great way to build your skills and experience in project management, leadership and communication, while making a positive change at City and in the local community.

We are proud to be ranked as the greenest university in London and there are many ways you can help City to do even more.

To get involved in the wide range of sustainability events and opportunities taking place at City, visit the website or follow us on Twitter [@Sustain_City](#).

Location

Property & Facilities, Lower Ground Floor, College Building

Opening hours

09:00 – 17:00 Monday to Friday

Contact info

www.city.ac.uk/sustainable-city

sustainable_city@city.ac.uk

+44 (0) 20 7040 8053

BECOME A MARKETING AMBASSADOR

Would you like to represent City and meet prospective students, their families and teachers?

We have a variety of paid opportunities to participate in City's marketing activities such as focus groups, photo-shoots and recruitment events both on and off campus.

This is a great chance to gain practical experience for your CV and improve your skills – all while earning money and making new

friends. Work is flexible and can fit around your studies. Marketing Ambassadors will be paid on an hourly basis through Unitemps, our internal temping agency (page 17).

Apply before 9am on
Monday 7th October 2019.

Visit [www.city.ac.uk/
marketing-ambassadors](http://www.city.ac.uk/marketing-ambassadors)

or email
studentambassadors@city.ac.uk.

FREE LANGUAGE COURSES

The Centre for Language Studies offers free language courses to all students at City. The courses are designed to develop and improve your language competencies from beginner level up to advanced. They are general purpose courses, designed for you to learn Arabic, French, German, Mandarin and Spanish in the context of day-to-day life.

Don't miss out

Register your interest for a free language course at City by completing an online registration form. Search 'Centre for Language Studies' on the City website. Please note that we use a lottery system to award spaces when a course is oversubscribed.

For more information, contact languages@city.ac.uk or come along to the Languages Q&A session on Thursday 19th September, 11:00 – 16:00, A109, College Building.

Location

Careers, Student Development & Outreach, Level 1, Drysdale Building

Opening hours

09:00 – 17:00 Monday to Friday
(Thursdays 10:30 – 17:00)

Contact info

volunteering.city.ac.uk

facebook.com/cityvolunteering

volunteering@city.ac.uk

+44 (0) 20 7040 5002



CITY
STUDENTS'
UNION

Tuna Kunt
President
supresident@city.ac.uk

Rania Salim
Vice President
Community & Wellbeing
VPCommunity1@city.ac.uk

Saqlain Riaz
Vice President
Education
vpeducation@city.ac.uk

Hello...

We're run by students. A student-elected team of officers lead a plucky team of staff to make your time at City so much better. If you need a host of activities for the good times and support for the bad, we're here for you. We're politically independent from the Uni and represent your views. If you need us, we've got your back.

Who we are

The students of City voted these three in to represent them. They're our Sabbatical Officers, and they work all year to make student life better at City. New prayer rooms, study spaces, and making policies have all been implemented because students told us what was wrong and we got the University to listen.

Keep in touch

Congratulations!

You're now part of our big family here at City Students' Union.

We're working on a lot throughout the year, and there are some pretty good achievements to come. Keep in touch, and don't miss out!

www.citystudents.co.uk

CityUniSU



Find other students.

To keep up to date, get your tickets and make new friends, follow us on Social Media - CityUniSU



Three ways you can get involved with us

Societies

If you want to develop, we're the right people to help. Join over 100 societies at City, we'll even support you set up your own. With workshops, training and funding, we'll make your CV and skills top-notch.



Activities

Nights out, chilled days in, or even radio shows. We hold events, and make sure you can hold your own. Everything from raising money for charity to holding parties, and petting zoos to award ceremonies. Attend when you want or get involved and gain event management experience.

Representation

We've got over a dozen elected students, and they represent any issues that you may have. We hold elections every year, and you'll get the chance to represent your school, groups, or causes that you care about.



SUPPORT AT CITY

STUDENT CENTRE

City's award-winning Student Centre is your first point of contact for information about City and the services it provides. Our team of advisors can help with accommodation, student funding, visa and immigration advice, replacement ID cards, student Oyster card enquiries, student letters and general enquiries about student life at City.



