

# FRESHER

09.10.12



# WELCOME.

You've arrived at York. Congratulations and welcome. We here at *Nouse* have put together a guide aimed at helping you navigate the first weeks, undoubtedly filled with more drinking than you (or your liver) would have thought possible. Drinking aside, we've collected some information in the form of helpful snippets, which we hope will help you around York.

Being a fresher can be a patronising business. We're honestly still pretty clueless about the whole 'student' thing ourselves, so we've asked some wise old cracks for their secret top tips. We asked the questions we wish we knew the answers to when we first arrived, just for you.

The big, white cover is purposely so (we didn't just forget to put in a picture) so doodle away. Send in your sketches on the cover (say of your first week at uni) - email [muse@nouse.co.uk](mailto:muse@nouse.co.uk). We'll pick our favourites and publish them in the next edition of MUSE.



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Make a cup of tea for your flat-mates and you will make friends faster than you can say PG Ti...

Make the best fancy dress costume. You won't regret it when you're flying round Willow as a cardboard Spitfire.

Pick up protection - it's your responsibility, and it's free from the YUSU Student centre, so no excuses.

Sign up at the doctors - when freshers flu strikes you'll be thankful that you're not form-filling before you see the doc.

## THE FRESHER'S WEEK TO DO LIST

# ASK A . . .

“ Get involved with a society. The socials are really great ways to meet people. I do football and Wednesday nights at Ziggy’s when all the socials are out is by far the best night of the week!”

Wim Schoemaker  
Management

2ND YEAR



“ If you’re desperate for Chinese vegetables, head to the Oriental Express on Hull Road opposite the Shell garage. Also, GAS offer great support for International students.”

Siyu Wang  
Engineering Management

POSTGRAD

“ Although university is a big transition, don’t panic and ease yourself into university life. Explore all the interesting things that you can do as you settle in. Don’t forget to explore the library too! Your supervisor is there to help, so go and see them.”

Dr Catriona Kennedy  
History

LECTURER



Do your first food shop. Most students use supermarket deliveries. They charge about a fiver for delivery, but you can share this between you – note that food encompasses a broad range of products, not just the ubiquitous alcoholic purchases.

Fill up your phonebook – get the numbers of your STYCs and flatmates, you never know what time of the night you might need them.

Your reading lists – you only get one Fresher’s so don’t open any of them, but at least know what you should have read and know what you have to do next week.

# CAMPUS .

WE REVEAL OUR TOP TIPS ON FINDING BARGAINS AND FREEBIES, AVOIDING RIP OFFS, AND THE BEST SPOTS TO WORK AND PLAY

“There’s a sneaky cashpoint above Costcutter (outside Santander) for when you can’t face the queues outside Vanbrugh or Costcutter.”

“Although Costa in the library is a rip-off, the coffee is excellent. For a hot chocolate you’re better sticking to the vending machines £1 ones.”

“The Jack Lyons concert hall actually puts on some great concerts over the year. Have a look at what’s upcoming as most of them are free.”

“You’d be surprised how negotiable library fines can be.”

“Walk through the biology building during one of the exhibitions (generally during the morning) for a free sandwich and coffee. You’ve got to move quickly though!”

“At the end of the day V-Bar sell off any left-over sandwiches for a pound.”

“Unless you want to sign up to four new societies and/or plays, avoid Vanbrugh stalls between 2 and 4 like the plague. Otherwise, prepare yourself for a verbal bombardment.”

“There are loads of films in the audio-visual section of the library - free to take out but they charge you a pound an hour for late returns.”



## COLLEGE CUP

Get behind your college football team, in one of the most highly anticipated inter-college competitions of the year. Plus, manage your own team on *Nouse's* Fantasy Football.

## ROSES

In the effort to recreate the 15th Century “War of the Roses”, there’s a weekend of sport, screaming and unnatural aggression towards Lancaster University.

## WOODSTOCK

12 hour long music & arts festival, featuring the best of local groups and societies all to raise money for RAG.

## RAG WEEK

Seven days of fun and inventive ways of raising money for RAG (Raising & Giving). Highlights include Mr & Mrs York and the colourfully mad RAG Parade.

