Welcome to Nottingham

www.nottingham.ac.uk/newstarters
Hello and welcome

This guide contains all you need to know about your first few weeks at Nottingham. We’ve included a checklist to help you prepare everything you need before and after you arrive at the University.

This year, you’ll be doing what over 250,000 current and former Nottingham students have already done – starting a journey that can take you across the world, during and after your degree.

Slightly scary but also exciting? Don’t worry, that’s how it seemed to most of our graduates too. But first things first – this guide will explain what to expect as you settle in to university life.

The first section is dedicated to things to do in your first week with us. The other sections explain more about student life and will serve as a useful reference throughout the year.

This guide is a great starting point, but once here, you’ll find there are plenty of people available to answer further questions. We hope you enjoy your time at our University and welcome you to the generation of 2016.

A word from our Vice-Chancellor, Professor Sir David Greenaway...

I am delighted you have chosen to join our community. During your first week you will learn of the rich array of opportunities available as part of your formal programme of study, and those created through your social or sporting life. Your time at Nottingham will enable you to experience many new things, so make sure you take full advantage of the fabulous opportunities on offer. Nottingham is Britain’s global University and our international community of students and staff is one of our greatest strengths.

There will be many changes and challenges for you, and this guide, along with our extensive support and welfare network, will help you through that period of change. In the meantime, I wish you a successful and enjoyable year ahead.
Things to do in your first week

Your first few days will probably be very busy, with registration, welcome sessions and social events. Our aim is to make this time as comfortable as possible to help you settle in quickly. This section gives you key information on registration and induction events.

Completing your registration
It is essential that new full-time students* complete their registration in person and online. You can register online from three weeks before your course start date at www.nottingham.ac.uk/studentservices. Please refer to the registration webpages for further information about how to complete the online registration process: www.nottingham.ac.uk/studentservices

Once you are in Nottingham you will attend a registration event. See the timetable on the opposite page for when you need to register in person.

What shall I bring to register in person?
- Evidence of meeting entry conditions (if this has been requested)
- Passport and visa/biometric card (all international students)**
- Passport, National Identity Card or Birth Certificate (all Home/EEA students) – driving licence not accepted
- Sponsor letter/ evidence of funding (if applicable and if not already sent in)
- Student ID number if known (note – this is different to your applicant ID number)

If you aren’t able to upload a photograph for your University Card before you arrive, you can have one taken at the registration event. You will be notified when your card is ready and where to collect it from. This should be one week later.

If you’re unable to attend the relevant registration event, you must confirm your attendance in person at a Student Service Centre or other appropriate offices. Further information about times and locations, as well as information for students starting at non-standard times can be found online: www.nottingham.ac.uk/studentservices

When do I need to register by?
You must complete your registration with the University within three weeks of your course start date at the absolute latest, or you will not be permitted to join your course. For students with a course start date of Monday 26 September, this deadline is Monday 17 October at 5pm.

* New part-time students are only required to complete the online part of registration.
** Only students holding a visa valid for study at The University of Nottingham, or who can demonstrate that they have made a visa application using a Confirmation of Acceptance for Studies (CAS) issued by The University of Nottingham, will be permitted to register.

Important arrival information
If you’re arriving at the University on Sunday 25 September, please be aware that the Ikano Robin Hood Marathon is taking place that day in Nottingham. There will be road closures for the event so it is advisable to plan your journey in advance and allow extra time for delays or congestion. Find out more: www.robinhoodhalfmarathon.co.uk

Register with a health centre
We strongly recommend that you register with a health centre while at Nottingham. Please complete the health centre registration forms for the University Health Service on pages 23-26 and bring a health centre while at Nottingham. Please complete the health centre registration forms for the University Health Service on pages 23-26 and bring them with you to health centre registration.

Health centre registration, Great Hall, Trent Building, University Park Campus

Day | Time | School/department
--- | --- | ---
Monday 26 September | 8am-12.30pm | American and Canadian Studies | Centre for English Language Education (CELE) | Economics |
| | 1-5pm | Humanities (excluding Philosophy) | Education (excluding CELE) | Geography |
| | 5pm-12pm | Politics and International Relations | Sociology and Social Policy
Tuesday 27 September | 8am-12.30pm | Faculty of Engineering – all schools and departments | Cultures, Languages and Area Studies (excluding American and Canadian Studies) | English |
| | 1-5pm | Business | Law | Pharmacy
Wednesday 28 September | 8am-12.30pm | Faculty of Medicine and Health Sciences – all schools (including Biology and Biomedical Sciences)* | Biological Sciences | Chemistry (including Natural Sciences) |
| | 1-5pm | Computer Science | Mathematical Sciences |

Please note the following exceptions and alternative arrangements below. Please contact your school for further details.

