

University: St. Andrews
Location: St. Andrews, Scotland

Compiled by: (given to Julia L. upon her arrival at St. Andrews in 2006)

Obtaining a U.K. Visa:

- U.K. government's Visa website: <http://www.visa4uk.fco.gov.uk/>
- You should automatically receive at least four months past the projected completion date of your program, but sometimes they don't give this amount of time. You might want to make this a request in your application to ensure that you are given the maximum amount of time allowed on your visa and to help prevent the need for applying for another visa if you do take a few extra months to complete your dissertation.

Helpful websites for international students coming to the U.K.:

- <http://www.ukcosa.org.uk/>
- University's page with links: <http://www.st-andrews.ac.uk/sss/international/main.htm>

Exchange rate:

- XE trade's website is where you can monitor the exchange rate and set up an on-line account making money transfers by wires or drafts easy and accessible. They usually offer one of the best exchange rates: <http://www.xe.com>

When you first arrive:

- I usually make it a practice to exchange some money prior to arriving in another country just in case there are no ATM machines or exchange points at the airport (believe it or not, this has happened before, and even when there are exchange points at airports, this is never the best place to exchange money). Having about a hundred pounds or so to cover a taxi or in case of an emergency when you first arrive is just a good idea. When you arrive in town, you can exchange any foreign currency you've brought with you at any of the banks listed below, at the post office, or at the DP&L travel company behind Holy Trinity Church. Of course, simply withdrawing money from an ATM is easier and usually gives you a much better rate.
- If you arrive in country at the same time as the undergrads, the university should be running a bus service up to St. Andrews. Check the university's website under the information for new students and orientation for details of this service. Otherwise, see the details below under **"Traveling in Scotland, the U.K., and Europe"** for instructions on how to get to St. Andrews.

Banking:

- Check with your home bank to see how they deal with wire transfers and drafts and what the cost will be for these. Also check to see whether there will be double charges (i.e., from both the sending and receiving banks). It can take several weeks for transfers to clear (even up to 4-6 weeks), so plan accordingly. Some banks may require someone to come in person to sign for a wire transfer, so making a family member back home a co-signer on your account is something to consider.
- If you can find a credit card from your home country that does not charge overseas transaction fees (usually about 2-3% on all international purchases), then you're doing well. Otherwise, you probably will need a debit or credit card from the U.K. to pay for certain things on-line and in this country.
- **Banks located in St. Andrews:**
 - Lloyds: www.lloydsts.com

- Bank of Scotland/Halifax: www.bankofscotland.co.uk or www.halifax.co.uk
- Clydesdale: www.clydesdalebank.co.uk
- Abbey: www.abbeynational.co.uk
- The Royal Bank of Scotland: www.rbs.co.uk
- The university deals with The Royal Bank of Scotland, so most students are sent there first. Be forewarned that it takes two to three weeks to get an account set up with them, so if you decide to use them, do have money on hand. They also usually will not give international students a checkbook, a credit card (some do get this), or a debit card but only an ATM card. Lloyds, on the other hand, will set up an account immediately and depending on your credit rating and other factors does give checkbooks, credit cards, and debit cards as well as the ATM card that RBS does give. You should seriously consider going there first because the people at the branch are extremely helpful, and I've found the service to be much better. I can't comment on the other banks from personal experience.
- When going to get your bank account take your passport, letter of acceptance from the university, and your lease/ and or a recent bill sent to your current place of residence. If you are married, then make sure that both spouses' names appear on the lease or a recent bill. Without these items you probably won't get an account and are looking at multiple trips to the bank.
- Most banks will give you a "Current Account," which is a basic checking account. If you want an interest-earning savings account, often the better rates are with the on-line accounts, but check with the individual bank.
- International students in the UK (who intend to stay for less than 4 years and who do not own an accommodation in the UK) may apply to get their interest from bank deposits tax-free. You may want to speak to the bank with which you opened an account to ask what their procedure is for such an application. For the Royal Bank of Scotland and Clydesdale Bank, they would ask us to fill up form R105 issued by Inland Revenue. A copy of this form (with details of who is eligible to apply) is available at: <http://www.hmrc.gov.uk/nonresidents/fagr105.shtml>. Alternately, you are also available to receive interest on your accounts without tax taken off if you make less than 96 pounds a week. Some banks (Lloyds certainly) will have you fill out the R85 form claiming tax exemption on these grounds rather than the R105. For the R85 form, go here: <http://www.hmrc.gov.uk/individuals/fagr85.shtml>

Scholarships:

- University's web page: <http://www.st-andrews.ac.uk/services/admissions/funding.html>
- Postgraduate scholarships in the U.K.: <http://www.postgraduatestudentships.co.uk>

Power of Attorney:

- This is the second time I've lived overseas, and I've found it to be very helpful to have someone back home who can sign documents and deal with certain legal issues for me. You might consider giving someone power of attorney so that they can legally deal with issues as they arise on your behalf.