Location

Student Centre,
Level 2, University Building

Opening hours

09:00 – 17:00 Monday to Friday
(Thursdays 10:30 – 17:00)

Contact info

www.city.ac.uk/studentcentre
[www.facebook.com/
cityunistudentcentre](https://www.facebook.com/cityunistudentcentre)
@custudentcentre
+44 (0) 20 7040 7040

INTERNATIONAL STUDENTS

City has a team of dedicated International Student Advisers who can assist students from outside the European Economic Area (EEA) with UK visa, passport and immigration issues. We can help at any stage: before you travel to the UK and begin your course; while you are in the UK and studying; and as you finish your degree, particularly if you hope to work in the UK after your studies.

Drop-in sessions with an international student advisor are available on
Tuesdays, from 14:30 to 16:30 and
Thursdays from 10:30 to 12:30.

To make an appointment outside of these times, email
visadvice@city.ac.uk.



ACCOMMODATION

The Accommodation team handles all applications to City's nominated Halls of Residence. We're part of the University of London Housing Service, so if you're looking for private accommodation in London, their team can assist you with your search. You can also find lots of helpful information about our Halls and top tips for accommodation searches on our website.

Location

Student Centre,
Level 2, University Building

Opening hours

09:00 – 17:00 Monday to Friday
(Thursdays 10:30 – 17:00)

Contact info

For general accommodation information:
www.city.ac.uk/accommodation
For guidance on finding private accommodation:
www.city.ac.uk/private-housing
University of London Housing Service (ULHS):
www.housing.lon.ac.uk
housing@london.ac.uk
+44 (0)20 7862 8880

STUDENT FUNDING

The Student Funding team is available to help you with any matters relating to student funding. Booked appointments are available on Tuesdays and Thursdays between 13:00 and 15:00.

There are many funding opportunities available for City students. These include:

City Cares Bursary

www.city.ac.uk/city-cares-bursary

City Hardship Fund

www.city.ac.uk/city-university-london-hardship-fund

NHS Learning Support Fund

[www.nhsbsa.nhs.uk/learning-support-fund/about-learning-support-fund.](http://www.nhsbsa.nhs.uk/learning-support-fund/about-learning-support-fund)

Location

Student Centre,
Level 2, University Building

Opening hours

09:00 – 17:00 Monday to Friday
(Thursdays 10:30 – 17:00)

Contact info

funding@city.ac.uk
+44 (0) 20 7040 7040

MULTI-FAITH CHAPLAINCY TEAM

The multi-faith Chaplaincy team supports people of all faiths, beliefs and cultures. The role of the team at City is to:

- Be an independent listening ear
- Give space and time to explore questions of faith and life
- Offer times of worship
- Provide information on local places of worship and local religious communities
- Encourage interfaith dialogue and promote a community of respect.

At City we have dedicated rooms for prayer and reflection which can be used by individuals and our Faith Societies. Details can be found on the Student Hub in the Faith Section www.city.ac.uk/faith.

Location

City Faith Centre, Opposite the Courtyard on Tait Level 1

Opening hours

07:00 – 23:00 Monday to Friday

Contact info

www.city.ac.uk/faith
chaplaincy@city.ac.uk
+44 (0) 20 7040 4219

CITY CARES SUPPORT FOR YOUNG INDEPENDENT STUDENTS

If you have had an experience of local authority care, have unpaid caring responsibilities for ill or disabled relatives or are estranged from your family, you might be entitled to additional support while you are studying.

Find out more about eligibility, additional financial support, how City Cares can help you at City and student development opportunities by emailing citicaressupport@city.ac.uk.

Location

Careers, Student Development & Outreach, Level 1, Drysdale Building

Opening hours

09:30 – 17:30 Monday to Friday
(Thursdays 10:30–17:30)

Contact info

Beth Taswell, DMS
citicaressupport@city.ac.uk
+44 (0) 20 7040 0456



During Welcome Week, come along to the Chaplaincy drop-in sessions. The events will give you an opportunity to make new friends, get creative and take away your new crafts.

Come and meet us at Freshers' Fair and find out about our tour around London's major places of worship.

LEARNING AND CAREERS

THE STUDENT HUB

Everything you need in one place

You can access the information and services you need quickly and conveniently through the Student Hub, which brings all your University systems and services into one place.