* Physiotherapy and postgraduate students only.
* 26 September: BSc Hons Medical Physiology and Therapeutics (B121) school office/Student Services.
* 7 September: Graduate Entry Medicine (A101) school office/Student Services.
* Different arrangements apply for students at the School of Medicine at Derby and the School of Health Sciences at Derby, who do not attend this event. Please see information provided by the Derby Course Administration Team.
Introducing Welcome Week

Welcome to student life
Welcome is a week-long programme organised by the Students’ Union (SU) to help you settle in. It takes place during your first week at University (24-30 September) and there will be a wide range of events to start your time off at Nottingham with a bang. The Welcome Fair and society ‘Try-it’ sessions provide the perfect opportunities to jump right in, so make sure you go along.

Look out for your school/department’s academic welcome week for an introduction to academic matters.

Find out more: www.su.nottingham.ac.uk

Welcome Mentors
There’s always a lot to do in your first week and to help you make the most out of it, a team of SU Welcome Mentors will be all over our campuses throughout the week. They were in your position not too long ago and will answer your questions and direct you to activities and events while doing their best to make you feel at home. Visit your hall or area Facebook page for more information.

Find out more: www.uonwelcome.co.uk

Students’ Union Welcome Fair
The Welcome Fair takes place across all our campuses at the beginning of your first week. It gives you the chance to learn about and get involved with all the opportunities on offer, be that kicking around a football or volunteering on a local allotment project. You can expect demonstrations from a wide range of societies and sports clubs, information on the SU and lots of freebies – there’s no better way for your journey to begin.

Find all the information about signing up and a full list of societies at: www.su.nottingham.ac.uk/societies

International Welcome Programme
The Welcome Programme for new international students starts before Welcome Week, on Thursday 22 and Friday 23 September.

Find out more: www.nottingham.ac.uk/internationalstudents/welcome

Good to know
You can join societies and sports clubs all year round, not just at the Welcome Fair.

For more information about the Students’ Union and life at Nottingham, please see page 12.
Checklist for your first week

Attend your welcome presentation
Get an introduction to your surroundings and The University of Nottingham way of life.
Find out more: www.uonwelcome.co.uk

Complete your registration
Ensure you’ve completed your online registration at www.nottingham.ac.uk/studentservices and attend a registration event (page 5). If you miss your registration slot, please report to a Student Service Centre or relevant office. Outstanding conditions will be checked at University Park Central or Jubilee Student Services Centre.

Attend school/department inductions
Details about your induction sessions will be sent directly from your school/department.

Register with a doctor
Register with a health centre (page 5). Remember to bring your completed health registration form (pages 23-26). Those studying at Sutton Bonington Campus will receive health registration information separately.

Open a student bank account
If you have not already done so, open a student bank account. There are branches of NatWest and Santander on some of our campuses.

Get involved in the SU Welcome
Check www.su.nottingham.ac.uk and www.uonwelcome.co.uk and speak to your Welcome Mentor to make sure you get the most out of your first week. Follow @UoNSU on Twitter to stay tuned.

Join the conversation and share your best moments on Twitter and Instagram using #UoNFreshers. Follow @UoNFreshers on Twitter.

Sports membership
If you would like sports membership you can join online after activating your University username and password: www.nottingham.ac.uk/sport/membership

Connect with the University
Keep up to date with the latest information from the University on Twitter @UniofNottingham and the main University Facebook page TheUniofNottingham

Register with a doctor
If you need to register with the police it will be stated on your visa documentation (letter, vignette or biometric residence permit). For more information on police registration, please contact the Visa and Immigration team (see details on page 18). Find out more: www.nottingham.ac.uk/internationalstudents/visa-conditions
Welcome to life at Nottingham

Unpacked? Tick. Met your neighbours? Tick. Registered and sorted the other formalities? Tick. Once you’ve started to get your head around how things work, take some time to read about the inner workings of student life at Nottingham. This section will help you make the most of your time here.

Living in University accommodation
It’s likely that living in University accommodation will be your first experience of living away from your family. So don’t worry if living in a hall of 200-400 people or sharing a flat with a small group in a block of 1,000 takes a bit of getting used to. In our experience, homesickness is far from uncommon but after the first few weeks, most people start to feel more at home.

Living outside of the University
If you are living at home or in your own accommodation, you are automatically a member of the Living Out Community. They organise all sorts of activities to make sure you have a great time throughout the year, even if you’re not living on campus. Find out more: www.uonwelcome.co.uk

Wardens and tutors
The Warden and Deputy Warden teams are responsible for the cultural, pastoral and social life of the hall and also ensure that the hall functions as a community for the benefit of everyone who lives there.

Wardens are supported by a team of hall tutors, who are typically postgraduate students or staff from academic departments with considerable experience of life within a university. The tutors live in the hall and are on hand to offer confidential support and advice. There is a tutor on duty throughout every night during term time.

