

Clifton Life

NOTTINGHAM
TRENT UNIVERSITY 

2018 EDITION
STUDENT LIFE AT NTU CLIFTON CAMPUS



Get advice from our
current students!

Nottingham Trent University
named University of the Year 2017

CONTENTS

- 03 University of the Year 2017
- 04 Settling Into NTU
- 05 Your First Few Weeks
- 06 Student Advice
- 08 Who Lives In A Room Like This?
- 10 What's In Your Trolley?
- 12 Getting To Know Clifton
- 14 Nights Out
- 15 More Than Just Nightlife
- 16 Should You Get A Job?
- 17 Supporting Your Journey
- 18 What's Going On?
- 20 Open Days
- 21 Around Campus
- 22 Discover Nottingham

WELCOME TO CLIFTON LIFE

Welcome to Clifton Life, the magazine designed especially for students applying to courses based at Nottingham Trent University's (NTU) Clifton Campus.

We know that starting university is extremely exciting but also a bit daunting, so in this magazine, we provide a taste of what it's like to study at the Clifton Campus. You'll hear advice from our current students, and you'll also learn about Welcome Week – one of the biggest fresher's fairs in the UK.

We also get the views of three students who have chosen to live in halls of residence, shared accommodation, and at home. We've even rummaged through one of our student's food cupboards to give you the lowdown on shopping and cooking on a student budget.

Our close to campus map shows what's available on the doorstep – from supermarkets to public transport. And, as you'd expect, there's information on the leisure and nightlife activities available both on and off-campus. Apart from coming to an open day, it's the closest you can get to experience life and study here.

Speaking of open days have you booked onto one of our February or March events? They're a great opportunity to find out more about your chosen course.

We hope you enjoy reading Clifton Life and more importantly, that you enjoy being part of the Clifton student community.



JOIN THE UNIVERSITY OF THE YEAR 2017

We are proud to have lifted the University of the Year trophy at the 2017 Times Higher Education Awards, which are widely recognised as the “Oscars of higher education”. This is a very exciting time to be joining Nottingham Trent University, as our students are reaping the rewards of studying at a successful University that goes the extra mile.



“This has been a phenomenal year in terms of recognition for the exceptional work of staff and students at our University.”

Professor Edward Peck
Vice-Chancellor of Nottingham Trent University

Professor Edward Peck, Vice-Chancellor of Nottingham Trent University (middle) receiving the award

The award highlights the exceptional achievements of universities. This was an extraordinary end to a very successful 2017 for NTU as it came just two months after we celebrated being named the Times and Sunday Times Modern University of the Year, acknowledging our success in the National Students’ Survey and recent league tables.

SETTLING INTO NTU

Starting university is a huge step and it's natural to feel nervous about meeting new people or leaving home. But don't worry, there are plenty of opportunities to get involved and meet new people.



“The events run by the History society are exciting and varied. I've had the chance to get involved in all kinds of activities from pub quizzes to guest lectures from British historians. Joining a society is the best decision you can make – it's honestly like being part of a second family.”

Michael McNally

History Society (HistSoc)

Welcome Week

It's one of the highlights of becoming a student – the blur and excitement of being a Fresher. It's the perfect way to settle into life at NTU – no matter what your interests, you're certain to find something exciting in our packed programme of over 500 events!

Your Welcome Week guide will provide you with the basics you need to know to plan your week. You'll also find out how to locate your course induction timetable, complete your enrolment, travel to each campus, get tickets for events, and be introduced to your Freshers' Team. You can also use your Welcome Week website to prioritise the events you want to attend and to get information on the location and directions to the meeting places and venues. Visit www.ntu.ac.uk/welcomeweek to find out more.

Clubs and societies

Clubs and societies are a great way to meet new people with similar interests, and are also an excellent excuse to try something brand new. There are over 80 societies currently affiliated to Nottingham Trent Students' Union, with new ones coming in all the time. From drama to history, conservation to rock, there is a society for you! Visit www.trentstudents.org/groups to find the ideal society for you.

WHAT CAN YOU EXPECT FROM YOUR FIRST FEW WEEKS AT NTU?

Trust us the first few weeks will fly by. To help you make the most of every moment we asked Jess Savage, now in her third year, what she would tell her Fresher self...



Get involved

"I'd remind myself to ask about the range of clubs and societies on offer, because before I came to NTU, I'd been a member of a gymnastics team in my home town, and wanted to make sure it was something I could continue during my studies. In terms of hobbies, I was keen to try new things, and NTU has lots of clubs and societies, so it was a clincher for me."

Don't panic – but take every opportunity to mix

"I did get really panicky at first that I wouldn't really like anyone or that I wouldn't fit in. But joining a few clubs and societies helped me to make friends and contacts beyond my course mates. I know people

who perhaps didn't do that, and when we go out socially they wonder how I know so many people – and it's mainly through my love of gymnastics."

"Mum used to say – you were always worried you wouldn't make friends – and look how many friends you have now!"

"In my halls of residence, I had the choice of being in a block of six or 12 people. I chose the smaller one, because moving away from home is quite a big step, and I felt more comfortable with a smaller group of people. And it paid off, because we got on really well as a group. It felt like a real community."