The Hub is where City publishes key announcements that affect students. From the Hub homepage, you can:

- Access your City webmail
- Access your personal calendar
- Log in to Moodle (see page 20 for more information)
- Browse the library catalogue
- Access OneDrive, your personal online file storage
- Request IT help and services through ServiceNow
- View an A-Z of services at City.

You can access the Hub from a computer or mobile device at studenthub.city.ac.uk and from the homepage of City's website.



LEARNING SUCCESS

The Learning Success team incorporates three support services:

Academic Learning Support

Available to all students who want to boost performance and develop effective study skills including critical writing, understanding assignment guidelines and enhancing revision techniques throughout the year.

Disability Support

For students with a range of disabilities, including those with physical or sensory disabilities and long-term health conditions, we can help to identify strategies and reasonable adjustments to support your learning. To discuss support requirements arising from a disability or long-term medical condition, you can book a confidential appointment with a Disability Advisor.

Neurodiversity Support

Advice, exploration and support for students with specific learning differences (SpLDs), including Dyslexia, Dyspraxia and Attention Deficit Hyperactivity Disorder. We encourage students to proactively address any barriers to learning and develop their strengths further through specialist support.

We provide one-to-one support and workshops throughout the year. For more information, enrol on the Learning Success Moodle course at moodle.city.ac.uk.

Location

Level 2 University Building

Opening hours

09:00 – 17:00 Monday to Friday
(Thursdays 10:30 – 17:00)

Contact info

[www.city.ac.uk/
learning-success](http://www.city.ac.uk/learning-success)
academiclearningsupport@city.ac.uk
disability@city.ac.uk
neurodiversity@city.ac.uk
+44 (0) 20 7040 0246

CITYCAREERS

Whether you're considering your career path, applying for roles or preparing for interviews, CityCareers is here to help you. Our team aims to support and develop you by providing the tools you need to enhance your employability.

To make appointments, view and sign up for events and browse vacancies, log into the City CareersHub using your City username and password at careershub.city.ac.uk.

Register for part-time jobs on and off campus through our internal temping agency, Unitemps www.unitemps.com.

You can find out about career events by checking the list of upcoming events on Experience City (page 9).

Location

Careers, Student Development & Outreach, Level 1, Drysdale Building

Opening hours

09:00 – 17:00 Monday to Friday
(Thursdays 10:30–17:00)

Contact info

www.city.ac.uk/careers

careers@city.ac.uk

www.facebook.com/cityunicareers

+44 (0) 20 7040 8093



CITYSTARTERS

The CityStarters team supports the next generation of student entrepreneurs. Whether you want to start the 'next big thing', meet successful entrepreneurs, find work experience with London's most exciting and dynamic start-up companies, or simply find out more about enterprise and entrepreneurship, we are here to help.

Startup seminars: Come and learn how to start a business from the experts at our sessions running in the autumn term.

CitySpark: Enter our 'Business Design and Doing' competition for your chance to win up to £5,000 to get your business started.

City Launch Lab: Already have a business on the verge of launching? Get desk space and support from mentors and fellow entrepreneurs by joining the growing startup community in the City Launch Lab.

Visit www.city.ac.uk/cityventures to find out more.

Contact info

www.city.ac.uk/cityventures

citystarters@city.ac.uk

@CityStarters

+44 (0) 20 7040 8720

IT AND LIBRARY SERVICES

IT SERVICES

City's IT support staff are here to help with IT-related queries. To get in contact, log a request via www.city.ac.uk/itservicedesk, call our 24/7 support service on 020 7040 8181 or speak with a member of the team directly at one of our three campus locations.

Your login ID and password

When you activate your IT account at City on [activation.city.ac.uk/activation](http://activation.city.ac.uk/), you'll receive your username and be able to set up your password. If you have forgotten your password or would like to change it to something more memorable please visit www.city.ac.uk/changepassword.

Accessing your City email account

Visit email.city.ac.uk to login to your student email address.

You can also use your mobile device to receive your City, University of London emails. Instructions on how to setup your devices are available on the Student Hub - studenthub.ac.uk.