Welfare Reps
The Students’ Union also has Welfare Reps in each University hall of residence (including self-catered accommodation) to offer informal support and advice.

Hall Committees
Hall Committees are part of the Students’ Union, and are teams of students, elected by the student body, who are there to make sure your time in halls is the best it can be. They do this by organising events, running sports teams, looking after your welfare and representing your views to the University and the Union.

Protecting your property
We strongly recommend that you arrange insurance for your personal belongings while you are away at University. In some cases, this may be covered within your University accommodation contract. However, in many cases you need to arrange this independently, especially if you are staying in private, off-campus accommodation.

The University also runs crime prevention initiatives throughout the year. Find out more: www.nottingham.ac.uk/yourcommunity

Security
The University Security Service provides a 24-hour uniformed presence on all campuses. If you have any concerns you can contact University Security 24-hours a day:

- t: +44 (0)115 951 3013
- t: +44 (0)115 951 8888 (emergencies only)

Cycle facilities
All the halls have cycle facilities available, so think about bringing your bike to the University as a cheap way of getting around.

On-campus security and local police are committed to preventing bike thefts on campus, but please always ensure your bike is well secured before you leave it unattended. More information on the opportunities available to cyclists can be found on page 22.

Don’t panic!
When you arrive, you will be able to collect your free copy of The Hitchhiker’s Guide to the Galaxy, customised especially for students starting in 2016. There will be the opportunity to attend a reading group, and you’ll always have something to talk about with other new students. As the book says, don’t panic!

Find out about the Nottingham Reading Programme at: www.nottingham.ac.uk/newstarters/nrp
Getting to know your Students’ Union

The Students’ Union (SU) plays a vital role during your time at University. They work with you and for you, to make sure you have the best student and academic experience possible.

They do this by representing you on issues you care about, helping you gain the skills and knowledge to achieve your dream job and offering you opportunities with events, clubs and societies to ensure you have the most incredible time at University.

Supporting you
The Students’ Union can also help out if things get tough. Coming to University is an exciting experience, but if you find it a bit overwhelming and you need some advice or just someone to talk to, members of these services will be happy to help.

• The Student Advice Centre offers support on anything from academic issues to welfare matters or money problems.
  e: suadvice@nottingham.ac.uk

• The Students’ Union Equality and Diversity Officers are there to give you help on a range of potentially sensitive issues:
  www.su.nottingham.ac.uk/student-groups

• Nightline is a student-run, completely confidential listening and information service open from 7pm–8am every night during term-time.
  t: +44 (0)115 951 4985
  e: nightlineanon@nottingham.ac.uk (the person who picks up your message won’t be able to see your email address).

They also have an instant messaging service. Click on the Instant Messaging tab at:
  www.nottinghamnightline.co.uk

• Nottingham Eating Disorders Support Group is a confidential, student-run self-help group coordinated by the Students’ Union, which offers a safe space for people with eating disorders to talk about their experiences.
  e: nottseds@gmail.com

Nottingham Lakeside Arts
Nottingham Lakeside Arts is the University’s public arts programme presenting exhibitions, music, drama and dance, special collections and archaeology, as well as participatory and family events all year round.

Lakeside offers students the chance to really get involved through internships and work placements, as well as an annual collaboration with Nottingham New Theatre, the University’s student-run theatre. They also offer students £5 tickets to all their shows*.

Find out more: www.lakesidearts.org.uk

City life
With a fascinating history, great nightlife and lots of places to visit, Nottingham is a fantastic place to live, work and study. Download our city guide for top tips on things to see and do in Nottingham:
  www.nottingham.ac.uk/go/cityguide

#LoveNotts

* Terms and conditions apply – see www.lakesidearts.org.uk for more information.

Derby Centre
If you’re one of the University’s Derby-based healthcare students, you’re represented by the Students’ Union. We have a Healthcare Association based at this site called University of Nottingham at Derby (UNAD).

Sutton Bonington Guild
If you’re based at the University’s Sutton Bonington (SB) Campus, you’ll have your very own Students’ Union called the Guild. As well as organising lots of great events, the Guild is there to give a voice to all students studying and living at SB.

Societies
The Students’ Union has over 200 societies for you to choose from, so there are plenty of opportunities to develop an existing hobby or try something new. In the unlikely event that you can’t find what you’re looking for, we’ll help you set up a new society of your own.