Housing:

- University accommodation for postgrads: <http://www.st-andrews.ac.uk/resbus/special/postgradaccomm.shtml>
- The University's "How to rent guide": www.yourunion.net/howtorent. This is an excellent guide that offers valuable advice. I would suggest that any one planning on letting (a.k.a. renting) property here should read it.
- University website, student-generated listings and students seeking flatmates: www.thesinner.net
- For those who will actually visit St. Andrews before moving here, there is a **message board inside of the Student Union** where people looking for roommates and individual landlords advertising places post notices. The town's newspaper, the **St. Andrews Citizen** also has listings weekly for property:
- If you wish to view the location of street addresses in St. Andrews, go to: <http://www.streetmap.co.uk> or <http://www.theaa.com/travel/index.jsp>
- Below is a list of Letting Agencies in St. Andrews. Both buying and renting property are done through real estate agencies in the U.K., so don't let that confuse you.
- Here are some things we recommend to look for in a place to let (rent): double glazed windows (helps cut the cost of energy bills and also noise!), near town centre especially if you know you will be w/o a car for the time you stay in St Andrews. Know that dishwashers and tumble dryers are few and far

between. The gas heaters in each room are nice for hanging drying racks on and especially help during the long winters when it's too dark and wet to dry anything outdoors.

Rental Agencies

Landlord	Web-site	Address	Phone number
Bradburne & Co.	www.bradburne.co.uk	139 South St.	01334 479479
Inchdairnie Properties	www.standrewsletting.com	50 Argyle St.	01334 477011
The Alexander Clan	thealexanderclan@hotmail.com		0049 6372619790
J&E Shepherd		127 South St	01334 477773
Murray Donald Drummond Cook Property Letting	www.mddc.co.uk	17 Bell St	01334 474200
Simply Letting	www.simplyletting.atstandrews.co.uk	5 Abbey Walk	01334 479424
Town & Gown Property Letting Services	www.townandgownletting.co.uk	Bell Rock View	01334 880787
Pagan Osborne	www.paganosborne.com	106 South St	01334 475001
Eve Brown Property Services	www.evebrown.co.uk	12a Hope Street	01334 478800

- Once you've secured a place, check with your letting agency to see what they provide. Your contract should list in detail what comes with the flat. Most are completely furnished and include kitchen supplies as well as bedding and linens. What is provided isn't the highest quality but is certainly serviceable or your landlord will usually replace it. If you're really picky about any kitchen equipment and can't live without something, then consider bringing it with you. Also since the measurement system is different, if you plan to use recipes from your home country (for example American recipes specifying measurements in cups and $\frac{1}{2}$ cups), then consider bringing these with you. If they don't provide linens, you can buy them once you get here. Check Argos for an idea of prices: www.argos.com.uk.

Council Tax, Phone, Electricity, Water, Gas, etc.:

- If you are living in a **university residence hall**, then your electricity, gas, water, and internet are all included. You have to set up the phone service with the university on a pay-as-you-go system.
- Council Tax:** covers your water and garbage services
 - International students and their households** (i.e., spouses and children who are considered "dependents" of the student with "no recourse to public funds" according to their visa) are usually exempt from paying the council tax, but this exemption really does depend on your passport and visa.
 - Dual citizenship complications:** Spouses who are U.K. or E.U. citizens may be required to pay the council tax. We have had a few spouses of students who were dual citizens holding either a U.K. or E.U. passport in addition to their primary passport. If this is your situation, you should really research whether or not it would be advantageous to enter the country with your E.U. or U.K. passport before doing so. If you use your non-E.U. or U.K. passport and get a visa stating that you have "no recourse to public funds," you could possibly save a great deal of money per year in council tax (one family in this situation pays 800 pounds a year). On the other hand, if you *and* your children are considered U.K. citizens, then you would be eligible for the children benefits from the government (about 15 pounds per week per child), which would balance out the council tax and perhaps even set you ahead. All that to say, please be sure that you use the link below and contact Fife Council personally to discuss your specific situation before making any decisions. If this is your situation, we can also try and put you in contact with someone who has been through this already.
 - If you **arrive before term starts** when you officially become a student, then you may be liable for the council tax for that period.
 - If you are **single and live with a non-student**, then your house is not exempt from the council tax, and the tax will be pro-rated based on the number of non-students living there and other factors.
 - Check with directly with **Fife Council** to see what sort of rate you'll have to pay: <http://www.fifedirect.org.uk/topics/index.cfm?fuseaction=counciltax.bands&subjectid=C9D8BBFF-C853-11D5-909E0008C7844101>