Install Microsoft Office on up to five of your own devices

You can download the latest version of Word, Excel, Powerpoint, OneNote and much more on your own computers and tablets.

Follow these steps to download Microsoft Office for free:

1. Log in to your email at email.city.ac.uk
2. Click on the Office 365 logo on the top left of the screen
3. Select 'Install Now'.

USING MOODLE

Moodle is the University's Online Learning Environment. Your lecturers design your Moodle modules to enhance your learning experience by providing access to online course materials, activities, assignment submission and communication tools.

To access Moodle, open an up-to-date web browser and go to moodle.city.ac.uk. Login with your computing services username and password.

Moodle support

- For guidance on using Moodle, go to www.city.ac.uk/edtechhelp/student
- For queries about module enrolments, contact your Course Officer
- For technical problems using Moodle, contact the IT Service Desk.

LIBRARY SERVICES

When you first start using the library, the online guide libguides.city.ac.uk/libraryessentials is a great place to begin. Online guides covering over 30 subject areas are also available to give you an insight into how to make the most of your library and its resources.

The Library team provides a dedicated, professional and responsive library service in four locations across City. Our libraries have a wealth of printed and online resources, from core textbooks to specialist journals and databases, to support your learning and research.

Each School has a dedicated Subject Librarian who will be happy to help you. You can talk to any of the librarians at Help Desks during our regular opening hours, or you can use our Online Chat service to contact us when you are not on campus.



For a full list of Library locations, opening times and contact info, visit libraryservices.city.ac.uk/about/opening-times.

**Location**

E101, Level 1, Drysdale Building

1st floor Library,
Cass Business School Library

2nd floor,
Northampton Square Library

Opening hours

Face-to-face, 08:00 – 20:00,
Monday to Friday.

Phone lines are open 24 hours
a day, 365 days a year

Contact info

www.city.ac.uk/itservicedesk

+44 (0) 20 7040 8181

HEALTH AND WELLBEING

STUDENT HEALTH SERVICE

Our Health Service, run by a Nurse Practitioner, can help with general health information, registering with a General Practitioner (GP), support with disabilities, minor illnesses or injuries, giving up smoking, contraception, Men ACWY (meningitis) and MMR vaccinations. The Nurse may also be able to prescribe medication for some conditions. If you are aged 24 or under and attending university for the first time we strongly recommend you have a **Men ACWY Vaccine**.

Make sure you register with
a General Practitioner (GP) local
to your term time address.

For students living in halls
of residence or close to campus,
we recommend registering with
Clerkenwell Medical Practice.

Find out more, visit
www.clerkenwellmedicalpractice.org.uk.

Location

Level 1, Drysdale Building

Opening hours

09:00 – 17:00 Monday to Friday
(Thursdays 10:30 – 17:00), Drop-in Clinic 13:00 – 15:00. Times may vary out of term time.

Contact info

www.city.ac.uk/student-health
healthservice@city.ac.uk
+44 (0) 20 7040 5999

STUDENT COUNSELLING & MENTAL HEALTH SERVICE

The Student Counselling & Mental Health Service offers free support to all City students.

Our Counselling team provides brief individual and group counselling with both cognitive behavioural therapy and psycho-dynamic approaches.

Students with a mental health diagnosis can also access adjustments and Disabled Student Allowance-funded support via the service.

Find out more about how we can help on the Student Hub and access the self-refer link in e:Vision.

Location

Level 1, Drysdale Building

Opening hours

09:00 – 17:00 Monday to Friday
(initial consultation sessions every weekday at 13:00)

Contact info

www.city.ac.uk/counselling
www.city.ac.uk/mental-health
coun@city.ac.uk
mentalhealth@city.ac.uk
+44 (0) 20 7040 8094

RELATIONSHIPS AND CONSENT

Being in a relationship should be fun, respectful and safe, whatever that means for you and your partner(s). Both people should be comfortable with what's happening in the relationship, and when it comes to sex, you must always make sure that there is active consent from those involved. Consent should always be freely given and can be retracted at any time.

If you'd like to talk to someone about this, you can get in touch with one of our Harassment Advisers, a group of staff volunteers trained to provide advice and support. Visit the Student Hub to find out more.

