

TAKING CARE OF YOURSELF

All big cities have a relatively high crime rate and Manchester is no different. You'll need to adopt some sensible precautions if you're not used to living in a city, but remember that help is always at hand.

Manchester has its own Street Crime Wardens who patrol the city centre, Oxford Road and Wilmslow Road until 10.00pm each night. Easy to spot in their distinctive red uniforms, they work closely with the police and act as a deterrent for would-be troublemakers.

If you're going out in the evening, go with other people and make sure you know how you are going to get home. Order a taxi to pick you up later or check the times of the all-night buses. Don't rely on walking home or picking up a cab in the city centre – the queues at the taxi ranks can be long and you could be waiting for up to an hour.

Don't walk the streets alone at night or in the early hours of the morning. If you have to walk at night, steer clear of unfamiliar areas, keep to main roads and don't take risks.

"DON'T TAKE SHORTCUTS WHICH TAKE YOU THROUGH POORLY-LIT STREETS OR PARKS – WALK SAFELY BY TAKING THE LONG WAY ROUND. IF YOU KNOW YOU'RE GOING TO BE GETTING OFF THE BUS IN THE DARK, FIND SOMEONE TO MEET YOU IN A PUB NEARBY, WHERE THERE ARE LOADS OF PEOPLE, AND THEN WALK HOME TOGETHER." (JESS WOMACK, 3RD YEAR BA (HONS) EMBROIDERY)

Be careful when using cashpoints – try to use on-campus dispensers and cash-back facilities in shops or machines located in branches. Never use a cash machine alone at night. Try not to carry your cashcard around with you if you are not going to need it. It's worth asking your bank to reduce your withdrawal limit to £50 to lessen the loss arising from theft.

"WHEN YOU GO OUT, DON'T TAKE YOUR WALLET WITH YOU – JUST YOUR MMU CARD AND ONE BANK CARD. WHEN YOU'RE OUT ON THE BEER YOU DON'T KNOW WHAT KIND OF STATE YOU'RE GOING TO GET INTO. PUT THE NUMBER FOR REPORTING LOST OR STOLEN CARDS INTO YOUR MOBILE AND KEEP A NOTE OF IT IN YOUR ROOM AS WELL." (LEE LEFEUVRE, 2ND YEAR BA (HONS) RETAIL MARKETING)

"SWAP MOBILE PHONE NUMBERS AND ROOM EXTENSION NUMBERS WITH YOUR FLAT MATES AND LEAVE A LIST ON THE KITCHEN WALL." (EUNAN BAIRD, 1ST YEAR BSC (HONS) ENVIRONMENTAL HEALTH)

Do not confront intruders or attackers – shout for help or use a personal alarm. Inexpensive attack alarms are available from the Students' Union shop.

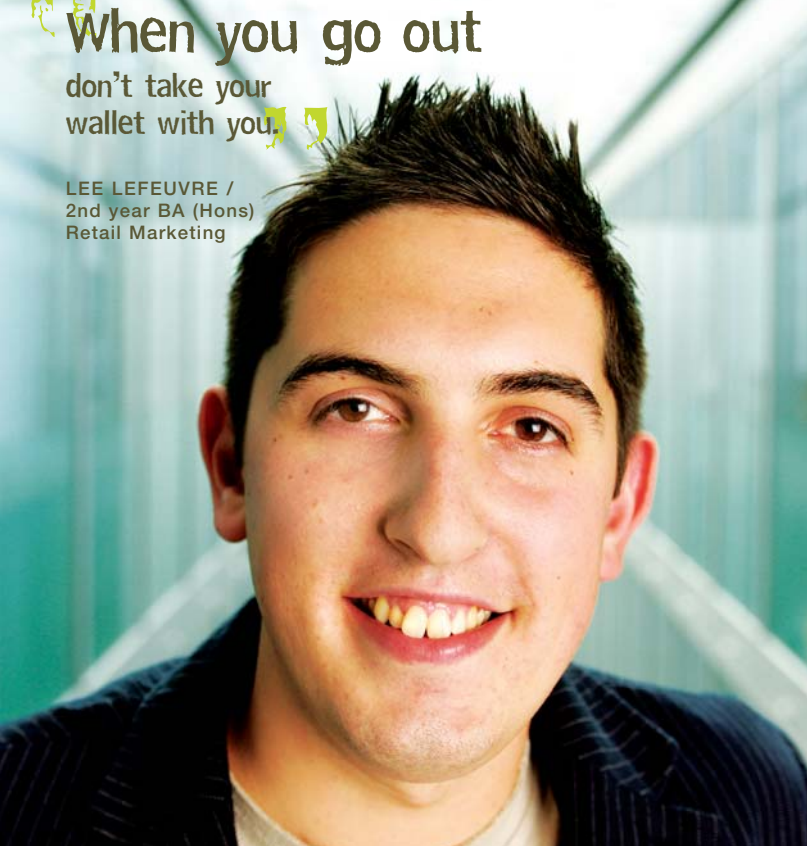
Don't be afraid to call the police. Put the contact number into your phone of the person you would want to be contacted in an emergency. Enter it under the name ICE (In Case of Emergency).