“ Go to a Berrick Saul free lecture. Not only will you be improving yourself and getting a warm-glowing feeling, but they tend to lay on an abundance of free wine. Excellent alternative pre-drinks. ”

“ You can pick up free condoms from both Nightline and the student centre. ”

“ Harry Fairhurst is great for group work but utterly useless for anything else. Unless you enjoy being swallowed by deceptively comfy sofas. ”

Derwent, Wentworth, Alcuin, James, Halifax and the Ron Cooke Hub have porters 24 hours a day. They're there to help!

“ James computer room always has free computers if you can't find one in the library or in Langwith. ”

“ There are constantly free desks in the room next to Langwith computer room. Upstairs the F. R. Leavis room is a warm and quiet place to work but avoid it in the summer, it's just too hot and stuffy. ”

“ You can walk all the way up to the top of Central Hall - it's a really nice place to enjoy a cigarette or a drink looking over campus. ”



LUKE  
DUNMORE,  
JAMES  
COLLEGE  
PORTER

### COLLEGE ELECTIONS

Run for a position on your Junior Common Room Committee. Or, failing that, look out for your College Hustings so you can make sure you're voting for the right people!

### BIG-D

Held on the last night of summer term, the biggest on-campus event (held in Derwent College) has a different theme each year. Previous acts include Chase & Status, and across three stages it's a great way to finish off the year.

### YUSU ELECTIONS

Get the Student Union you want at the much-discussed YUSU Elections. Watch out for campaign posters galore as student politics takes over everyone's lives.

# GETTING HELP.

## Where can I go if I am ill?

“If you are a student studying at the University for a minimum of two academic terms, you are eligible to register with the Health Centre on campus, which is just across the lake from Central Hall. In your first week you will be guided towards a Health Centre Team who will come to the University armed with registration forms to enrol you. All you have to do is complete and sign the registration form there and then.”

During term time  
the clinic is  
open from  
8.30am – 6pm,  
Monday to Friday.

## Who can I talk to if I need emotional help?



Nightline is open  
from 8pm until  
8am in Wentworth  
E Block every  
night of term.

“Nightline is a student-run, confidential listening, information and sexual health supplies service, aspiring to reach out to students suffering in isolation. This is a listening service and not a counselling service, so you’ll be listened to but not lectured.”

Students contact Nightline with varying degrees of concern, discussing a vast range of topics including academic stress, depression, loneliness, eating disorders, self-harm and debt. Nightline is one hundred per cent confidential, so students can trust their information is never disclosed and no details are recorded.”

Contact Nightline  
on 01904 323735  
or e-mail  
nightmail@yusu.  
org

## Where can I go if my teeth are falling out?

“When you arrive make sure you register with a dentist. The University Health Centre will not be able to attend to your dental needs. Dental treatment doesn’t come free of charge and is relatively pricey, so make sure you register when you get here.”

For information on  
NHS dentists in the  
York area visit the  
NHS Direct database  
of dentists  
or ring NHS Direct on  
0845 46 47.





# GETTING AROUND.

## On your bike:



“ So, forking out for bus fare, petrol money or a bike isn't included in your budget? No worries - pretty much everything is within walking distance. It takes around 10 minutes to walk from Hes East to main campus, and 25 minutes to walk to town from there.”

“ It's cheap; you don't have to pay for parking; you don't have to wait for a bus or waste money on bus tickets. You get fit and you don't have to schlep your shopping home. And, York is flat, and safe. Never forget your bike lights - the police will spring out of nowhere and try to fine you...”

## Global warming's a myth ...



“ If you're lucky enough to have your car at uni, you'll inevitably become the most popular person on your corridor. Make the most of it! With Morrisons a 5-10 minute drive from campus, inviting your neighbours on your fortnightly foodshop could prove invaluable. Whilst it can be extremely convenient to have a friend with a car, don't forget your manners: pay your share of petrol money and don't expect them to be designated driver on nights out.”

## Public transport:

“ The number 44 bus is undoubtedly the best bus for anyone living on campus. This UniBus offers free travel across the entire campus and a clubber's bus after nights out, as well as a really friendly and reliable service. There's also the number 4 bus.”