- **Mobile Phones:** Many opt to just use mobile phones instead of setting up a land line. Mobile phones are usually on a pay-as-you-go system and can be bought in town at:
 - The Carphone Warehouse: www.carphonewarehouse.com
 - Tesco: <http://www.tesco.com>
 - Phones4U: www.phones4u.co.uk
- **Home phone line** - <http://www.bt.com>. You have to pay a monthly fee for the phone line rental itself (usually around 11 pounds or so) and then you pay for a phone plan on top of that. You can get combined plans including internet with the phone line. BT is the main supplier of phone lines, but you can get one from other companies. Sometimes other phone companies require that you rent the line from BT but then pay for the phone plan with their company. Check some of the packages and websites below to get an idea of prices and plans.
- **Internet and phone packages** - Here are a few sites which help you compare prices:
 - <http://www.compare-uk-broadband.com>
 - www.uswitch.co.uk
- **Gas and electricity** - <http://www.house.co.uk>
 - **Comparison site** to find the best rates: www.moneysupermarket.com/utilities/cheaper-gas-electricity.aspx
 - If you are coming from North or South America, don't bother bringing electrical appliances, like hair dryers, alarm clocks, etc., b/c the electrical voltage is 240 V. rather than 110 V. For must-haves like the lab top computer, you can bring a converter plug with you. Consult your local electronic store to get a couple of these before you come, or if you do not bring one with you, you can buy converter boxes/cords at the Microshop on South St.
 - Gas and electric bills are paid quarterly (note that the winter quarter will be really expensive) or on a direct debit system in which you pay a set amount each month in order to space out the expense that comes from the heating in the winter months.
- **Television:** www.tvlicensing.co.uk. Legally, you are not allowed to watch any television channels, either on a television, computer, mobile phone, etc., in your home without paying the television license. A color TV License costs £131.50 and a black and white license costs £44.00. Some landlords will pay the fee for you and will also provide a television. Check with them ahead of time to see what they will provide. Once the television license has been paid, you will only get four channels unless you pay for a version of cable (Sky www.sky.com or something like it) or buy a freeview box www.freeview.co.uk.

Information for parents:

- Public schools in Scotland, including term dates:
<http://www.scotland.gov.uk/Topics/Education/Schools>
- Public schools in St. Andrews:
 - Canongate - Langlands School has amalgamated with them at the Canongate site, so class sizes are slightly larger. However, there are often two teachers handling one class, and teachers rotate subjects.
 - Lawhead - was hardly affected by the merging of two other schools, but if you live outside of that catchment area (a.k.a. zoning area) but still relatively close, you may be assigned to this school anyway.
 - Greyfriars Catholic is a great school but they have very little space for non-catholic families.
 - Here is one St. Mary's parent's observations on public schools here:
"Christianity is alive and well in the public school system here. There are lunchtime bible studies for older children, a Christmas church service, and a monthly assembly led by a local minister."
- St. Leonard's, the private school in St. Andrews: www.stleonards-fife.org
- Childcare: <http://www.childcarelink.gov.uk/index.asp>
- Nursery, which is equivalent to American pre-schools and is the start of public education here, is for ages three to four. Lawhead, Canongate, and St. Andrews Nursery do currently offer care, but where the child goes depends on catchment (a.k.a. zoning). Nursery school is free for two and one half hours (either 9-11.30 a.m. or 12.30-3.00 p.m.), five days a week, but you pay 20 pence a day for the child's

snack. You will have to pay £2.75 per extra hour (called a "wrap around" fee) if you wish for your child to stay longer.