STREETWISE TAKING CARE OF YOURSELF

When you go out

don't take your wallet with you.

LEE LEFEUVRE /
2nd year BA (Hons)
Retail Marketing



CONTACTS

Police Tel 0161 872 5050
or 999 in an emergency

University Security Tel 0161 247 1334

Register your valuables on
www.immobilise.com

University Police Liaison Officers
PC Simon Collister and
PC Stacey Arthern Tel 0161 275 7042
Email police@manchester.ac.uk
Victim Support Tel 0845 8800

TAKING CARE OF YOUR PROPERTY

Keep your room locked and watch out for intruders. Shut and lock your windows when you go out, especially if you live on the ground floor.

Think about leaving your most treasured possessions at home. Mark your valuables with a security marker.

Register details of your mobile, iPod, laptop, stereo etc on the Home Office's secure "Immobilise" website to ensure that your property is traceable in the event of theft.

All MMU halls of residence contracts include insurance for your personal possessions but it's worth checking exactly what is covered by the policy.

If you're living in private rented accommodation, you'll need to take out your own insurance. Shop around for the deals that are specially designed for students.

Avoid leaving your bag unattended in the library or around campus. Don't leave your wallet, cash or phone lying around.

Be aware of your surroundings when you use your mobile phone. Record the IMEI (International Mobile Equipment Identity) serial number of your phone (you can obtain this by keying into the handset *#06#). If your phone is lost or stolen contact your service provider and give them the IMEI number. Your phone can then be locked.

If you live in private rented accommodation, try and make your home look less like a student house as most thieves are aware that student houses will have several TVs, stereos etc. Ask your landlord to fit good quality door and window locks, spy-hole and burglar alarm. If you are going to leave your house empty for a long time close the curtains so that burglars can't see in. If you can, invest in a timer which will switch the lights on in the house. Make sure you cancel the papers and the milk.

If you buy any new equipment don't leave the empty boxes on show in the garden.

STREETWISE TAKING CARE OF YOUR PROPERTY



Make sure you get your laptop, stereo and musical instruments insured if they aren't already covered by your Hall insurance.

AHMED FAWZY / Final year PhD

HEALTH

It's essential to register with a doctor and a dentist as soon as possible after you arrive. Don't wait until you're ill! You can register with any doctor near to where you live or register with the GP service on the All Saints campus. Students who register with this surgery are automatically registered at Hulme Medical Centre (less than ten minutes walk from the All Saints campus).