CITY'S STATE-OF-THE-ART EYE CLINIC



Book a free sight test, contact lens fitting and aftercare with 3rd year student Optometrists, supervised by a qualified Optometrist, at City Sight.

You can also get 20% off a complete pair of glasses (frames and lenses) including exclusive styles and top brands, with the voucher from the webpage.

Location

Tait Building, access from Ashby Street

Book a sight test contact info

www.city.ac.uk/city-sight
citsight@city.ac.uk
+44 (0) 20 7040 8338

WORKING TOGETHER



We provide one-to-one support and workshops throughout the year. For more information, enrol on our Moodle course at moodle.city.ac.uk.

THE STUDENT CHARTER

City, University of London is committed to providing an excellent education and experience for its undergraduate and postgraduate students. Our students are at the heart of our commitment to academic excellence for business and the professions and we seek to support the successful achievement of their goals. Our community relies on a partnership between students, City Students' Union and staff, working closely with the local community.

www.city.ac.uk/we-are-city



OUR LOCAL COMMUNITY

At City, we engage with the local community in a positive manner and endeavour to create an atmosphere of mutual respect and appreciation. Our central London location means we form part of a vibrant community, made up of residents and businesses in Islington and the City of London. We work closely with community groups to get involved in activities which have a positive impact locally and make the most of the opportunities in the local area, such as Community Volunteering.

As we are based in a residential area, it's important to be considerate and respectful to our neighbours in and around campus and at your accommodation, by using the bins provided and keeping the noise down when leaving the campus late at night.



Museum of London

150 London Wall, EC2Y 5HN

From the Roman era through to modern day London, this museum contains everything you need to know about London's history. It also contains the golden coach which the Lord Mayor (City's Rector) rides in during the annual Lord Mayor's Show.

O2 Academy Angel

N1 Centre, 16 Parkfield Street, N1 0PS

This venue hosts an array of live bands and themed club nights such as Indie Night Propaganda. Full listings can be found on their website.



Exmouth Market

EC1R 4QD

To grab lunch or a quick coffee, head down to Exmouth Market, where you will find a selection of cafes and restaurants.

Sadler's Wells Theatre

Rosebery Avenue, EC1R 4TN

An impressive performing arts venue, renowned as one of the world's leading dance venues. Check out their website to see what's on.

EXPLOR

OU

NEIGHBO

There's lots of great places to explore around City – we asked members of staff and student ambassadors to recommend their favourite spots around campus. Here are their top picks.

Candid Arts Gallery and Café

3 Torrens Street, EC1V 1NQ

A collection of arts studios, exhibitions and a café serving Mediterranean food.

The Lexington

96–98 Pentonville Road, N1 9JB

This pub also doubles up as a live music venue. It is a good place to see a band before they get famous.



Screen on the Green

83 Upper Street, N1 0NP

A great cinema where you can watch a film from the comfort of a couch.

The Eagle

2 Shepherdess Walk, N1 7LB

As well as being made famous by the nursery rhyme 'Up and down the City Road, in and out The Eagle, that's the way the money goes, Pop goes the weasel', The Eagle also boasts a decent sized pub garden.



Goswell Road Coffee

160–164, Goswell Road, EC1V 7DU

A friendly 'proper' coffee shop with free wi-fi and plentiful sofas. They also offer a large selection of pastries, cakes and sandwiches.

Look Mum No Hands!

49 Old Street, EC1V 9HX

A trendy coffee shop-come-cycling workshop, located just a ten-minute walk from Northampton Square. Be sure to try the indulgent chocolate brownies.



LSO St Lukes

161 Old Street, EC1V 9NG

Home to the London Symphony Orchestra, this Grade One-listed 18th century church hosts concerts, workshops and sometimes you can even watch the rehearsals.

The Barbican

Silk St, London EC2Y 8DS

Europe's largest multi-arts and conference venue hosts classical and contemporary music concerts, theatre performances, film screenings and art exhibitions.

STAYING SAFE

EMERGENCY NUMBERS AT CITY

At City we take your safety very seriously. In the rare case of an emergency on campus, please call the emergency number. Use this number to report the following:

- Accident
- Injury
- Illness
- Dangerous occurrence or near miss.