- Home schooling is an option, and since there are families at St. Mary's who are currently teaching their children at home, there is a small support system.
- **Health care program:** A new government program was started in July '06 for families with children. Register your children with the pharmacy that you frequent the most (i.e., Boots). When your child gets sick but does not have to see a doctor, go to the pharmacist, explain the symptoms, and they will give you the medicine that you need for your child free of charge! There are a few restrictions:
 1. You must use the same pharmacy every time and can only be registered with one at any given time.
 2. This is for minor childhood ailments (i.e., coughs, fever, head lice...)
 3. You can't choose your favorite product only the one that they recommend will be free.
 4. If you are out of town you will have to pay - it is not transferable.
- Many things in Scotland are free for kids under 5 (bus, train, many admission, and entry fees).
- If you have ones that are young enough to ride in a stroller, make sure to bring a rain cover for that stroller.
- During their time here, many St. Mary's couples choose to enlarge their families. Do remember that any children born in the U.K. to non U.K. citizens will need to obtain a visa and passport.
- **Dual citizens:** As mentioned previously, those families who have dual citizenship and have obtained dual citizenship for their children should weigh the costs and benefits regarding which passport/visa they should enter the country under. Besides contacting Fife Council regarding the Council Tax, you should also contact the HM Revenue and Customs to find out about your eligibility for Child Benefits: www.hmrc.gov.uk/childbenefit/index.htm

Living in Fife:

- Fifedirect website: <https://www.fifedirect.org.uk/>
- Official tourism page: www.standrews.com/fife

St. Andrews:

- St. Andrews' page with the Tourist Board: www.standrews.co.uk
- Tourist information: www.visit-standrews.co.uk
- St. Andrews' directory: www.standrewsdirectory.com
- If you have family or friends visiting and are looking for accommodation in town, the above websites will give you lists of B&Bs and hotels in town.
- Student website with all sorts of information from maps of pubs and restaurants to guides for living in St. Andrews. There is also a message board to sell items, look for accommodations, etc.: www.thesinner.net

Weather in Scotland:

- If you don't have a car, which most students don't, prepare for a lot of walking in all kinds of weather: <http://www.bbc.co.uk/weather/5day.shtml?id=2376>
- It's cold here, but it rarely drops below freezing. Most of the year is spent somewhere between 40°-60° F/ 5°-15° C. In the summer, it occasionally (very rarely) will break 80° F/ about 30° C, but that's about as hot as it gets.
- There's a saying in St. Andrews that there's a head wind whichever way you head, and I've found this to be true. Gale force winds are common in the winter.
- It rarely snows here because we are right by the sea, but it can happen occasionally. The snow is usually gone in a day or so.
- It rains a good bit, but it is usually a very light rain or drizzle. You will probably never experience a thunderstorm. Umbrellas are helpful but often are rendered useless by the strong winds that blow in from the sea. You should definitely bring a windbreaker/rain jacket with a hood. A pair of wellies (galoshes) can come in handy too.
- Weather changes quickly here, so again dressing in layers and always being prepared for the rain, even if it's bright and sunny when you leave the house, is wise. Just remember: if you don't like the weather you are currently having, just wait because a new pattern is on its way soon.

Clothing:

- It's expensive here, so bringing your own is a good idea although just about anything can be bought for reasonable prices from the charity shops (high end thrift stores) if you're not too picky and even sometimes if you are.
- Wool is great for the winter wind, and plan to dress in layers as the weather likes to change quickly here. Gloves, hats, and scarves are a must, and even long johns or cuddle duds can be extremely helpful. Pack several jumpers (sweaters) and a good, thick winter coat.
- Shoes: bring good sensible walking shoes because you'll be doing a lot of it. There are very few times out of the year to wear flip flops or sandals, but this depends on how you personally deal with cold weather (refer to the typical temperatures above to decide what to bring). If you're staying in a university accommodation that isn't "en-suite" (i.e., with your own bathroom in your room), then a good pair of flip flops for the communal shower is in order. Heels are a bit tricky on the cobble stones and with all of the walking, so while you don't want to waste luggage space with lots of them, you may occasionally want to dress up
- Formal occasions: There are plenty of "balls" throughout the year here given by societies, colleges (departments), and even residence halls. St. Mary's even has its own ball in March, so if you plan on attending, ladies will need a formal gown while men can simply wear a suit and tie (or hire a kilt, if you dare!).

Health Care and Insurance:

- While as a student you and your family are covered by the NHS (<http://www.show.scot.nhs.uk>), you are not covered when you are outside of the U.K. Some do decide to take out extra insurance for traveling outside of the U.K. and in case of having to return to your home country for treatment. Here is the company that I use: Adams and Associates: http://www.aaintl.com/ins_PLP.cfm
- For students from the U.S., here is another suggestion that some have found to be cheap and effective coverage for trips back to the States: Assurant Health: www.assuranhealth.com
- In case of an emergency, dial **999** or **112** for fire, police, ambulance, coastguard, mountain and cave rescue.
- St. Andrews Memorial Hospital: located on Abbey Walk: 01334-472-327.