Try all the things!

"I come from Norwich, which is a great city (don't get me wrong!). But when I go home now, having been in Nottingham, there is much less to do! And the public transport here is so good, and taxis are reasonably priced and safe. I've never had any problems."

Do your thing

"You don't have to go out and party all the time. Looking back, when I went to Welcome Week, I did think about joining a society, and I think there's even a new one now called the cat society! You don't have to do the stereotypical partying, but you do need to make an effort to go out and find something that suits you – it is out there."

Anything else?

"Actually yes. Don't commit yourself to just one group of friends. Maybe just people on your course. Do everything you can to branch out and network. For instance, I went to a training day and met someone who was passionate about disability and sport. Through going to that, I learned more, and also made contacts that lead to a very rewarding placement. You're only here for a few years, and you're going to make some of your closest friends – but you need to put the effort in and make those connections."

STUDENT ADVICE

Whether you're moving away from home for the first time, or returning to study after working, coming to university is a brand new experience and a big change. We caught up with some current students who were more than happy to share a little advice to help you make the most of your university experience.



Got a question about student life?
Just ask one of our Student
Ambassadors at an open day.

Get involved and make friends.

Neha: Don't worry about starting university, everyone will be feeling the same. Socialise and try new things!

Ayeisha: Get involved and don't be scared. Go out in Freshers week and make friends. Everyone is in the same boat and will be feeling anxious, but by keeping busy you'll settle in quicker. You'll make friends from your flat, your course, and just in general.

Don't panic the Clifton Campus is a great place to study!

Neha: My favourite thing about studying at the Clifton Campus is that it makes you feel part of a community. It allows you to meet new people in a safe and homely environment.

Mary: It was really cool living here in first year and being in our own student bubble. It's so safe and has really good facilities.

Ayeisha: The campus is easy to find your way around and everything is here so you don't have to go anywhere else.

Make sure you budget your money.

Cameron: Start a budget plan so you know how much money you have to spend. First year for me was an extremely tough year in regard to finances, especially as living in halls is fairly expensive. I never really knew what money I had available, so was always cautious when shopping.

Remember help is at hand!

Avgoustina: Asking questions and for help is not a bad thing!

Danielle: The students and staff are extremely helpful and friendly. They will help you with anything from academic troubles such as referencing, to personal problems at home.

Find out where all the local supermarkets are on page 12.

Pack the little things they make a difference.

Avgoustina: I forgot to take some personal belongings to make me feel at home. Being away from family can be hard and packing things that make you feel homely is definitely helpful.

Neha: I forgot to bring a diary. It sounds silly, but I think it would have helped me to prepare myself for deadlines and homework when it was due in.

Get involved with extracurricular activities.

Mary: Throw yourself into everything! Try to go to as many sports and society taster sessions as possible, because you'll never know what might be your new favourite hobby. I'm the Vice President of the Drama Society where we put on a play and musical each year, as well as glee choir sessions. Pole dancing is also a really fun and rewarding way to keep fit. This year, I've also started Latin and Ballroom dancing at the University of Nottingham – but don't worry – Trent students are welcome and it's amazing!

Cameron: I would definitely recommend doing a sport, or at least join a society. This will give you a chance to meet like-minded people (usually!) who have similar interests.

Work hard and it will pay off.

Cameron: The first year of University does matter; it might not count towards your overall degree but it settles you into the course. The more you engage in the first year, the more likely you are to do well.

Avgoustina: Remember the 'vital' core textbooks are actually vital, and ten hours in the library is not enough – even if it seems like it is!

Time flies, make the most of every opportunity!

Avgoustina: I wish I'd known how time flies. I'm just months away from finishing and it feels like I started two seconds ago! Make sure you make the most of every opportunity given to you!

WHERE TO SHOP

There are plenty of local supermarkets, and as our students will tell you, it's all down to personal preference.



Mary: In my first year I got weekly essentials like bread and milk from the student shop and did the bigger shops at Morrisons, which is a 15-minute walk from campus.

Ayeisha: Whilst living at Clifton, I would shop at Morrisons or Tesco purely because they're so close. We would walk and get a taxi back if it was a big shop.

Avgoustina: I shop in local stores close to my accommodation (Tesco, Aldi). I normally do a bulk shop once a week. I prefer going to the shop, rather than ordering online, because I like browsing.

Cameron: I shop wherever the nearest supermarket is (providing it's not too expensive). At the moment, I go to Aldi because it is the most convenient place.

Neha: I tend to do a big online shop every month and get it delivered. Last year my Asda deliveries were delivered to the Clifton Campus, and this year they deliver to my shared student house. Then whenever I need other things, I go to Tesco and collect my clubcard points.

WHO LIVES IN A ROOM LIKE THIS?

Most people enjoy the comfort of living in halls of residence during their first year at university, and moving into rented accommodation with friends in their second or third year. However, some people prefer to stay at home throughout their studies. We spoke to three Clifton Campus students to give you the lowdown.

Ellen Tarry

BA (Hons) Childhood Studies

Clifton Campus Halls of Residence

"I decided to stay in halls when I first came to university because I knew it would be the best way to meet lots of new people and make new friends. It takes time to settle in, and having never been away from home, it was reassuring to have so much support available if I needed it; from Freshers Reps in the first week, my flatmates, and the staff on hand at New Hall.