Volunteering
The Students’ Union Volunteer Centre (SVC) offers plenty of opportunities to get involved with, and make a real difference to, your local community. If you want to make a regular commitment the SVC has links with lots of local charities and organisations:
  www.su.nottingham.ac.uk/volunteering
Sport and recreation

Applying for sports membership
University of Nottingham Sport offers superb sports, fitness and leisure facilities across all three campuses and is home to over 70 sports clubs. Our competitively priced annual sports membership is an excellent way to provide you with access to the facilities available. Once you’ve signed up, your University Card will act as your sports membership card. Further information on benefits of membership can be found at: www.nottingham.ac.uk/sport/membership

Getting involved
From competing nationally and internationally, playing for fun or learning a new sport, to playing for your hall, your department or the University, we look to provide sporting opportunities for all and there are plenty of ways to get involved. Find out more: www.nottingham.ac.uk/sport/getinvolved

Sports scholarships
If you’re an elite athlete and have competed at county level or above in your particular sport, you may be eligible for a sports scholarship. Supported athletes benefit from financial and coaching support alongside other development opportunities. Find out more: www.nottingham.ac.uk/sport/scholarship

Opening in September 2016, the new £40m David Ross Sports Village will create an outstanding, inspirational and accessible sports infrastructure for all. It contains a range of facilities, including a 200-station fitness suite, an indoor sprint track and a martial arts dojo.

Good to know
Across our UK campuses we have:
• 7 sports halls
• 25m eight-lane swimming pool
• 23 tennis courts
• Gym facilities on all sites, with 400 gym stations
• Floodlit 3G and artificial pitches
• 40 grass pitches
• 10 squash courts
• 32 badminton courts

Academic essentials

Your school, department or division
At undergraduate level, there are over 40 schools, departments and divisions at the University. You will have a home school/department/division (we’ll refer to them as schools) responsible for administering your course.

Your learning: what to expect
The learning methods used and the number of hours that you will be required to study while at university will depend on your course. Learning methods could include lectures, seminars, field trips or laboratory classes. In addition you will be expected to study independently. This could involve reading, completing coursework, revising and preparing for exams and presentations.

Assessment
Many of your modules will be assessed via examinations and essays. However, you may also be assessed through presentations or practicals (in a lab or clinic, for example), online, via group projects and reports, or through oral examinations.

Support
Lecturers will be happy to meet you on a one-to-one basis and will usually have set hours for appointments.

Study skills
In addition to the course-specific information provided by your school, you should also take a look at the study skills guidance provided by the University: www.nottingham.ac.uk/studyingeffectively

Moodle
Moodle is the online learning environment used across the University. The resource allows you to access lecture notes, find links to external learning resources, access self-test exercises and assessments, participate in online learning activities, submit assignments and collaborate on group projects. Log in using your University username and password the day after you have completed your registration online: moodle.nottingham.ac.uk

Learning through social media
You can also visit U-Now to view examples of complete modules, find videos and podcasts and interactive learning materials on the University’s YouTube and iTunesU channels: www.nottingham.ac.uk/unow www.nottingham.ac.uk/itunesu

Xpert
Xpert gives you access to open educational resources from education providers around the world: www.nottingham.ac.uk/xpert

The Language Centre
The Language Centre provides tuition in 13 languages including Arabic, Dutch, French, German, Italian, Japanese, Mandarin, Russian and Spanish. Modules range from beginner to near-native speaker competence with various entry points. The Self Access Centre is well equipped with everything you need for independent learning. Find out more: www.nottingham.ac.uk/language-centre
Libraries and IT facilities

There are eight libraries on our UK campuses, offering access to electronic journals and databases, digital materials, over one million printed volumes and Manuscripts and Special Collections. You will need your University Card to access and borrow from these libraries. Most libraries have self-service machines that are available whenever the library is open.

Computer areas
There are computer areas located around the University’s libraries and school buildings, many of which are open 24/7 that you can access using your University Card outside normal working hours. You can borrow laptops and iPads for short-term use in the larger libraries – please ask at the lending desks.

Email account and free software
Once you have registered online, you’ll be issued with your University email account which you can use to download free software including Microsoft Office for up to five devices and Sophos Antivirus. To get your free Microsoft Office you’ll need to select the gear symbol from your University email account, find ‘Office 365’ and follow the ‘install software’ link.

Student IT Support Programme
If you need help getting connected, you’ll find Student IT Support (SITS) tutors ready to lend a hand in halls and libraries during the first two weeks of term. Find out more about SITS: www.nottingham.ac.uk/is/sits

Smart Bars
There’s also term-time technical support including help with hardware, software, viruses and device repairs offered at our Smart Bars located in main libraries. Find out more about Smart Bars: www.nottingham.ac.uk/is/smartbar

The IT Service Desk provide year-round support: www.nottingham.ac.uk/is/help

Find out more: www.nottingham.ac.uk/library

@UoNLibraries

Getting online
The ‘eduroam’ Wi-Fi service is available to all students across our campuses and provides free access to eduroam hotspots at other institutions around the world. For more information visit: www.nottingham.ac.uk/is/wireless

To connect to eduroam, you need your University username (which will look similar to this: ‘exybac3’) and your University password. Here’s how to connect when you arrive on campus:

1. If you have previously studied at another university, please delete any old eduroam settings from your device
2. Go to Wi-Fi settings on your device
3. Select the Wi-Fi network ‘eduroam’
4. When prompted, enter your University username followed by @nottingham.ac.uk. For example: exybac3@nottingham.ac.uk
5. Enter your University password
6. Accept certificate if prompted
You will need to repeat these steps if you change your password.