“ If you start to feel stifled by York in all its historical glory, head to the train station. Trains to Leeds are cheap for nights out or shopping. Scarborough and Whitby are lovely places to visit as well. Just jump on a train, they go everywhere.”



## TAXI NUMBERS.

EBOR TAXIS	01904 207 003
EXCEL TRAVEL	01904 702 682
FLEETWAYS TAXIS	01904 645 333
SCENIC TRAVEL	01904 693 276
SIX-FIVE-NINE	01904 659 659
STREAMLINE TAXIS	01904 656 656

### Want something a little different?

“ Head to York’s best live music, comedy and arts events venue, ‘The Basement.’ Below Picture-house cinema, this venue hosts an eclectic mix of events including live music, poetry, comedy, drama and DJ nights. Its low ceiling and side on layout make the venue incredibly intimate with the crowds rarely more than ten metres away from the acts.”

### Need a serious cinema fix?

“ The Aesthetica Short Film Festival (ASFF), from 8 - 11 November 2012, is a celebration of independent film from across the world. Incorporating creative programming and alternative venues, ASFF brings new and innovative cinema to little old York. The screenings cover a multitude of genres and styles, amongst them narrative films, documentary, animation, music video and artists’ film.”

### Want to grab a bargain?

“ Newgate Market just off Piccadilly is open every day and offers anything from fresh fruit and veg, to LPs, handbags and jumpers. It’s definitely worth investigating.”

### Artistic urges?

“ Satisfy any creative urges with the York Art Gallery collections and their temporary exhibitions. Plus, it’s student friendly, with free entrance.”

### Need some fancy dress, fast?

“ Festival of Fun on Goodramgate is a sure bet for most of your dress up needs: add a hat to complete a homemade costume or rent a whole outfit to impress at any Caveman, “Where’s Wally?” or Smurf Social. “Like” their Facebook Page for 20% discount.”

andyspictures

### Miss the s

“ Whilst there’s the  
rent releases, you can w  
Heslington West in PX/00:



LET *MOUSE* TAKE YOU ROUND  
THE VERY BEST BITS OF  
YOUR NEW HOME CITY.



### The football's on?

“Head to the Graduate on Lendal. It's been stylishly refurbished and not only offers some great, and cheap, food but it's a lively place to watch the game and have a cold one.”

### The parents are visiting?

“The White Horse on Bootham is a charming 18th Century Public House and Bed & Breakfast close to the centre of York, three minutes away from the Minster. A double room costs £30ppn.”

### Fancy some tunes?

“For a small city, York has a brilliant live music scene and intimately sized venues. Next door to each other, the Duchess and Fibbers secure a brilliant mix of big names and up-and-comers. Plus, Leeds is only a short bus away if York doesn't make it onto the tour schedule.”

### Sweet tooth?

“Ever wanted your favourite chocolate bar in milkshake form? Head to Milk Shack on Church Street. Boasting over 180 flavour combinations, your only struggle will be deciding which to try. 10% discount with an NUS Card.”

### Need some drama?

“If not Campus' Drama Barn, head to the York Theatre Royal or the York Opera House. With calendars full of plays, operas, musicals and comedy you'll never be short of entertainment.”

### Silver screen?

Head to the Picture House in the centre of York for curbside catch some of the most popular recent films on DVD for only £3 a pop.”



COMING SOON...

FEAST  
OF  
FOOLS



# OUT AND ABOUT.

Is there anywhere to go that plays different stuff to your usual club music?

Second year Politics  
Tom Morgan

“Yes, Fibbers would be ideal for that. At the weekend they play all your indie/rock music and it’s pretty good. I’ve never had a bad night in Fibbers. If it’s R’n’B and Hip Hop you like then they have Ego on a Monday that plays that sort of stuff. Of course there is also Willow if you want completely random variation.”



Which club does the best themed nights?

“Definitely Tokyo. They have all sorts of things and really stepped it up last term. They had fire eaters, a swimming pool, and even a gunge tank. But all the clubs tend to do some good themes. You also get occasional nights like ‘Itchy Feet’ and ‘Gin and Juice’.”

Second year Archeology  
Elliot Harwood

What is the best club?