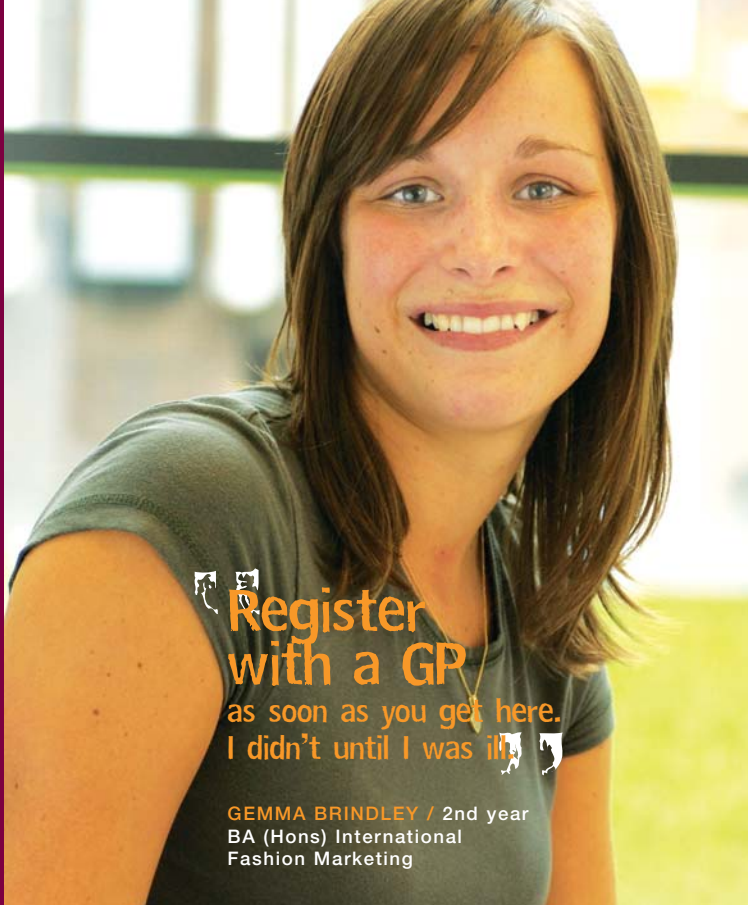
"REGISTER WITH A GP AS SOON AS YOU GET HERE. I DIDN'T UNTIL I WAS ILL WITH 'FLU AND IT WAS DIFFICULT. GET AN HC1 FORM (AVAILABLE FROM THE TOP FLOOR OF THE STUDENTS' UNION) EARLY ON FOR FREE PRESCRIPTIONS AND SAVE YOURSELF SOME MONEY!" (GEMMA BRINDLEY, 2ND YEAR BA (HONS) INTERNATIONAL FASHION MARKETING)

Check with your doctor to find out if you need immunisation against MMR (measles, mumps and rubella) and meningitis.

"MAKE SURE YOU LET YOUR FRIENDS KNOW IF YOU HAVE A MEDICAL CONDITION SUCH AS EPILEPSY." (KEVIN MORLEY, 3RD YEAR BA (HONS) POLITICS)

"PUT THE NHS DIRECT NUMBER IN YOUR PHONE." (LEE LEFEUVRE, 2ND YEAR BA (HONS) RETAIL MARKETING)

STREETWISE HEALTH



Register with a GP as soon as you get here. I didn't until I was ill.

GEMMA BRINDLEY / 2nd year
BA (Hons) International
Fashion Marketing

CONTACTS

St Augustine's Surgery (All Saints) Tel 0161 247 3522

Hulme Medical centre Tel 0161 226 0606

NHS Direct Tel 0845 4647

STREETWISE
A GUIDE FOR NEW STUDENTS LIVING IN MANCHESTER



Manchester
Metropolitan
University

INTRO

WELCOME TO

MANCHESTER – A CITY WITH LOTS TO OFFER, FROM POPULAR MUSIC VENUES AND CLUBS TO FASHIONABLE SHOPS AND RESTAURANTS, AND FROM WORLD-CLASS SPORTS CLUBS TO PREMIER THEATRES AND ART GALLERIES.

At MMU you'll be close to the heart of the city and well placed to make the most of what Manchester has to offer.

Like students in most big cities you'll need to adopt some sensible precautions when you're out and about. This leaflet offers advice, much of it from current students, on getting around the city cheaply and safely and taking care of yourself and your possessions.