Good to know
Most of our libraries are open 24-hours a day, seven days a week before and during exam periods.

Finance and funding

Hopefully you already know about the funding available but if not, full details can be found on the Financial Support team website: www.nottingham.ac.uk/financialsupport

When to expect student loan payments
If you’re expecting a payment from the Student Loans Company (SLC) at the start of term, be aware that it will not be in your bank account until three or four days after you have registered in person at the University. You must therefore make sure you have funds available for your first week at university. If your student loan is seriously delayed and you have insufficient money to cover your essential needs, please contact the Financial Support team.

University help
The University offers a comprehensive package of bursaries and scholarships, details of which are on the Financial Support website: www.nottingham.ac.uk/financialsupport

Around a third of home undergraduate students will be eligible for a Core Bursary of up to £2,000 per year. Details of how to access your Core Bursary can be found at www.nottingham.ac.uk/financialsupport – follow the link to ‘bursaries and scholarships’.

Part-time work
The University runs a student recruitment service, Unitemps, to help you earn while you are studying. For more information, see www.nottingham.ac.uk/financialsupport – follow the link to ‘bursaries and scholarships’.

Part-time work
The University runs a student recruitment service, Unitemps, to help you earn while you are studying. For more information, see www.nottingham.ac.uk/financialsupport – follow the link to ‘bursaries and scholarships’.

Budget planner
The National Union of Students (NUS) website has information on typical university-related costs to help you plan. For more information, see www.nus.org.uk/student-life/money-and-funding

A guide to living costs can also be found within our Undergraduate Student Finance Guide, available from www.nottingham.ac.uk/ugstudy/downloads

Disabled Students’ Allowance (DSA)
Students with a disability, long-term health condition, mental health condition or Specific Learning Difficulty, such as dyslexia, can apply for a Disabled Students’ Allowance (DSA).

Find out more: www.gov.uk/studentfinance or contact the Disability Support team at the University.

t: +44 (0)115 951 3710

e: disability-support@nottingham.ac.uk

www.nottingham.ac.uk/disability

If you’re an international student, please note that there are regulations on work for those who require a student visa. For more information, see www.nottingham.ac.uk/internationalstudents/workingintheuk

Financial support
If you need financial support or advice, please visit one of our Student Service Centres to speak to a member of staff or look online at www.nottingham.ac.uk/studentservices

@UoNFS

EU students
Following the UK’s vote to leave the EU, the University has reassured its EU Students of their status. For more information visit www.nottingham.ac.uk/eu
Student support

Looking for support while enrolling on your modules, finding your personalised timetable, registering with a GP, or paying fees? We can help – along with any other query or problem you might have. Our friendly, knowledgeable staff are on hand to offer any guidance you might need.

Drop into one of our Student Service Centres or discover the full range of services we offer at www.nottingham.ac.uk/studentservices

Student Service Centres
Our Student Service Centres are your first point of contact for face-to-face administrative support. Services available here include module enrolment, handing in coursework, help accessing your personal timetable and paying your fees. We can also put you in touch with other teams across the University who can support your studies.

t: +44 (0)115 748 8500
e: studentservices@nottingham.ac.uk
www.nottingham.ac.uk/studentservices

Academic and Disability Support
We provide specialist study support for students – particularly those with dyslexia, dyspraxia and other Specific Learning Difficulties. We also arrange support and access for disabled students and those with long term medical conditions.

t: +44 (0)115 951 3710
e: dyslexia-support@nottingham.ac.uk
e: disability-support@nottingham.ac.uk
www.nottingham.ac.uk/academicsupport

Financial Support
Contact us for information and advice on all aspects of financial support, including government and University funding, loans and bursaries.

t: +44 (0)115 823 2071
e: financialsupport@nottingham.ac.uk
www.nottingham.ac.uk/studentservices

Visa and Immigration team
We offer confidential, specialised advice on all aspects of UK immigration, from Tier 4 student visas to immigration permission for working in the UK during your studies and after graduating.

t: +44 (0)115 951 5247
e: immigration-support@nottingham.ac.uk
www.nottingham.ac.uk/go/international-students

Health and welfare

Coming to University can be an exciting experience but it brings with it a period of change and transition. You might find it difficult to settle in to your new community or adjust to the different academic environment. We have a variety of services to support you through this transition and throughout your University life. If you need advice please get in touch – we’re ready to help you.