Second-year Management  
Tommy Walsh

“In my view it’s Willow hands down. Fantastic. Although you do love it or hate it. The music is cheesy and has huge variations but it’s fantastic. It has the cheapest drinks and you don’t believe how great it is until you go. There isn’t anything like it.”



Where can you go other than the student nights?

Second year History  
Tessa Hovis

“There are a few places. On a Wednesday Mansion is popular with sports clubs. All the clubs are open Friday and Saturday so there’s a good choice. Fridays and Saturdays tend to be dominated by locals rather than students, but drinks are cheap and most places will be busy. Leeds put on good nights, and if you’re into your music it’s definitely where to go.”

## DRESS CODES.

### Tokyo.

M: Jeans, t-shirt, and trainers.

F: Full make-up, heels, clutch. The complete ‘look’.

### Ziggy’s.

M. Some kind of degradingly themed costume.

F: Heels and short dress.



### Fibbers.

M: Skinny jeans, trashed vans, and an Obey! cap.

F: Substitute cap for colored shirt.

### Willow.

Both: the battered remains of your original outfit.

No army fatigues.

## WHERE TO EAT.

### “Posh but cheap”: Rustique, on Castlegate

“ This petit French establishment is currently rated as York’s top restaurant. It runs a set menu where 3 courses are available for £15 (All day Mon-Thurs, 12-7 Fri - Sat), which is sensational value as the food is quite simply magnificent. Take your parents here. Or your girlfriend. All will love it.”



### “Blink and you’ll miss it”: Il Paradiso del Cibo

“ Its beauty is its simplicity; a small, run down building on Walmgate, it does not look like a place which will give you one of the most enjoyable experiences of your York life. The service is typically Italian - there is lots of arm waving and noise; the food comes out no faster but it makes for a wonderful atmosphere.”

### “Hot Stuff”: Mirchiz

“ For the curry lovers, this BYOB place on Fullford Road is highly recommended. Cheaper than your average curry house, it is great for large parties, and for those who desire a taste of India without damaging your wallet too much.”



### “The day your loan comes through”: Jamie’s Italian

“ Jamie Oliver’s brilliant chain has only recently opened on the site of Lendal Cellars. It can be quite expensive, although I’ve managed to spend no more than £25 before, as even the cheapest things on the menu are class leading.”

### “Time for a brew”: Mulberry Hall

“ You really cannot do York without a trip to Betty’s. However, if you aren’t prepared to wait 20 minutes for a table, Mulberry Hall on Stonegate is probably your best bet; it has the quaintness of Betty’s but without the droves of tourists.”

## HOW TO MAKE THE PERFECT FRY UP.

Ingredients:  
4 x eggs  
Milk  
Salt & Pepper  
Bacon  
Sausages  
Hash browns  
Mushrooms  
Tomatoes  
White Bread

1. Put the sausages and hash browns in the oven on a baking tray for 15 minutes.
2. Fry your bacon in a splash of oil.
3. Whisk up your eggs, a splash of milk and S&P in a bowl.
4. Half your mushrooms and tomatoes and fry them in the bacon fat oil.
5. Scramble eggs in a knob of butter.
6. Tea. Toast. Ketchup. Done.





# WHERE TO DRINK.

## Before hitting the clubs...

“Dusk is a pressure cooker of cocktail madness and loud music reminiscent of a dingy East London local. The drinks menu, which, with names such as the ‘Graham Norton’ and the ‘Milky Bar Kid’ is little less than unfathomable, soon becomes familiar leaving you looking like an old hand in no time.”



## For a first date...



“Bar Esperanza is a mission to find, but once you do, the unassuming alley opens out into a tightly-packed and vibrant courtyard of bars and restaurants. This one sports a huge range of cocktails – for example Lucia has 7 different iced teas and 5 different martinis, giving you plenty to talk about if things turn dry.”

## For a Pint...



“The Charles is the student favourite. Cheap beer, cheap food and a bar packed full of Yorklings, it’s difficult to go wrong here. Everyone ends up here at some point.”

“The Phoenix is the best option if distance is an issue. Found just inside Fishergate, it does various ales, including guest ales. Great for a stop-off on the way back from town, or simply a stop. They also do a pub quiz one night a week.”