This publication is available in alternative formats. Tel 0161 247 3405

GETTING AROUND IN MANCHESTER

BUSES

When you first arrive, the city feels enormous, but the routes most commonly travelled by students are very well covered by public transport. Oxford Road/Wilmslow Road is reputed to be the busiest bus route in Europe and competition between all the bus operators keeps the prices low.

Many students favour the Stagecoach Unirider ticket offering unlimited travel on the Stagecoach and Magic bus networks at a great price. Annual bus passes are even better value – but costly if you lose them!

Safe, secure and cheap night bus services are available in the city centre, so you can stay out as late as you want. Services run regularly on Friday and Saturday nights until 3.30am from Piccadilly Gardens and other city centre stops, in most directions to and from the city centre.

Metroshuttle is the free hop-on/hop-off bus covering all of the main city centre areas. They operate every five or ten minutes and link all of the city centre railway stations, the main NCP car parks and many bus and Metrolink tram stops.

TAXIS

The short distance between the city centre and the University's campuses makes taxis an affordable option. Always opt for a registered black cab or a reputable minicab firm.

"PICK A REPUTABLE TAXI FIRM AND STICK WITH IT FOR THE YEAR – THEY'LL GET TO KNOW YOU AND IT'S SAFER. MAKE SURE YOU PUT THE NUMBER IN YOUR MOBILE AS SOON AS YOU GET HERE SO YOU CAN ALWAYS CALL SOMEONE TO GET YOU HOME SAFELY." (CHRIS BRYANT, 3RD YEAR BA (HONS) ARCHITECTURE)

LOCAL TRAINS

The local train network and Metrolink provide a swift service. There is a twice-hourly service from Piccadilly railway station to the student residential areas of East Didsbury and Mauldeth Road in Withington, making it quicker than the bus.

CARS

There are few places to park on campus and at halls and parking can be expensive. Car theft is a problem in all cities and you'll pay higher insurance premiums. If you do drive, keep your doors locked at all times and get a good steering or gearstick lock.

Don't approach your car rattling your keys in your hand. Remove your radio and any personal possessions when not in use. Don't leave valuables on show.

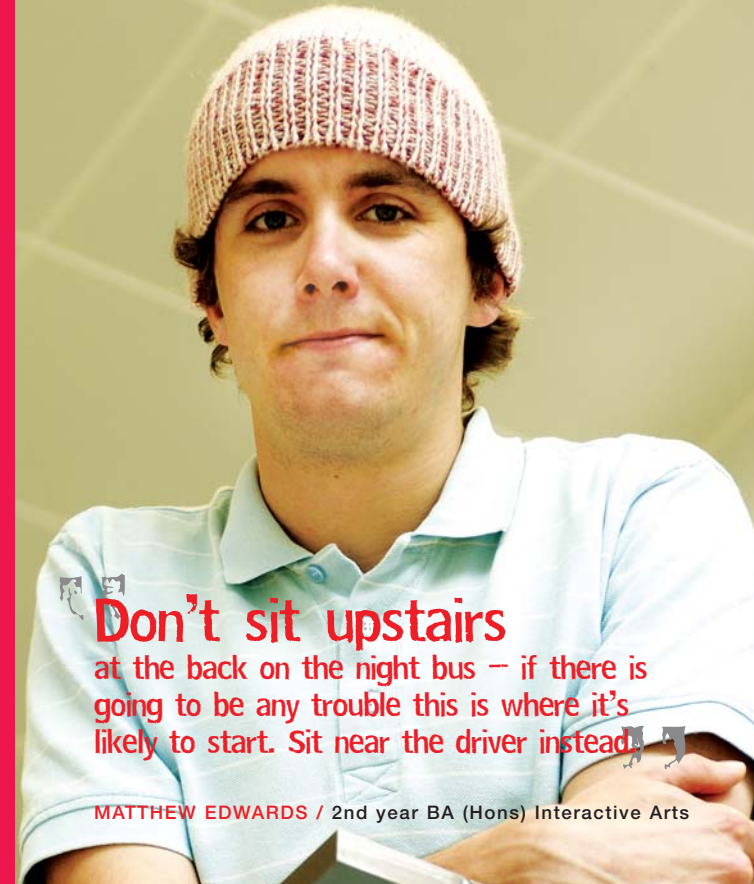
"AVOID BRINGING YOUR CAR TO UNI IF YOU LIVE BETWEEN DIDSBURY AND TOWN – YOU WON'T NEED IT. PUBLIC TRANSPORT IS REALLY GOOD AND IT'S QUICKER THAN A CAR." (GEMMA BRINDLEY, 2ND YEAR BA (HONS) INTERNATIONAL FASHION MARKETING)