You will find a range of information about how to take care of your physical and mental health at our Healthy U website – www.nottingham.ac.uk/healthyu – along with info about the services we provide. These include:

The University Health Service
We offer healthcare, dental services, a pharmacy, GPs, physiotherapy and other specialist clinics. The University Mental Health Advisory Service is also based here.

t: +44 (0)115 846 8888
www.nottingham.ac.uk/studentservices

Chaplaincy
Friendship and advice as well as services of worship – our welcoming Chaplaincy offers guidance and support to students of all faiths and none.

t: +44 (0)115 951 3931
e: chaplains@nottingham.ac.uk
www.nottingham.ac.uk/chaplaincy

Childcare Services
On-campus childcare facilities are available for children aged four months to 12 years – including three daycare facilities and a school holiday play scheme.

t: +44 (0)115 951 5222
e: childcare@nottingham.ac.uk
www.nottingham.ac.uk/child-care

Counselling Service
We offer a free, confidential service to support you through any personal issues or study-related problems. Our services include groups and workshops, self-help resources, and where appropriate, individual counselling consultation.

t: +44 (0)115 951 3695
e: counselling.service@nottingham.ac.uk
www.nottingham.ac.uk/counselling

Welfare support
Wherever you are on campus, there’s help close to hand. Each school has a dedicated Welfare Officer available to help you with any problems you might have. Find details of your local contact at www.nottingham.ac.uk/welfare
The vast majority of students at Nottingham have the opportunity to study abroad. There are some very good reasons to consider studying abroad such as:

- improving your language skills
- travelling and experiencing a different culture
- impressing employers with your independence and international perspective
- making friends with people from across the world
- studying your subject(s) from a whole new perspective

If you’re interested in applying to study abroad, come to the Study Abroad Fair in November to see what your options are. The wide variety of opportunities we offer includes:

- joining a summer school or short course
- studying at one of our campuses in China or Malaysia, if your course is offered there
- taking part in an international exchange with one of over 300 universities in more than 40 countries across the world
- taking part in the biggest Erasmus programme in the UK, by studying or working abroad in Europe

Have a look at our website to find out what is available on your course, and find us on Facebook to keep up to date with study abroad opportunities.

e: studyabroad@nottingham.ac.uk
www.nottingham.ac.uk/studyabroad
Getting around

Nottingham is a compact city with an excellent transport network.

**University Hopper Bus**
The University provides a free Hopper Bus service for travel between our UK campuses. Simply wait at a designated stop and hop on. All Hopper Buses have a bay which can accommodate a standard reference wheelchair. For timetables visit: www.nottingham.ac.uk/go/hopperbus

**Buses and coaches**
Nottingham City Transport (NCT) runs buses in and around the city. You can activate your University Card as an Easyrider travel pass at the on-site renewals point in the Students’ Union Reception, Portland Building, University Park Campus. With this pass you can make as many journeys as you want at a discounted price on all NCT buses. All NCT buses meet the legal requirement to have a bay which can accommodate a standard reference wheelchair. For details, see: www.nctx.co.uk/students

Other student areas, such as Beeston, are also serviced by Trent Barton. Save 35% on single fares by getting a Student Mango Card: www.trentbarton.co.uk/mango

Both companies offer good late-night transport alternatives.

The city also has its own coach station connecting Nottingham to places across the UK.

For details, visit www.megabus.com and www.nationalexpress.com

**Cycling**
The University actively supports cycling and provides secure storage, showering, repair kits and maintenance on campuses. For details of the Ucycle student bike hire service visit: www.nottingham.ac.uk/go/cyclehire

**Cars**
Only students who meet the criteria for a parking permit will be allowed to bring a vehicle onto University Park and Jubilee Campuses. If you are a student at Sutton Bonington Campus, you can bring your car and park it at Sutton Bonington, provided you have applied for a permit from the University’s Security Office, located in the Hallward Library building on University Park Campus: www.nottingham.ac.uk/security

**Taxis**
Our Students’ Union operate the Safer Taxi Scheme which enables you to book a taxi by text message and operates on a fixed-price system.

Find out more: www.sunnottingham.ac.uk/safer-taxi-scheme

**Trains**
Nottingham is right in the centre of the country and is very well connected to all other major cities by the train network. Be sure to book as far in advance as possible for the cheapest tickets and check out East Midlands Parkway Station – it’s close to Sutton Bonington Campus and often offers discounts on fares: www.eastmidlandstrains.co.uk

**Trams**
The tram network links the Medical School, University Park and Highfields Sports Grounds to Nottingham city centre and rail station, Beeston and other student hotspots: www.thetram.net

**Airport**
The Skylink bus runs from the city centre to East Midlands Airport 24-hours a day. The airport offers flights, some at bargain prices, to a range of European cities including Amsterdam, Barcelona, Edinburgh, Paris and Rome: www.eastmidlandsairport.com

Good to know
Most Nottingham buses do not give change so make sure you have the correct fare for your journey.