"I came to an open day and immediately fell in love with the campus before I had even seen the accommodation. I looked at both on-campus halls and compared prices, what they offered, and where I could see myself living.

"I have lived at New Hall the whole time but I wouldn't change it for the world. It's convenient living in halls; you're two-minutes away from everything on campus and it's so easy to get into the city with the bus stop only a matter of minutes away. You meet so many new people and make new friends, and you still have fun (even in final year!).

"There is always support around you, the staff are so lovely at New Hall, they're all so friendly and you can go to them for anything and everything. It is also helpful having the Residence Assistants, because you know that if you're feeling stressed about something or need some support, they're students too so they can relate to how you're feeling.

"My room is really homely and I've tried to make it as cosy and girly as I possibly can, especially as it's my final year here. I have lots of pictures of my friends from university and back home, plus family



photos too. The pictures of my family are probably the most important thing in my room, as they remind me that I've come to university to better myself as a person and to make them extremely proud.

"I also have three pairs of fairy lights around my room and little things like my teddy bear that I've had since I was a baby. Having one of my teddy bears from home is also really important as it brings me comfort when I might be having a rubbish day. Unfortunately, as I'm a collector of teddy bears, I couldn't quite bring them all!

"When deciding what to take to university, I'd definitely include some sort of home comforts – whether that is a teddy or even just pictures of your family. Something that you can see or look at when you may be feeling a bit rubbish will help you through it.

"Also, Pasta! Students eat a lot of pasta! You may not think it but they do. Buying a massive bag at the start will see you through for a while. Finally, stationery – bring more than you need. You'll probably write a lot of notes and will need a lot of stationery, certainly more than you thought!"



Faizeen Musani

*BSc (Hons) Computer Systems:
Forensics and Security (Sandwich)*

Stayed at home

“After visiting an open day I planned to live on campus, but around December that year my parents moved to Nottingham, so I decided to live at home and save some money.

“The things I enjoy most about living at home are living rent-free, not having to travel back and forth to see my family and getting home cooked food when I get home from university!

“However, it can be tough to study at home as my family are often up to different things that I want to get involved in, but I expect that this is similar if you live with friends. You just have to push yourself to do your work and not get too distracted!

“I travel to university by bus. It’s a fairly long journey as I have to catch a bus into town before I can catch the university bus to the Clifton Campus. However, it is cheap, as I buy the travel card that costs just over £219 for the academic year (or you can get the Robin Hood student pass for trains, buses and trams).

“I didn’t really take part in any Welcome Week activities when I first started as I didn’t know many people, but I did go to Refreshers at the beginning of my second year. I feel like I would have been more involved with social activities if I lived away from home. For that reason, I’d honestly advise students to live in halls for the first year, as it is a great way to get to know people – even if you end up living at home for the rest of your degree.

“However, if you do decide to live at home, there are Facebook groups set-up that include other NTU students that also live at home. Joining these groups will help you to get to know other students before you arrive – so if you want to go to Freshers events, you’ll have someone to go with.”

Mary Squibb

BA (Hons) Chinese and International Relations (Sandwich)

Shared accommodation

“NTU was the second university I visited and I knew right away that it was ideal for me! I loved the campus atmosphere and a joint honours degree including a year abroad was my perfect choice!

“When I first started university, I went to the Freshers Fair and took part in a lot of sport taster sessions to see which clubs I might want to join.

“During the second year, I lived in shared accommodation and it was really good. So during my third year abroad, my friends and I made plans to live together in our final year. We chose a place in West Bridgford; there are five of us in total, we have lived there since September.

“If you’re looking to live in West Bridgford, you tend to get bigger, nicer houses than you would in the city – for about the same price! We looked for houses that had nice kitchen and bathroom facilities and good sized bedrooms. We now pay roughly £95 per week including bills – so it’s pretty good considering how nice our house is. I get the bus from West Bridgford to campus – the bus stop is a one-minute walk from my house and the journey only takes about 10 to 15 minutes in total, so it’s really quick and easy!

“Studying in a shared house is actually really good! One of the best things is that you get to spend every day with your friends! We all hang out regularly, move blankets into the sitting room, chat and listen to music. Most of us study the same thing, so we quite often work together and have group study sessions. It’s such a great environment and I’m really going to miss it when I move out!

“Mealtimes are also really flexible in our house. Quite often, someone cooks a group meal and offers it to everyone, but if you just want to eat your own thing, that’s fine too. We share a lot of food so it’s usually fair, which I find really nice and communal.

“I really can’t think of anything I don’t like about living in a shared house. Sometimes the dishes pile up a bit, but then we all help to clean it up, so even that’s a group activity.

“I think where you choose to live really does depend on where your lectures are and how often you go into the city. I have classes at Clifton Campus but I’m also very involved with societies and sports in the city and go there roughly about four to five days a week. So, West Bridgford is the ideal location for me – it’s right in the centre! It’s also quick and easy to get to both campuses, so I don’t feel like I’m missing out at all.”