Emergency number

From a mobile
+44 (0) 20 7040 3333

From a campus phone
3333

EMERGENCY NUMBERS OUTSIDE CITY

London is a great City in which to live and study but you need to be vigilant and look after your belongings.

In case of an emergency or if you see something suspicious while outside City, contact the police.

Emergency number

For police, ambulance and fire brigade
999 112

Non-emergency numbers

101 – police

111 – medical help
(Illness and minor injury advice)

FIRE SAFETY

If you discover a fire:

- Raise the alarm using the nearest fire alarm call point
- Call the emergency number
- Evacuate the building.

Fire alarm 20-second rule:

The fire alarm is tested weekly and sounds for no longer than 20 seconds. On hearing a continuous alarm you must:

- Quickly evacuate the building using the nearest safe exit.
Do not use the lifts
- Follow instructions from your Fire Warden or lecturer
- Go to the designated assembly point
- Do not re-enter the building or leave the assembly point until advised by a member of the security team.

HARASSMENT AND BULLYING

It's important that you feel safe and secure throughout your time here at City. If you do feel unsafe or uncomfortable at any time, or that you might have been bullied, harassed or targeted, there are teams on campus who can help you.

If it's during a Students' Union (SU) evening event on campus, there will always be a member of staff from the SU available to speak to.

If it's during the day, you can contact one of the Harassment Advisers, a group of staff volunteers trained to provide advice and support, who can help you explore and discuss your options.

Contact info

studenthub.city.ac.uk/help-and-support/conduct-bullying-harassment/harassment-advisers

BENEFITS

UNIVERSITY OF LONDON

In 2016, City joined the prestigious University of London (UoL) federation, recognised across the globe for quality research and teaching. As City students, you are also members of the UoL, and can make the most of several benefits, including: opportunities to meet other students in the wider UoL student community and access to additional library and sports facilities and accommodation options.

Student Central

Student Central facilitates social, sport and recreational opportunities for the entire University of London student community. All City students can become members of Student Central for free and join a wide range of clubs and societies, buy online tickets and access UoL bars. Find out more at www.studentcentral.london.

Senate House Library

As part of UoL, you will have access to additional libraries across London, including Senate House Library – one of the UK's largest academic libraries and the central library of the University of London and the School of Advanced Study.

STUDENT DISCOUNTS

From festivals and travelling to restaurants and shopping, there are plenty of options available to help you save money as a student. You can sign up to the Unidays website and app and buy the TOTUM card for in-store and online discounts. To sign up, just use your City email address and you're all set to make use of the wide range of discounts available.





CITY
STUDENTS'
UNION



FRESHERS' FAIR

**Thursday 19th September &
Friday 20th September**

Plenty of free stuff to take!
With over 5000 students
attending across the two
days, it's going to be big.

**Business Design Centre,
52 Upper Street, Angel
N1 0QH**

WELCOME WEEK 2019

THREE TYPES OF EVENTS

NIGHTLIFE EVENTS

We've got some of London's
biggest clubs, a massive party
boat, and more than a few tricks
up our sleeve.

DAYTIME EVENTS

Our guide to smashing uni life,
meeting people and seeing the
best gems this side of the River
Thames

SOCIETY EVENTS

Our students have put on some
ace welcome events, and a lot of
them feature plenty of free food.



WELCOME PARTY

We're throwing you a party to introduce ourselves and show you what City has to offer! Meet new pals and get settled.