---

**NHS Family Doctor Services Registration**

**Patient details**

<table>
<thead>
<tr>
<th>Field</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr/Mrs/Miss/Ms</td>
<td></td>
</tr>
<tr>
<td>Surname (family name)</td>
<td></td>
</tr>
<tr>
<td>Date of birth</td>
<td></td>
</tr>
<tr>
<td>First name (given name)</td>
<td></td>
</tr>
<tr>
<td>Previous surname(s)</td>
<td></td>
</tr>
<tr>
<td>Gender</td>
<td>Male/female</td>
</tr>
<tr>
<td>Nottingham (term-time) address</td>
<td></td>
</tr>
<tr>
<td>Town and country of birth</td>
<td></td>
</tr>
<tr>
<td>Date of birth</td>
<td></td>
</tr>
<tr>
<td>NHS no (if applicable)</td>
<td></td>
</tr>
<tr>
<td>Telephone number</td>
<td></td>
</tr>
</tbody>
</table>

If you have been registered with a doctor in the UK previously, please help us trace your medical records by providing the following information.

<table>
<thead>
<tr>
<th>Field</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your previous address in the UK</td>
<td></td>
</tr>
<tr>
<td>Name of previous doctor while at the address</td>
<td></td>
</tr>
<tr>
<td>Address of previous doctor</td>
<td></td>
</tr>
</tbody>
</table>

If you are not from the UK:

<table>
<thead>
<tr>
<th>Field</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your first UK address where registered with a GP</td>
<td></td>
</tr>
<tr>
<td>Date you first came to live in the UK</td>
<td></td>
</tr>
<tr>
<td>If previously resident in the UK, date of leaving</td>
<td></td>
</tr>
</tbody>
</table>

Signature of patient

Signature on behalf of patient

Date

If you are returning from the armed forces please see a member of our staff.
**Completion of this section is entirely voluntary**

### NHS Organ Donor Registration

I would like to join the NHS Organ Donor Register as someone whose organs may be used for transplantation after my death. Please tick as appropriate.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kidneys</td>
<td>Corneas</td>
</tr>
<tr>
<td></td>
<td>Heart</td>
<td>Lungs</td>
</tr>
<tr>
<td></td>
<td>Liver</td>
<td>Pancreas</td>
</tr>
</tbody>
</table>

Signature confirming consent to organ donation

Date

For more information, ask for the leaflet on joining the NHS Organ Donor Register.

### NHS Blood Donor Registration

I would like to join the NHS Blood Donor Register as someone who may be contacted and would be prepared to donate blood.

Tick here if you have given blood in the last 3 years.

Signature confirming consent to inclusion on the NHS Blood Donor Register.

Date

Postcode

For more information, ask for the leaflet on joining the NHS Blood Donor Register.

### To be completed by the registering doctor in the UK

**Doctor’s name**

**HA code**

I have accepted this patient for general medical services

I have accepted this patient for general medical services on behalf of the doctor named below who is a member of this practice

**Doctor’s name, if different from above**

**HA code**

### NHS Organ Donor Registration

I declare to the best of my belief this information is correct and I claim the appropriate payment as set out in the statement of Fees and Allowances. An audit trail is available at the practice for inspection by the HA’s authorised officers and auditors appointed by the Audit Commission.

**Authorised signature**

Name

Date

### HA use only

**Patient registered for**

**Practice stamp**

GMS

Dispensing

CHS

Rural practice

**Confidential medical history questionnaire**

You must complete this form and bring with you to your health centre registration. To remove it, please tear carefully tear along the perforated line.

### Current personal medical history

Have you currently any of the following?

- High blood pressure Y / N Date of onset?
- Heart disease Y / N Date of onset?
- Diabetes Y / N Date of onset? Last HbA1c (if known)
- Asthma Y / N Date of onset? Peak Flow (if known)
- Epilepsy Y / N Date of onset? Date of last fit
- Thyroid problems Y / N Date of onset? Chronic kidney disease Y / N Date of onset?
- Depression Y / N Date of onset? Are you on medication? Y / N
- Bipolar affective disorder (manic depression) Y / N Date of onset?

### Past personal medical history

Have you ever had?

- Cancer Y / N Date of onset?
- Migraine Y / N Date of onset?
- Psychosis/serious mental health problem Y / N Date of onset?
- Eating disorder (bulimia or anorexia) Y / N Date of onset? Are you a carer? Y / N

Please turn over and complete the information on the reverse.