How much is a litre of milk? How do I boil an egg? How can I manage my food budget? These are just some of the questions you may be asking yourself in your first few weeks at university. We dropped in on BA (Hons) Education Studies and Early Years student, Katie Handford, to give you an insight into shopping and cooking on a student budget.



Katie, where do you normally shop for your weekly groceries and why do you shop there?

“I normally shop at Tesco, as it’s on my way home from university and usually has very good prices. I also have a clubcard, so I get offers and deals when shopping there.”

On average how much do you spend on food each week?

“When I only eat at home I usually spend around £20 a week on food, but when I treat myself to a meal out I usually spend around £40.”

How often do you cook for yourself?

“I cook for myself most nights now and probably treat myself to a takeaway once a month. During my first year, I used to get takeaways at least once a week, but now I know how to prepare more things, I cook meals with my flatmates.”

How many recipes do you think you know?

“I think I know a fair few basic recipes. I can make tacos, stews, pies and many pasta dishes. I’ve learnt a lot from my uni friends over the three years – I definitely didn’t know as many recipes when I first started!”

What’s your speciality?

“Spaghetti bolognese, it’s my favourite meal so I cook it a lot!”

What’s the biggest dinner disaster you’ve ever had?

“My biggest disaster was when I tried to grill meatballs for the first time, as it’s healthier than frying them. I managed to set them on fire! The fat had caught fire in the grill and so ruined the lot!”

How do you manage your food budget?

“I manage by looking for foods that are on offer and only buy food that I know I will eat. I also, for example, only buy fruit when it is in season and where possible try to buy frozen alternatives, as they tend to be cheaper.

“Also, cooking with my flatmates helps to reduce the cost, as catering for a group is easier and cheaper than buying food for one person. Alternatively, I cook enough of one meal so that it provides more than one portion. I then freeze the leftovers for days when I don’t want to cook from scratch. It’s a great way to avoid wasting anything.”

How easy / difficult do you find it to eat healthily on a student budget?

“I used to find it really hard to eat healthy food as I thought it was really expensive and made cooking more complicated. Now though, I try really hard to eat healthily and I’ve found ways to make it more affordable, such as using frozen fruit and vegetables. Learning how to make healthy dishes has also made it a lot easier!”

What did you do before coming to university to prepare for cooking for yourself?

“I was quite lucky as I did Food Technology at A-Level, so I knew how to cook quite a few things. However, I did get my parents to buy me some cookbooks and I helped my mum to cook some dinners during the summer before university, so I knew what I was doing.”

If you were stranded on a desert island and could order in any meal you wanted, what would it be?

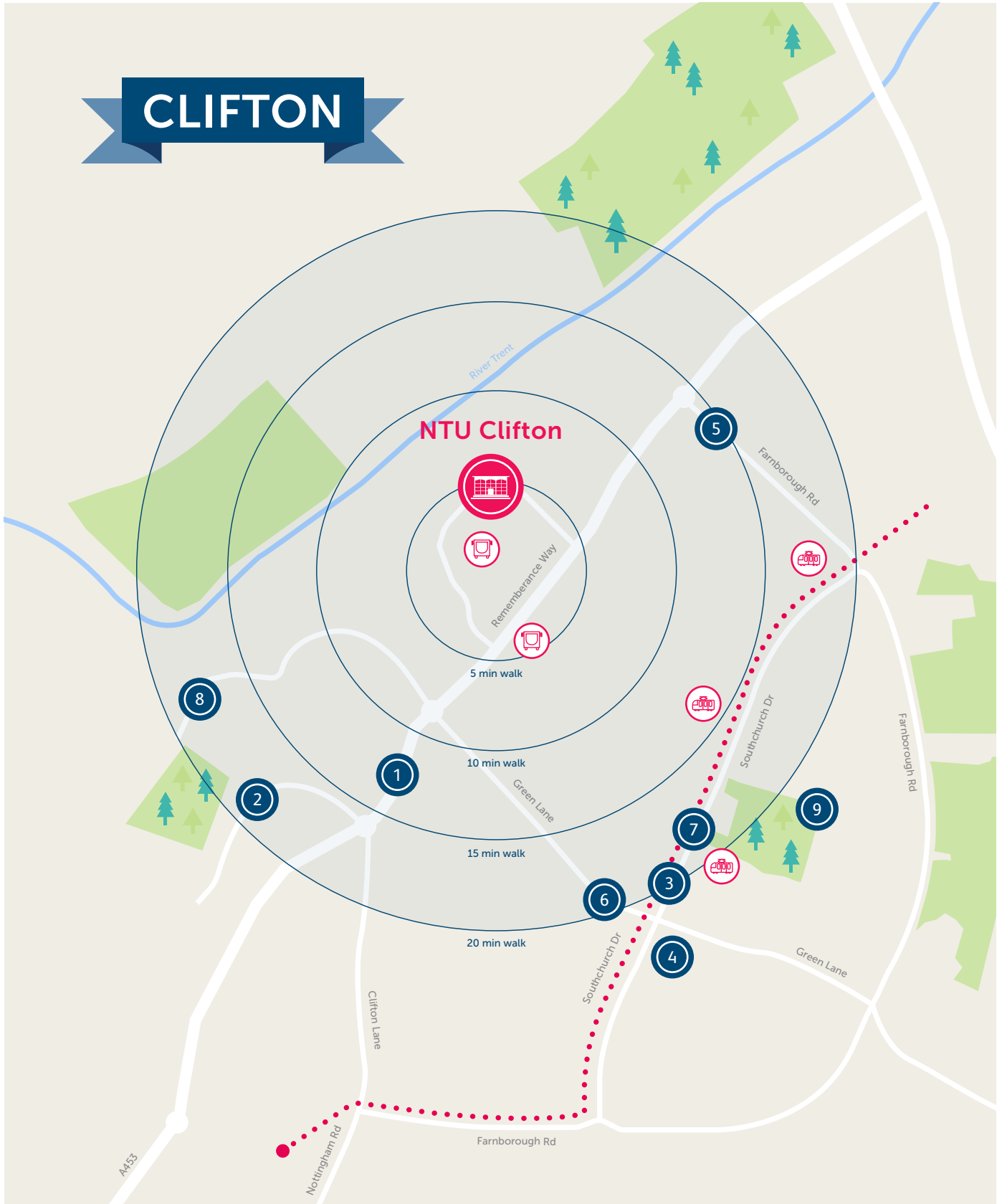
“I would definitely order spaghetti bolognese, as it is my favourite meal!”