“The Lamb and Lion serves a variety of Yorkshire ales, notably Black Sheep Ale, which you can enjoy in the beer garden that sits alongside the city walls and overlooks the Minster. If you’re feeling flush they do fancy pub food as well.”

## With friends...

“There’s nowhere better for cocktail fun than Evil Eye. Expensive but strong cocktails, made from liquors you’ve never heard of, can be enjoyed in the heated garden or in the velvety lair upstairs.”

## HOW TO

## CURE A

## HANGOVER.

### Milk thistle

A herb that has been used for centuries to help to fortify the liver.

Can be taken prior to drinking and the morning after to heal.

### Brown rice for breakfast

It’s perfect for a liver cleanse as it’s rich in Vitamin B1.

Soak some brown rice before you head out, ready for the morning. For every cup of rice, add 2 cups of water.

### Beetroot smoothie

Mix celery, ginger and fennel with a spot of apple juice to help detox the liver.

It works, but have mouthwash handy.

# HEALTH + FITNESS.

## University Gyms

“ The sports centre on the main campus is going to appear somewhat superfluous compared to the shiny new Sports Village on Heslington East, but both gyms offer treadmills, cross-trainers, and weights. The Hes East gym outstrips the Sports Centre quite definitively however, in that it has a cafe (where you can get a delicious porridge and orange juice breakfast) a swimming pool with a sauna, steamroom and jacuzzi, as well as Facebook and Twitter capabilities on the exercise machines. ”



## Hairdressers

“ Should you wish to experiment with your bar-net, as most students do, head to Westrow or Femmes Fatale for a reliable chop. Otherwise, be clear with what you want at Toni&Guy so as not to look like One Direction. Supercuts on New Street is cheap but we strongly recommend you do not experiment here. ”

## Salons

“ A new treatment spa has recently opened in York called Belleza, which is a calming place to enjoy the usual services, including waxing, manicures and massages. Medi Spa on Coppergate do a leg and bikini deal for £28 and Lan-amiche on Little Stonegate do a great, cheap bikini wax for £8.50. ”



## Cycling Shops



“ Cycle Heaven is a great bike shop on 13-15 Lord Mayor's Walk. Opposite Aviva under Lendal Bridge is the Bike Rescue Project, which is great for taking an old vintage bike for a full MOT. You can buy a bike for £155 on the University Unibikes programme run by 'Get Cycling'. ”

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## WHAT'S NEW AT YORK 2012?

### Sports Village

Monthly student membership is £29, with the first two months free. The pre-opening offer is £23.95.

### YUSU Student Centre

Swanky resource and social centre that looks like a Swedish spa. The YUSU team are based here.

### Langwith College

Now on Hes East with the newest buildings and rooms out of all the colleges.

### Library Cafe

Costa has opened up for coffees and omelettes. New outdoor seating for all those glorious summer days.

# BEAUTY + SHOPPING.

## New shops & The Designer Outlet

“ A new Urban Outfitters has opened up on 27 High Ousegate York, which has a trendy range of brands. York Designer Outlet has great discounts on labels like Ralph Lauren, Fred Perry and The Kooples. Special buses go from the centre of town. Sarah Coggles for both sexes is a particularly good spot for selected brands.”



## Vintage Stores

“ Deep and Purple Haze, located on Fossgate, are very well stocked with Levi's denim, Barbours, trenches, velvet leotards and granny knitwear. Judy's Vintage Fair happens once a term in various locations in town. Good selection and delicious cream teas, but expensive. ”

## Stationary & Books

“ Stationary wise - Paperchase, WH Smith and all the other usual suspects. Rymans stationers are also great for the more specific student buys like plush portfolio books or such like. As well as our on-campus branch of Blackwells, the centre has a Waterstones in addition to many small, quirky bookshops.”

Second year Politics  
Tom Morgan



## Beauty Supplies

“ There's a huge Boots on Coney Street which is well-stocked with a pharmacy. Up the road on Market Street is Zest, a revolting but very cheap shop full of fake lashes and fake tan for tacky fancy dress. Fenwick's and Browns are excellent for specialist face care. Go to Festival of Fun on Goodramgate for Halloween wigs and costume.”



## ESSENTIAL PURCHASES

Chunky Winter Socks



Umbrella



Carmex Lip Balm



Thermos Flask