Groceries:

- In St. Andrews, there are two grocery stores along with a green grocer, where fresh vegetables may be purchased, a fishmonger, a cheesemonger, a butcher, and a few import food stores.
 - Tesco, located in the center of town: <http://www.tesco.com>
 - Morrisons, located about a 15-20 minute walk from the center of town: <http://www.morrisons.co.uk>
 - Asda, located in Coupar about 15 minutes by car, has a grocery delivery service that costs 5 pounds or is free if you spend over 50 pounds or have a coupon: www.asda.co.uk

Shopping or trying to live economically in the U.K.:

- If you're wondering what to bring and what to buy where, checking on Argos' website will give you an idea of prices for many items in the U.K.: www.argos.co.uk
- **MacGregor's Auction** house has fortnightly auctions where you can get anything from furniture to toasters to televisions to picture frames: Address: 56 Largo Road, St Andrews, Fife, KY16 8RP. Phone: 01334 472431
- A great new resource is **Freecycle**, a website devoted to helping people give away things they don't want to others who could use them. It's a Yahoo group that posts items either wanted or offered in the area of West Fife. You never know what you may be able to find for free through this resource: <http://uk.groups.yahoo.com/group/WestFifeFreeCycle/>
- There are also a number of charity shops (high-end version of American thrift stores) that sell both new and used goods for more affordable prices.
- The closest big city to St. Andrews is Dundee, which is about 30 minutes away, and you can get almost anything there you can't find in St. Andrews itself.

Churches in St. Andrews:

- List of congregations, places, and times of services: www.st-andrews.ac.uk/chaplaincy/localchurches.shtml

Jobs in St. Andrews:

- Be forewarned that it is extremely difficult to find a job in town either part-time or full-time. Part-time positions go quickly as this is a very small town with a large pool of university students to fill those spots. Several spouses have found full time jobs, but if you're looking for something specifically within your field (for example, teaching, nursing, music industry, modeling industry, or whatever), then you may have to commute to or plan to live in some of the larger cities like Dundee, Edinburgh, or Glasgow.
- Ways to find jobs in town:
 - Check the local newspaper, the *St. Andrews Citizen*, which comes out every Friday.
 - There is a **Job Centre** office on South Street where jobs are posted, and you can use their computers to search in specific fields: www.jobcentreplus.gov.uk
 - The **University's Career Centre** keeps a book of jobs for students in St. Andrews: <http://www.st-andrews.ac.uk/careers/students/jobshop.php>. You can visit them at their office on St. Mary's Place across from the Student Union.
 - Check the **University's website** for openings: www.st-andrews.ac.uk/staff/work.shtml
 - Walk around town and check the shop and restaurant windows. Often the only advertising some of them do when there is a vacancy is to post a sign in their window.
- Once you find a job, you'll have to get a **National Insurance number**, which requires you going for an interview (which were done in Kirkaldy but now I hear you have to go to Edinburgh). This number has to do with taxes and also with the U.K.'s pension scheme, but you can start work without it. Your place of employment will walk you through these steps though once they have hired you. www.dwp.gov.uk/lifeevent/benefits/ni_number.asp

Owning a car in Scotland:

- Most of our students typically live within walking distance of town and don't own cars, but some do choose to buy a vehicle for their time here. Here is some essential information for them:
- **Petrol (Gas) Prices:** Right now it's about 85 pence/liter. When converted, that's about 6 American Dollars/gallon. There are only two petrol stations in town, but they are cheaper than, say, a small town on the way to Edinburgh. Gas in Edinburgh can be a bit cheaper than St. Andrews. You can get all around Scotland with a car, although sometimes a train can be easier and less expensive if one takes parking in a big city into account.
- **Insurance:** One family pays roughly 600 pounds/year with Direct Line car insurance, but they have a good driver discount and park on a driveway. It can be twice as expensive for some. Here are a few insurance companies which operate in the UK:
 - <http://www.directline.com/>
 - <http://www.norwichunion.com/>
 - <http://www.endsleigh.co.uk/>
 - <http://www.elephant.co.uk/>
- **MOT Testing:** <http://www.motuk.co.uk/> One can go to just about any garage or car dealership to have an MOT test, which is the required yearly inspection for cars, done. One place to go is Bassaguards just behind Somerfields who seem fair-priced, honest, and efficient. The price for the MOT itself ranges from 20-30 pounds. But the MOT is a 'road-worthiness' inspection, so they are required to fix anything which is not up to par. This latter expense depends upon the condition of one's car (one family pays around 120-220 pounds each year in order to pass our MOT). Here's a link to garages in and around St. Andrews: www.standrewsdirectory.com/category/garages.html