What three cupboard essentials couldn’t you live without?

“Chocolate, cereal and baked beans.”

GETTING TO KNOW CLIFTON

We understand that moving to a new city can be a bit daunting, but don't worry – everything you need is right on your door step!





PLACES TO EAT

Not quite mastered your culinary skills yet? Don't worry, there are plenty of places to grab something to eat if things don't go to plan!

1. McDonald's
1. KFC
2. The Crusader (Steakhouse and Grill)
3. Greggs
3. Birds
4. The Peacock Inn



SUPERMARKETS

Not sure where to do your weekly shop? There are plenty of supermarkets to choose from.

1. Tesco Express
5. The Co-operative Food
6. Morrisons
3. Farmfoods
3. Heron Foods
3. Iceland Foods



HIGHSTREET SHOPS

Not got time to nip into Nottingham? Clifton High Street has got you covered for all the essentials!

3. Clifton Post Office
3. TSB Bank
3. Card Factory
3. QS
3. Wilko



CLIFTON MARKET

Fancy browsing a wide assortment of stalls from fresh produce, to crafts, to every day essentials? Then make sure you check out the Clifton Market, it's open every Friday and Saturday from 8.30 am until 4.30 pm.

7. Clifton Market



LOCAL AMENITIES

Here are just a few other places that are within walking distance from the Clifton Campus.

8. Clifton Hall and Village
7. Clifton Leisure Centre
7. Clifton Medical Centre
3. Clifton Library
9. Clifton Central Park



PUBLIC TRANSPORT

Worried about getting in and out of Nottingham? Don't panic – Clifton is only four miles from the city centre and has great public transport links.

NTU and Nottingham City Transport operate the Go2 Uni 4 bus service between the City Campus and Clifton Campus during term-time (Mon – Fri), stopping right on our doorstep. If you're travelling at the weekends or out of term-time, you can catch Navy Line 1, which stops outside the Clifton Campus on Clifton Lane. Alternatively, you can catch the tram into the city centre, there are a number of stops located on the high street.



NTU Clifton Campus
Service 4 on Navy Line (on campus)



Clifton Lane, Nottingham Trent University
Service 1 on Navy Line



Rivergreen



Southchurch Drive



Clifton Centre

NIGHTS OUT

Studying at our Clifton Campus you'll enjoy the best of both worlds.

The Point is right on your doorstep and Nottingham's famous nightlife is just a short bus journey away. This all means just one thing – count on some legendary nights out while you're here!

The Point

An award-winning Students' Union needs a good home. Based at the heart of our Clifton Campus, The Point is a pub, club and diner, rolled into one. It's been built to meet all of your needs, and to meet them in style. The guarantee of a good night has never been nearer, or cheaper!

There's something for everyone, from pool tables, to club nights. There's plasma screens for live sport, and an enormous 13-foot screen for the biggest games – we show all of Sky's midweek and weekend matches. With fans from across the country descending on The Point, a good atmosphere is guaranteed! But don't despair if you aren't a fan of sport; we have a regular club night on a Friday, as well as a good old weekly pub quiz.



Nottingham's nightlife

Nottingham has won a Purple Flag nightlife award for the last six years, which means that it's officially one of the safest and best places to go for a night out in Britain.

It has more pubs, bars and clubs per square mile than anywhere else in the UK. From traditional cosy pubs serving local ales to sophisticated bars, and nightclubs to alternative music havens, there's a huge variety of nightspots to tempt you with. So what's your scene – dance, indie, rock, R&B, punk, metal, or dubstep? Whatever you're into, you'll have no problem finding it once darkness falls.

Visit www.ntu.ac.uk/nottinghamnightlife to find out more about Nottingham's array of clubs, bars and music venues.



Night Buses

Worried about getting back after a great night out in Nottingham? Don't panic NTU and Nottingham City Transport operate late night buses which run between the city and the Clifton Campus.