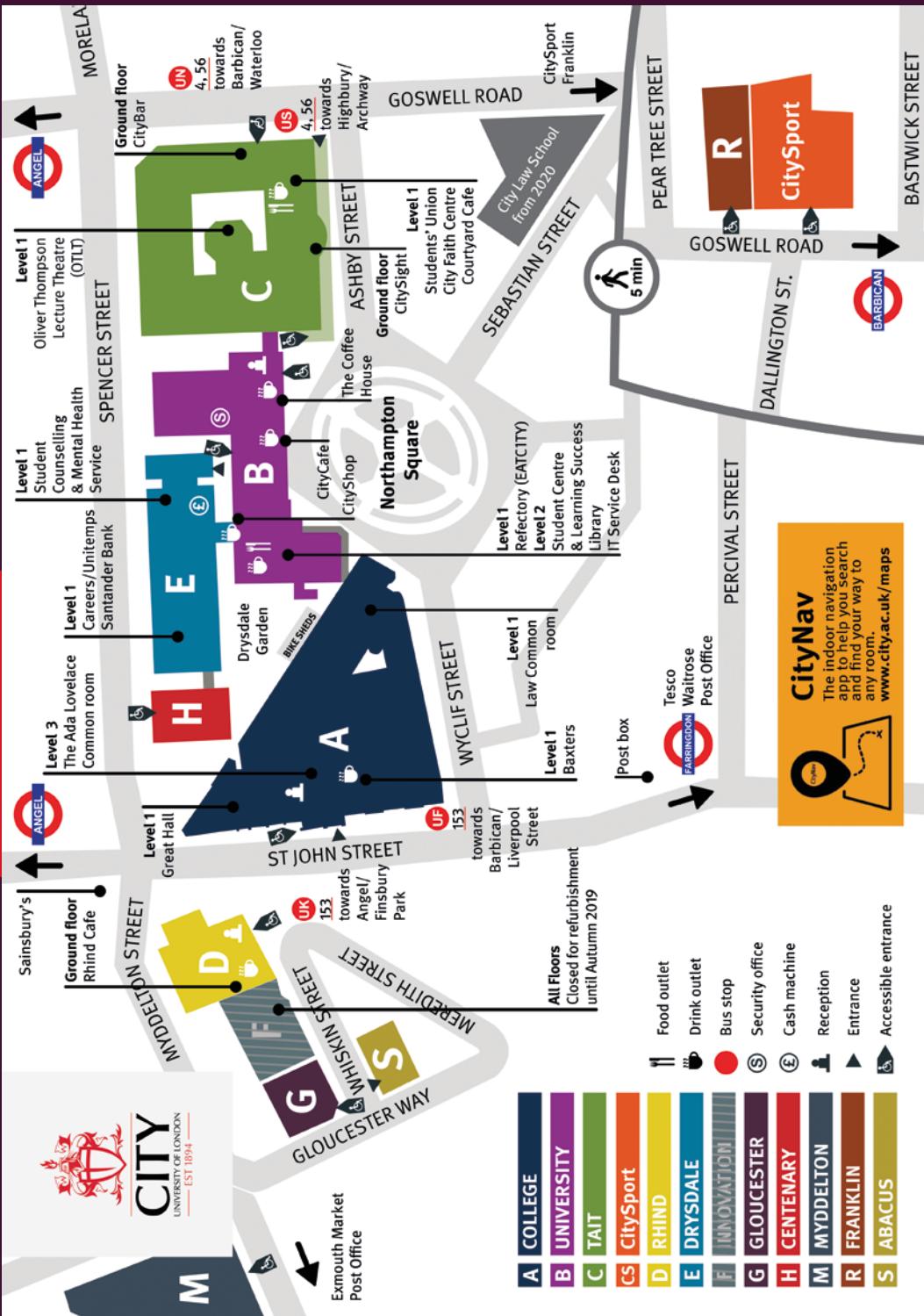
THE BOAT BALL

Wednesday 18th September

This is it. Our flagship event. We commandeer the biggest party vessel to show the Thames what we're made of. Dress to impress, it's going to be a good one.

Check out the full list of events online WWW.CITYSTUDENTS.CO.UK/WELCOME CityUniSU

FINDING YOUR WAY AROUND





This is your Welcome Week Guide

This is making great friendships.

This is forging social and
professional connections for life.



This is City.

City, University of London
Northampton Square
London
EC1V 0HB
United Kingdom

For queries relating to your course,
contact numbers can be found at the
bottom of your course page in the
induction timetables section at:
studenthub.city.ac.uk/new-students



Email enquiries
enquiries@city.ac.uk



Telephone enquiries
+44 (0) 20 7040 5060



Find out more, visit
studenthub.city.ac.uk/new-students



Follow us on
facebook.com/cityuniversitylondon



Follow us on
[#CityWelcome19](https://twitter.com/cityunilondon)



Watch us on
youtube.com/mycityunilondon



Follow us on
instagram.com/cityuniversitylondon

www.city.ac.uk