**Surname (family name)**

**First name (given name)**

**Nottingham (term-time) address**

**Email address**

**Postcode**

**Date of birth**

**White British**

**White Irish**

**Other white**

**Indian**

**Pakistani**

**Bangladeshi**

**Chinese**

**Caribbean**

**African**

**Other Asian**

**Other**

**Main spoken language**

**Mobile telephone**

**Course**

**Length of course**

**Height**

**Weight**

**Do you smoke? Y / N**

**Have you ever smoked? Y / N**

If yes, number per day?

**Do you drink alcohol? Y / N**

If yes, how many units per week? (1 Unit = 1 measure spirit / 1 small glass wine / half pint lager)

**Females only – over 24 smear disclaimer signed Y / N**

**NHS Organ Donor Registration**

Completion of this section is entirely voluntary

I would like to join the NHS Organ Donor Register as someone whose organs may be used for transplantation after my death. Please tick as appropriate.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kidneys</td>
<td>Corneas</td>
</tr>
<tr>
<td></td>
<td>Heart</td>
<td>Lungs</td>
</tr>
<tr>
<td></td>
<td>Liver</td>
<td>Pancreas</td>
</tr>
</tbody>
</table>

Signature confirming consent to organ donation

Date

For more information, ask for the leaflet on joining the NHS Organ Donor Register.

### NHS Blood Donor Registration

I would like to join the NHS Blood Donor Register as someone who may be contacted and would be prepared to donate blood.

My preferred address for donation is: (only if different from overleaf, eg your place of work).

Signature confirming consent to inclusion on the NHS Blood Donor Register.

Date

Postcode

For more information, ask for the leaflet on joining the NHS Blood Donor Register.

**NHS Blood Donor Registration**

I would like to join the NHS Blood Donor Register as someone whose organs may be used for transplantation after my death. Please tick as appropriate.

<table>
<thead>
<tr>
<th></th>
<th>Kidneys</th>
<th>Corneas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Heart</td>
<td>Lungs</td>
</tr>
<tr>
<td></td>
<td>Liver</td>
<td>Pancreas</td>
</tr>
</tbody>
</table>

Signature confirming consent to organ donation

Date

For more information, ask for the leaflet on joining the NHS Blood Donor Register.

**To be completed by the registering doctor in the UK**

**Doctor’s name**

**HA code**

I have accepted this patient for general medical services

I have accepted this patient for general medical services on behalf of the doctor named below who is a member of this practice

**Doctor’s name, if different from above**

**HA code**

**NHS Organ Donor Registration**

I declare to the best of my belief this information is correct and I claim the appropriate payment as set out in the statement of Fees and Allowances. An audit trail is available at the practice for inspection by the HA’s authorised officers and auditors appointed by the Audit Commission.

**Authorised signature**

Name

Date

**HA use only**

**Patient registered for**

**Practice stamp**

GMS

Dispensing

CHS

Rural practice
Immunisation record

Measles / mumps / rubella (MMR) – two doses required. Date of vaccinations: 1st dose ________, 2nd dose ________.

Meningitis ACWY – within the last 12 months. Date of vaccination ________.

Are you allergic to any medicine? Y / N If yes, please specify ________.

Are you currently taking any prescribed medication? Y / N Include inhalers and creams ________.

Name ________ Strength ________ Dose ________

Please give details of any surgical operations (with dates) or serious medical problems (with dates). Do you have a learning disability or any other disability you would like us to know about? ________

Family history

<table>
<thead>
<tr>
<th>Father</th>
<th>Age if alive</th>
<th>State of health or cause and age at death</th>
<th>Occupation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mother</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brothers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sisters</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Has anyone in your family had: Y / N Who?

Diabetes ________

High blood pressure ________

Has anyone in your immediate family suffered a heart attack before the age of 60? Y / N

Has anyone in your immediate family suffered a stroke before the age of 60? Y / N

We occasionally contact patients by text message, to remind them of important appointments, to let them know if they need to contact the Health Centre or to give them results of a test. If you do not wish to be contacted by text message please tick the box. ________

We may pass your contact details onto Cripps Dental Practice. If you prefer for this information not to be passed on, please tick the box. ________

Thank you for completing this form. Don’t forget to bring it with you to your health centre registration.
For general undergraduate enquiries, please contact:

Student Services
+44 (0)115 748 6500
studentservices@nottingham.ac.uk
www.nottingham.ac.uk/studentservices
TheUniOfNottingham @UoNFreshers
uniofnottingham

This publication is available in alternative formats:
t: +44 (0)115 951 5559

The University of Nottingham has made every effort to ensure that the information in this brochure was accurate when published. Please note, however, that the nature of the content means that it is subject to change from time to time, and you should therefore consider the information to be guiding rather than definitive. Please refer to the relevant sections of our website for the most up to date information.