The N4 from City to Clifton Campus at 00.15, 01.15, 02.15 and 03.15 every night.*

Night buses cost £3 per journey**, but if you've activated your student ID card for travel, you can use it at no extra cost!

* except Sunday night / Monday morning.

Times correct at time of print, visit:

www.nctx.co.uk/fares-tickets/students for the latest information.

**accurate at time of print.*

MORE THAN JUST NIGHTLIFE

If you think you'll find yourself at a loose end whilst studying here, think again! Our Clifton Campus is packed with exciting activities that you can get involved in outside of your studies and the bustling heart of Nottingham is only four miles away.

Clifton Sports Village

Whether you're an amateur enthusiast or an aspiring Olympian, there's something here for you. You'll find sports halls for everything from badminton to cheerleading, state-of-the-art pitches for football, hockey, rugby and cricket, tennis courts and a large gym and dance studio. On top of all this, we offer workshops, personal training, sports therapy and much more. You can develop the skills you've already got, or try something completely new!

Clifton Campus Allotment

Interested in a great volunteering opportunity? Or even saving money and staying healthy? Our Foodshare Allotment provides you with the opportunity to grow nutritious food while working with an organic food specialist. Half of the food you grow will be donated to local charities and the rest is yours to take away. It's a great way to maintain a healthy diet and save money on your weekly shop! If you would like to find out more, contact our environmental team by emailing environment.team@ntu.ac.uk – they'll be happy to help.

Clifton Nature Trail

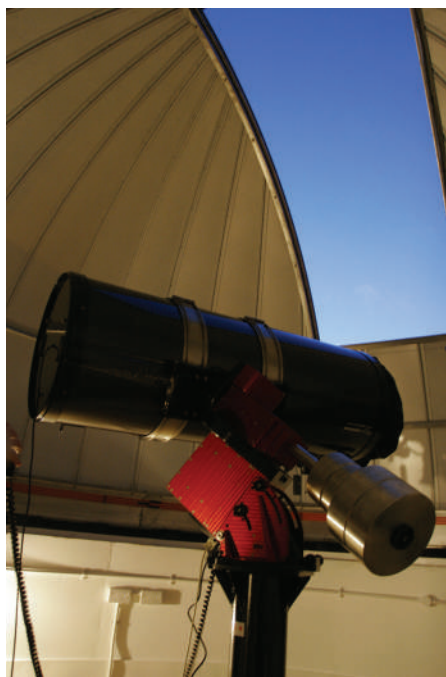
Enjoy some fresh air and make the most of your surroundings by taking a stroll around the Clifton Nature Trail. It's a great opportunity to find out more about local wildlife, past sightings have included foxes, pheasants, toads, house sparrows and blue tits.

Language Café

Want to improve, teach, and show off your language skills whilst meeting new people? Join us in our weekly Language Café in the Global Lounge to practise speaking different languages in a relaxed and friendly setting. Visit www.ntu.ac.uk/globallounge for more information

Open Dome Events

If you have an interest in Physics or Astronomy you won't want to miss our monthly Open Dome events in the on-campus observatory. They focus on interesting, recent and sometimes surprising topics relating to astronomy and are open for everyone to enjoy. Visit www.ntu.ac.uk/opendome to find out more about our upcoming events.



A short bus journey away

Our city centre has a wide range of attractions and must-visits. From historical locations to the latest video games, there's something for everyone.

Here are just a few of the places you might want to visit!

- **The National Videogame Arcade (NVA):** A cinema room, exclusive and unreleased games, and all the classics like Tetris and Pacman, you'll find all these things at the NVA.
- **Planet Bounce:** Jump around, Jump! Jump! Jump! Sorry... that happens when we think of Planet Bounce! With themed areas including angled walls, interconnected trampolines, and even a dodgeball court, Planet Bounce is a great way to let off some steam and have fun.
- **Nottingham Castle:** Home of the Robin Hood statue, the Castle holds a variety of events and exhibitions throughout the year. The grounds are perfect for picnics, and if art is your thing, you'll find plenty to see inside the galleries.
- **Kitty Café:** If you love cats, then Kitty Café should be at the top of your list of places to visit. You can enjoy food and drink in the company of your new furry friends and, if you get particularly attached to one, all the cats there can be adopted (just check with your landlord first!).

Check out visit-nottinghamshire.co.uk to discover more about Nottingham.

SHOULD YOU GET A JOB?

If you're thinking about having a job while at university, there are some key things to consider.

How many hours can I work?

It is recommended by most universities that you do not exceed 20 hours per week. Even if you only have a small number of contact hours each week, it's important that you also consider your hours of independent study.

What job could I do?

Students can do a variety of jobs, but most choose to work in shops, bars and restaurants, or call centres, as these tend to have the most flexible working hours. Others become Student Ambassadors for the university working at events; it's a flexible role that fits around your studies.

When should I apply?

Thousands of students come to Nottingham each year, so it is worth applying for jobs as early as possible. Some students even visit the city and hand out their CV a few weeks before moving in.

However, there isn't a specific time of year that employers advertise vacancies, so even if you don't find something straight away, other opportunities will open up.