CYCLING

Cycling is worth considering. There are cycle lanes around the campuses. Invest in a good bike lock and proper reflective gear and lights for cycling at night. A helmet is recommended. Bike 'postcoding' by the police or a local cycle shop helps to prevent theft and aids identification if your bike is stolen.

"BE CAREFUL WHERE YOU LOCK UP YOUR BIKE. DON'T JUST CHAIN THE WHEELS TO THE FRAME – CHAIN THE FRAME TO SOMETHING SOLID. THERE ARE LOTS OF CYCLE LANES BUT BE CAREFUL OF PARKED CARS." (MATTHEW EDWARDS, 2ND YEAR BA (HONS) INTERACTIVE ARTS)

STREETWISE GETTING AROUND IN MANCHESTER



Don't sit upstairs at the back on the night bus – if there is going to be any trouble this is where it's likely to start. Sit near the driver instead.

MATTHEW EDWARDS / 2nd year BA (Hons) Interactive Arts

CONTACTS

Stagecoach Manchester Tel 0161 273 3377 www.stagecoachmanchester.co.uk
Metrolink Tel 0161 205 2000 www.metrolink.co.uk
Greater Manchester Passenger Transport Executive
 Tel 0161 228 7811 www.gmpte.com

ACCOMMODATION

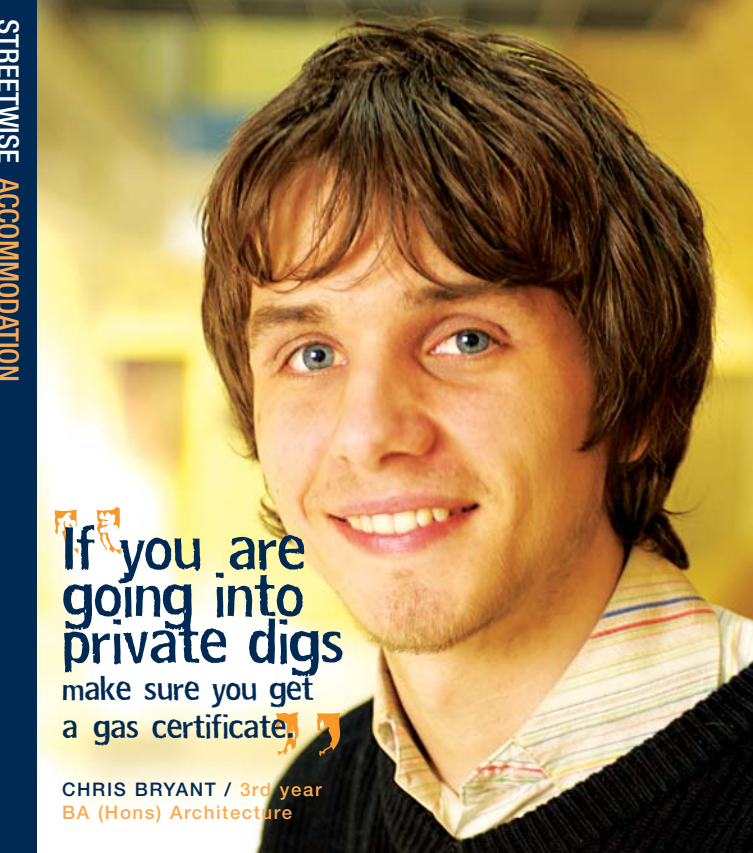
If you experience any problems with your accommodation, speak to the Warden, an adviser, an MMU accommodation officer, or someone at the Students' Union as soon as possible.