Internet access, Faxing, copying, laminating, etc.:

- If you need to send an **international fax**, make color copies, or laminate material, there is a copying service in the general office of the Student Union, St. Mary's Place.
- There are copy machines in the libraries, but you must have a **copy card** to use them. Usually, St. Mary's will issue a **copy card** to each postgraduate student with a certain amount of credit already on

- it. It may be several weeks into the semester before they arrive, but don't invest a lot of your own money in a copy card because you should eventually get one.
- You won't be able to use the university's internet until you've registered, so until then, try using the computers at the public library behind Holy Trinity Church. Once you sign up as a library patron, you'll be allowed use of the internet for an hour at a time for free.

Books:

- They, like everything here, are really expensive, and the library won't always have what you're looking for. Check the library for anything specific that you know you'll definitely need: <http://www-library.st-andrews.ac.uk/>. You may consider shipping some over several weeks (like say 4-6) in advance of when you plan to arrive. Check with the post office about getting an M-bag, which is a cheaper way to ship books.
- If there are books that are essential to your research that the library doesn't have, then speak with your supervisor who may be able to put in a request (or teach you how) for the materials you need.

Studying at St. Andrews:

- You won't be able to get a library card, be allocated a desk, or most likely meet with your supervisor until the end of September when the university starts, so be forewarned if you were planning to come early to get a jump on your research.
- Check the uni's website): www.st-andrews.ac.uk/index.shtml for dates and times of **registration** so that you don't miss out anything. Don't count on anyone necessarily telling or reminding you about these events. There will be dates and locations designated for setting up your computer access and for matriculating (a.k.a., registering and picking up your student ID card so that you can use the library and other services.
- You are allowed to check out books from other libraries in the U.K., but in order to do this, you must get a **SCONUL Research card** from our library. Just ask someone at the front desk to help you with this.
- **Interlibrary Loans:** There is a limited amount of these (I think it's 20 per year right now). In order to interlibrary loan something you have to first fill out a request form on-line. Then print it out; get it signed by your advisor; get it signed by a department secretary (**Note: this requirement is only for St. Mary's students, and the form won't tell you this. But take my advice and get it signed by a secretary, who will keep track of how many requests you make during the year, before you have to waste the time and energy being sent back by the librarians for this additional signature); then deliver the form to the Interlibrary Loan department in the library. If you need an article quickly, you can register for electronic delivery rather than waiting to receive a hard copy, but you will also waste your own printer credits doing this rather than having a hard copy printed for you if you can wait a few days. Also be aware that the electronic copies disappear after the allotted time for "borrowing" them expires, so do make sure to print a copy before you completely lose the document.

Studying at St. Mary's:

- **Mail:** There are cubby holes in St. Mary's where mail or perhaps returned papers from your advisor will be left for you. Ask someone to point these out to you once you arrive and make sure to check them periodically.
- **Funds for presenting at conferences:** Depending on the year and the financial situation at St. Mary's, there may be funds available for you if you present a paper (not if you're just attending) at a conference. Check with your supervisor in advance and make sure to save receipts from the trip.
- **Semester research trip to Edinburgh:** In the past, there have been funds for each research student to take one trip per semester to the Edinburgh library for research purposes. Again, check with your supervisor to see if this is the case. Receipts from the train or bus trip must be saved and a form completed in the office for reimbursement.
- **The Roundel:** St. Mary's postgrads are extremely privileged to have study space allocated in the Roundel, but please remember that you are *not guaranteed* a space there as it depends on the availability of desks. If you are given a desk, please be aware that is a privilege and not a right. Postgrads in other departments are often not allocated any space and have to fight for the desks in the library. In fact, you may consider putting your name on the library's list for desks/carrels as soon as

you get here, in case you have to wait to get a desk in the Roundel. Also remember that if we do not take care of the Roundel and follow the proper security protocols, then we could easily lose this privileged space.

- **Prof. vs. Dr.:** "Professor" is an actual title only given those who have attained this position. It is considered offensive to call a "Professor" a "Dr.," and it would be an illegitimate promotion to call a "Dr." a "Professor." If you're not sure who is a "Prof." and who is a "Dr.," check out the St. Mary's staff page.