The beginning of the academic year is also the time most employers advertise for Christmas temps, and this is another good way to get your foot in the door and gain

experience. If you are already working, and your employer has a business in Nottingham, you could always ask about a transfer.

Is there anything else I should consider?

If you are living at home or commuting while at university, you'll have to decide the best area for you to work. It's worth considering where you'll spend the majority of your time. Some students prefer to work in their home town if that is where they spend most of their weekends. Others stay in the city of their university over the holidays (but don't forget to consider your accommodation too!).

KNOW YOUR RIGHTS

Zero hours' contracts

A zero hours' contract is a casual contract where your employer does not have to give you a minimum number of hours work each week. In this case, you are also entitled to refuse the hours offered.

Breaks and holidays

In most jobs, you are entitled to a break of at least 20 minutes if you are working over six hours. This may be paid or unpaid, depending on your contract.

Tax

It's a myth that students don't pay tax or national insurance. However, most don't because they earn under the Personal Allowance for the tax year. This is currently £11,850 for the 2018/19 tax year.

Pay

Even though you are a student, you are still entitled to the National Minimum Wage which is currently £5.90 for workers ages 18 - 20 and £7.38 for workers aged 21 to 24.



"I really enjoy working as a Student Ambassador – the events are always busy and exciting... you'll earn some money just for being friendly and helpful!"

Aamir Khalique

BA (Hons) Primary Education

SUPPORTING YOUR JOURNEY

We understand that starting somewhere new is a big step, but don't worry – we're here to support you throughout your journey.

Your Wellbeing Matters

Health, happiness and academic success are all linked. It's a proven fact that if you're feeling well, then you're more likely to perform better as a student.

Our Student Support Services can help support your wellbeing in a variety of ways, from providing counselling to faith support. There is a dedicated Student Services Centre on our Clifton Campus, so help is never far away. Visit www.ntu.ac.uk/studentssupport to find out more.

Budgeting Your Money

Looking after your money as a student is a big responsibility. It can be difficult to keep on top of things, but an honest and practical budget will help you to avoid overspending and will also make it easier to plan for the future.

We've put together some information on the cost of living as a student in Nottingham to help you get started. Visit www.ntu.ac.uk/livingcosts to find out more.

Our Student Financial Support team are also there to support you with any financial problems you might have while studying. Appointments can be made at the Clifton Campus for your convenience. Visit www.ntu.ac.uk/yourmoney for more budgeting hints and tips.

Supporting Your Future Career

Employability is your passport to the world of work. We have a dedicated Employability Team based at our Clifton Campus who are there to help you with any aspect of your future career including:

- finding placements, internships and part-time work;
- pursuing self-employment;
- taking gap years and time out; and
- getting into volunteering; and providing advice on further study.

The Employability Team also organise a range of events that provide a great opportunity to engage with recruiters. You can also find out about graduate opportunities as well as work placements, internships, work-experience, holiday work and self-employment.

Visit www.ntu.ac.uk/employability to find out more about our Employability Team.

Global Lounge, Clifton Campus

The Global Lounge provides a space where both UK and international students and staff can celebrate and organise cultural events and celebrations. You'll be able to find out more about study abroad opportunities, meet new people and share ideas in a relaxed environment. Visit www.ntu.ac.uk/global to discover more.

"There's so much help everywhere for all different aspects of university life. Everyone is friendly and all the help offered is accessible."

Jesse Anderson

BSc (Hons) Financial Mathematics



WHAT'S GOING ON?

There's always something going on at NTU or within Nottingham. The city itself hosts hundreds of events each year. We've put together this guide to give you an idea of the variety of things on offer.



September

Ikano Robin Hood Marathon and Half Marathon

Always promised yourself that you'd run a marathon? Promise no longer – you'll never be younger or fitter, so step up to the challenge, and raise some money for a good cause.

NTU Welcome Week

Welcome Week is the perfect way to settle into life at NTU – no matter what your interests, you're certain to find something exciting in our packed programme of over 500 events!

October

Diwali Festival of Light

Give your spiritual side some care and attention – with a huge population of Hindus, Sikhs and Buddhists, Diwali in Nottingham is always observed in style. Come along to celebrate, contemplate, and enjoy a range of events and celebrations at Highfields Park.

Goose Fair

The first, the biggest, and the best – in the Midlands, at any rate. Now over 700 years old, the nationally-famous Goose Fair is one of Europe's largest travelling attractions, and a local institution. From the latest white knuckle experiences, family rides and the old favourites, we're sure it won't disappoint.

Nottingham Beer and Cider Festival

A perennial student favourite – this glorious event isn't just for those who know their pales from their darks, and their scrumpies from their strongbows. This event shows off a galaxy of local ales and ciders, with free samples aplenty. There's also great food on hand, to soak it all up.

Oktoberfest

Oompah-pah – a celebration of beer, bratwurst and Bavaria, Oktoberfest is the stuff of worldwide legend. Nottingham's take on this famous festival is typically colourful.

November

Nottingham Christmas Lights Switch On

As the festive season approaches, Nottingham comes to life with Christmas lights.

December

NTU Carol Service

Get in the festive spirit at our carol service, sing along to classics and hear from the NTU Choir.