Looking for a new place or a house to share for next year? Most people start looking around Easter, but don't be panicked into looking too early as prices can be inflated from February to March. There is plenty of accommodation to rent in Manchester, so don't feel pressured into signing for the first house you see. Contact the university's Accommodation Office or Manchester Student Homes for information on everything you'll need to know about house-hunting.

"IF YOU ARE GOING INTO PRIVATE DIGS MAKE SURE YOU GET A GAS CERTIFICATE AND THAT THERE ARE SMOKE ALARMS FITTED. CHECK FOR DAMP – IT'LL MAKE YOU POORLY. MAKE SURE THE PLACE HAS WINDOW LOCKS AND STURDY DOORS." (CHRIS BRYANT, 3RD YEAR BA (HONS) ARCHITECTURE)

"WHEN YOU'RE THINKING ABOUT GETTING A HOUSE FOR THE SECOND YEAR, BEFORE YOU CHOOSE ONE IMAGINE WALKING HOME TO IT AT NIGHT IN THE RAIN." (MATTHEW EDWARDS, 2ND YEAR BA (HONS) INTERACTIVE ARTS)

STREETWISE ACCOMMODATION



If you are going into private digs make sure you get a gas certificate.

CHRIS BRYANT / 3rd year BA (Hons) Architecture

CONTACTS

Accommodation Office Tel 0161 247 2958 www.mmu.ac.uk/accommodation
 Email accommodation@mmu.ac.uk
Student Advice Centre Tel 0161 247 6533 Email s.u.advice@mmu.ac.uk
Manchester Student Homes Tel 0161 275 7680
www.manchesterstudenthomes.com

WELFARE AND ADVICE

Experiencing problems? There's always support and advice available to you – your personal tutor, hall pastoral staff, the Students' Union, or the specialist advisory service provided by MMU.

"IF YOU'RE HAVING DIFFICULTIES, DON'T LEAVE IT TOO LATE TO ASK FOR SUPPORT, ESPECIALLY IF IT'S SOMETHING LIKE DYSLEXIA. GO AND SEE YOUR TUTOR OR SOMEONE FROM STUDENT SERVICES." (JESS WOMACK, 3RD YEAR BA (HONS) EMBROIDERY)

CONTACTS

Student Services
 0161 247 3479/3480
www.mmu.ac.uk/academic/studserv
 (Advice on careers, counselling, learning support, health, sport and volunteering opportunities. Chaplains.)

Learning support
 Tel 0161 247 3491
www.mmu.ac.uk/academic/studserv/learningsupport (Support for students with disabilities or learning difficulties, eg dyslexia. Study skills development.)

Counselling
 Tel 0161 247 3493
www.mmu.ac.uk/academic/studserv/counselling (Confidential, professional counselling for personal, emotional and stress related problems.)

STREETWISE WELFARE AND ADVICE



If you're having difficulties don't leave it too late to ask for support.

JESS WOMACK / 3rd year BA (Hons) Embroidery

Chaplaincy
 Tel 0161 247 3480
www.mmu.ac.uk/academic/studserv/chaplaincy (Support in faith and spirituality. A listening ear for all.)

Student Financial Support
 Tel 0161 247 1045/3636
www.mmu.ac.uk/studentfinance/index.php

International Students Welfare Officer
 Tel 0161 247 4653

Students' Union and the Student Advice Centre
 Tel 0161 247 1162
 (Help and advice on virtually any topic including legal, academic, health, funding, immigration.)

Lifeline Manchester
 Tel 0161 839 2054
 (Drug advice centre.)

Nightline
 Tel 0161 275 2983/4
 (Confidential telephone listening and information service run by students, term-time 8.00pm – 8 .00am.)

International Society
 Tel 0161 275 4959/7697
 (Social, cultural and welfare organisation for all students studying in Manchester.)

Brook Advisory Centre
 Tel 0161 237 3001
 (Advice on contraception and pregnancy.)