Advice for your research:

- Consider buying a **bibliography or note-taking software** before coming. Starting out with one program rather than transferring your data in mid-stream can save a lot of time and hassle. Here are some programs to look at. Some will offer a free month so you can see if they would be beneficial or not:
 - Endnote: www.endnote.com
 - Citation: www.citationonline.net
 - Biblioscape: www.biblioscape.com
 - Scholar's Aid: <http://scholarsaid.com/>
 - Nota bene: www.notabene.com
- **Save your research in more than one place** in case of computer crashes, fires, or other acts of God:
 - For Window users, there is a free program called SyncToy that allows users to back up their files with a simple click of the mouse:
www.microsoft.com/windowsxp/using/digitalphotography/prophoto/synctoy.mspx
 - If you have a gmail account, you can also back up your documents using either the Google Documents feature or [GSpace](#), which is a great Firefox add-on that converts your GMail spare space into a kind of FTP back up.
 - Some people buy external hard drives or flash disks with a large amount of memory.

Nightlife in St. Andrews:

- **NPH Cinema:** Small movie theater on North Street: www.nphcinema.co.uk
- **Byre Theatre:** Performing Arts Theatre: <http://www.byretheatre.com/>
- **Pubs and Restaurants:** Link to these on "The Sinner" website: www.thesinner.net/article/5
- **Other ideas of things to do:** www.thesinner.net/article/9

Traveling in Scotland, the U.K., and Europe:

- The university has a free travel service for students that gives advice and does bookings for students: www.st-andrews.ac.uk/uts/
- An essential tool is traveline's journey planner feature that will tell you exactly how to get from point A to point B and what transportation methods need to be used: www.traveline.org.uk
- For backpacking in Europe: www.guideforeurope.com
- Student travel discounts: www.statravel.com, but honestly I've never found them to have great discounts.
- **Getting to and around St. Andrews:**
 - Map and travel options to St. Andrews: www.st-andrews.ac.uk/getting.shtml
 - Again, if you come at the beginning of the term when the undergraduates are arriving, the university often has a free bus from Edinburgh. Check the uni's website under the new student or orientation headings for more details.
 - **St. Andrews Direct:** www.standrewsdirect.com Around the beginning and end of term time when most students are traveling to the airport, you can put in a request to share a taxi with other students. That way you pay about 18 pounds for a trip to Edinburgh airport rather than the typical 50-60 pounds:
 - **St. Andrews transportation**, links to **taxis and rental agencies**:
www.standrewsdirectory.com/category/transport.html
 - One family suggests that if you have small children in tow and lots of luggage, then it's better not to take the shuttle bus from the Edinburgh Airport to either Waverly Station or

the bus station and then take the train or bus to St. Andrews. Instead try: 1) rent a car or van to transport your family 2) hire a cab in advance via the website listed above. A favorite taxi company of one family is Town & Country Taxis as they typically are the cheapest and nicest around.

- **Price comparison websites:**

- Justfares: www.justfares.com
- Skyscanner: www.skyscanner.net
- Europe by air: www.europebyair.com
- Expedia.co.uk: www.expedia.co.uk
- Trip advisor: www.tripadvisor.com
- Whichbudget: www.whichbudget.com
- Airline network: www.airline-network.com
- Cheap flights: www.cheapflights.com
- Ebookers: www.ebookers.com
- Orbitz: www.orbitz.co.uk
- Travelocity: www.travelocity.co.uk
- Travelbag: www.travelbag.co.uk
- Barrhead travel--www.barrheadtravel.co.uk – from Scotland, mostly beach but cheap city breaks too. Probably the best you'll get in a package
- Thomson: www.thomson.co.uk
- Thomson cities: www.thomsoncities.co.uk
- Cities direct: www.citiesdirect.co.uk
- Crestaholidays: www.crestaholidays.co.uk
- Travel zoo: www.travelzoo.co.uk

- **By Air:** the closest airports to St. Andrews are in Edinburgh and Glasgow

- **Major Airlines:**

- Delta: www.delta.com
 - Continental: www.continental.com
 - US Airways: www.usairways.com
 - British Airways: www.britishairways.com
 - AirFrance: www.airfrance.com
 - Italian Alitalia: www.alitalia.com/us_en/
 - German Lufthansa: www.lufthansa.com