Nottingham Christmas Market

Fake snow? Expensive cheese? Wham, Slade, and Mariah Carey, on 24-hour repeat? Check, check, and check – Christmas is coming, and this giant German market is guaranteed to fill you with cheer.

NTU Art and Design Christmas Fair

Step into a world of festive delights filled with bespoke knitted items and ceramics, one-off prints and contemporary silver and gold jewellery all created by NTU art and design students and alumni.

January

New Year's Day Walk

Why not start the New Year with a winter wander through Sherwood Forest and learn more about Sherwood, its amazing trees and fascinating history.

February

NTU Global Week

Join us for our week-long celebration of diversity and different cultures at NTU. The week is filled with events, including workshops, live performances, cultural stalls and much more!

March

NTU Graduate and Placement Recruitment Fair

This event provides a perfect opportunity to find out about placement, graduate and work experience opportunities.

April

Em-Con Nottingham

Unleash the geek-within – Em-Con is a mecca for Nottingham's sci-fi and fantasy enthusiasts. Meet the authors, artists and actors who've brought whole worlds to life.

Run NTU

Grab your running shoes and help us crack the cancer code! Whether you opt for the 5 km multi-terrain run, or the shorter fun run of 1.5 km, you'll be supporting the University's John van Geest Cancer Research Centre.

Gin Festival

Gin-lovers rejoice; the UK's largest Gin Festival comes to Nottingham. There's live music and entertainment, talks from gin industry experts, delicious food and over a 100 different gins!

May

Dot to Dot Festival

With Manchester and Bristol conquered, Dot to Dot arrives in Nottingham. It's the indie showcase for new talent. Discover a new band, and remind everyone – forever – that you liked them before they were famous.

June

Detonate

As one of the UK underground's best-kept secrets, we're proud to call Detonate our own. It's the region's best and biggest electronic music festival!

Download Festival

OK, so we're cheating a bit – Donnington Park is actually 30 minutes from Nottingham. Download is a rock 'n' roll pilgrimage – every year, over 200,000 people travel from across the world for three days of mud, metal, and mayhem.

July

Splendour Festival

Splendour's the perfect fit for those who like a good time, and a little bit of everything – previous headliners have included Calvin Harris, Paulo Nutini, The Specials, Happy Mondays, and Nottingham's own Jake Bugg.

August

Nottingham Riverside Festival

The Riverside Festival really captures Nottingham's cultural diversity – based on the banks of the Trent, there's an incredible range of food and drink on offer, as well as a fair, street theatre, and global craft stalls.

Summer Nights Outdoor Film Screenings at Wollaton Park

A big screen, and the iconic Wollaton Hall – what's not to like? Famously used as Wayne Manor in the recent Batman films, the picturesque hall is the perfect setting for an outdoor screening – pack yourself a picnic, and enjoy a unique cinematic experience.

OPEN DAYS

Come and visit us at our Clifton Campus to get a real feel for life at NTU. You'll be able to choose from a flexible programme of informative talks, taster sessions and tours. You'll also have an opportunity to speak to staff, current students and visit the Information Fair.

- Saturday 3 February 2018
 - Saturday 24 February 2018
 - Saturday 24 March 2018
-



Visit www.ntu.ac.uk/openaday to reserve your place.

AROUND CAMPUS

We've developed our cutting-edge campus with your needs in mind. Clifton has great study spaces, teaching rooms, computer rooms, eateries and chill-out areas. Here are just a few of the places you'll want to check out while on campus.



Pavilion building

The Pavilion building is the central building at the heart of the campus. It's a great space for studying individually or as a group, getting some refreshments or just taking a few minutes to relax.

The Point

The Point is a pub, diner and club venue all rolled into one. There's something for everyone, from pool tables, to club nights. There's plasma screens for live sport, and an enormous 13-foot screen for the biggest games. The front of the venue houses a cafe serving Costa coffee, teas, hot chocolate, cakes, salads, sandwiches and other tasty treats in a relaxing environment which is ideal for taking a break in during the day.

The Refectory

The Refectory offers an enjoyable and relaxing dining experience. It houses three options including a hot food counter, a grab and go, and a deli bar – so there really is something to suit everyone.

Clifton Library

Following a multimillion-pound refurbishment, our library's never looked better. There's a huge collection of books and journals on offer, plus award-winning customer service, and a diverse range of study spaces. And we're open until midnight during term-time, whenever the urge to work late strikes.



Clifton Campus Tour

Watch our new Campus Tour video to discover more about our Clifton Campus.

Visit www.ntu.ac.uk/cliftoncampus and start exploring straight away.

DISCOVER NOTTINGHAM

We're pretty sure that Nottingham won't disappoint you. It's a city of culture, nightlife, sport, and stories – one that's big on fun, and small on cost. It's friendly, it's exciting, and it's in the middle of everywhere – the perfect place to embrace your independence, without ever being too far away from home. Have fun and welcome to Nottingham!



Visit www.ntu.ac.uk/nottingham to discover more.



Clifton Life

2018 EDITION
STUDENT LIFE AT NTU CLIFTON CAMPUS



Nottingham Trent University
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NOTTINGHAM
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