- **Budget Airlines:**

- Irish Ryan Air—really great deals but doesn't usually fly in and out of major airports: www.ryanair.com
 - Easyjet— www.easyjet.com
 - FlyBMI— www.flybmi.com
 - FlyBE— www.flybe.com
 - Wizzair-- www.wizzair.com
 - Polish Centralwings—from Edinburgh to Warsaw, Gdansk, and Katowice: www.centralwings.com
 - Thomsonfly-- mostly to package holiday destinations: www.thomsonfly.com
 - Flymonarch—only Aberdeen—Malaga but changes schedules frequently: www.flymonarch.com
 - Flyglobespan—packages and beach holidays: www.flyglobespan.com
 - Jet2—Edinburgh to Prague, Milan, Pisa, and Murcia: www.jet2.com
 - BMIbaby—www.bmibaby.com
 - Germanwings—Edinburgh to Cologne/Bonn: www.germanwings.com
 - Danish Sterling— www.sterling.dk/flight
 - Avro—from Glasgow to Spain, Italy, and Portugal: www.avro.co.uk
 - Airberlin—to Germany and Austria: www.airberlin.com
 - XL—from Glasgow to Greece, Egypt, and Spain: www.xl.com

- First choice—from Edinburgh to Geneva, Innsbruck, Tenerife/ Glasgow to Spain, Madeira, Tunisia, Cyprus, Sharm el Sheikh, Salzburg, and Toulouse: www.firstchoice.co.uk/flights
- **By Train:** the closest rail station to St. Andrews is Leuchars
 - Britrail: www.britrail.com
 - Scotrail: www.firstgroup.com/scotrail
 - National Rail journey planner, very helpful: www.nationalrail.co.uk/planmyjourney
 - Discount cards are available for students (1/3 off of regular priced tickets) and for families: <http://www.railcard.co.uk>
- **By Bus:** there is a bus station right in town and multiple stops
 - In Scotland: www.citylink.co.uk
 - In the U.K.: www.nationalexpress.com
 - In the U.K.: www.megabus.co.uk
 - In the U.K.: www.stagecoachbus.co.uk
 - In Ireland: www.buseireann.ie
 - In Europe: www.eurolines.com
- **By Rental Car:** Hiring/renting a car is a relatively inexpensive way to test one's driving skills, get away for a weekend, and see if purchasing a car is right for you. Rentals run roughly 30-70 pounds/day depending upon the kind of vehicle.
 - **Enterprise** in Coupar, who will pick you up in St. Andrews: www.enterprise.co.uk/car_rental/location.do?transactionId=WebTransaction1&viewSelectedLocationId=SC17
- **By Ferry:** Can be good if there's a deal
<http://www.superfast.com/Scotland/English/index.aspx> - Superfast's North Sea page – Rosyth to Zeebrugge
- **Accommodation:**
 - **Hostels:** Many hostels in Scotland, especially the Scottish Youth Hostel Association (SYHA) ones are not just for young singles but cater to older individuals and entire families. The benefits of staying in a hostel are the cheaper cost and that you can use the kitchen and save money by cooking for yourself on trips. There are all types of hostels from the standard bunk bed/campy sort of ones to a converted castle in the north of Scotland.
 - Hostelbookers, doesn't charge a booking fee: www.hostelbookers.com
 - Hostels.com: www.hostels.com
 - Trip Advisor: www.tripadvisor.com – encyclopedic but use with care. Reviews and links, good resource but search independently for booking.
 - Hostels club: www.hostelsclub.com – Despite the name, all different types of hotels as well as hostels are offered
 - Venere: www.venere.com – good if sometimes a bit up market. It's an Italian site excellent for Italy and patchily fantastic elsewhere.
 - Travelodge: <http://www.travelodge.co.uk> –has hotels all over the UK. They offer more than a hostel, but not as much as a bed & breakfast. Look for saver or supersaver rooms.

Places to go and things to do in Scotland:

- Scotland's Tourist Board site has plenty of information: <http://www.visitscotland.com>
- Just south of St. Andrews is the **Isle of May**, a bird sanctuary located off the coast of Anstruther. It is home to a large colony of puffins. The *May Princess* sails daily from Anstruther during the summer months, and the trips lasts for about 5 hours with 3 of those spent on the shore. Call 01333-310-103 or 01333-311-073 for times and dates. **Anstruther** is also home to Scotland's best fish and chip bar, which is located right on the harbor.
- **Undiscovered Scotland** has detailed pages for most cities in this wee country: <http://www.undiscoveredscotland.co.uk>
- **Historic Scotland** <http://www.historic-scotland.gov.uk> and **The National Trust for Scotland** www.nts.org.uk both take care of Scotland's castles, cathedrals, and other historic places, and their websites can give you an idea of things to see and do. Both St. Andrews' cathedral and castle are kept

by Historic Scotland, and they offer a very reasonable yearly student membership that is well worth buying if you plan on visiting these sites multiple times when family and friends come to visit.