

Student Handbook

University of Stirling

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"Our promise is to enable all students who study with St Andrew's College Language Schools Ltd to "Live the Language" during their stay in the friendly, cultural and beautiful places of Britain and to ensure a safe and quality learning experience that will be remembered for a lifetime."











Introduction

St Andrew's College Language Schools welcomes students from all cultures and backgrounds and we take pride in our efforts to create an educational and social atmosphere which is inclusive of everyone, regardless of race, religion, gender or sexual orientation. St Andrew's College Language Schools promote good race relations and support practices which ensure equal opportunities for students. Our overall aim is to fully understand and meet the needs of all students. Please take time to read this handbook and we hope that you will have an enjoyable experience 'Living the Language' at St Andrew's College Language Schools.



Stirling

- Stirling is situated 25 miles from Glasgow city centre and 35 miles from the Scottish capital, Edinburgh
- Stirling is renowned as the Gateway to the Highlands
- Stirling has a population of 38,000 and there are 14,000 students at the university

University of Stirling Campus

Our summer school is based the University of Stirling. The campus is on the outskirts of Stirling city centre.

The campus offers:

- Excellent sports facilities
- Free Wi-Fi
- Modern accommodation with single ensuite bedrooms
- A safe and secure environment with a 24-hour security presence, CCTV and secure access to all accommodations.

Travel & Transport

The campus is within easy reach of Stirling city centre.

- There are also frequent buses that go into Stirling city centre from the university campus
- Most travel for our student excursion programme will be by private bus



Campus Staff

These are some of the important people you will meet and work with every day.

You can contact them 24 hours a day by telephone.

They want to make sure your stay at St Andrew's College Language Schools is very safe and enjoyable!

 Centre Manager
 +44 (0) 7708390716

 Activity Manager
 +44 (0) 7708390720

 Excursion Manager
 +44 (0) 7708390721

 Welfare Coordinator
 +44 (0) 7708390723

Staff Roles

The Centre Manager looks after all aspects of the campus, managing staff, planning and solving problems quickly and helpfully.

The Activity & Excursion Managers plan and organise the activity and excursion programme and manage the Activity Leaders.

The Welfare Coordinators are there to look after the 'welfare' of all our students including individual students (students without a group leader). They will be friendly and check that you are happy, healthy and safe.

Activity Leaders look after you during activities and excursions. They will be wearing purple t-shirts.

The Director of Studies will organise your English level test, English timetable, classes and certificates.

The English Language Teachers will teach you during your English classes.

All St Andrew's College Language Schools staff will wear a mint green lanyard (ID) with their name on it.

All non-academic staff will also wear purple t-shirts.



Senior Staff

In addition to the staff on your campus there are also Senior Managers. You can contact the Senior Managers 24 hours a day. They are:



Simon McMillan Managing Director +44 (0) 7701022664



Elena Bueno Galán Chief Executive Officer +44 (0) 7885465905



Jamie Nolan
Director of Studies
+44 (0) 7738497793



Fraser Hutchison
Summer School
Operations Manager:
Scotland
+44 (0) 7875637411



Robyn Maxtone
Summer School
Operations Coordinator:
Scotland
+44 (0) 7708390714

Our Hope

You should always be happy in your English classes, activities, excursions and free time at St Andrew's College Language Schools. Our staff will be there to help you out!

All St Andrew's College Language Schools' staff are responsible for the welfare, safety and security of all students staying with us. They can give support, advice and help to all students and can be contacted 24 hours a day.

All staff have a duty of pastoral care and carry out this duty as it is described in the pastoral care policy. There will be a copy in the staff office which you can read at any time.



Campus Information



Breakfast: 07.30 - 08.45*

Continental breakfast, fresh orange, tea and coffee.

Lunch: 12.30 - 14.00*

Soup, salad bar, main course, vegetables, fruit, dessert, water, tea and coffee.

Dinner 18.00 - 19.00*

Salad bar, main course, vegetables, fruit, dessert, water, tea and coffee.

The dining area is modern and wellappointed with in-house catering. There will be St Andrew's staff helping at Breakfast, Lunch and Dinner.

- Students should carry their food on a tray
- Students should return trays to correct place when finished
- Students should tidy up before leaving

^{*}Times are approximate





Accommodation

The student accommodation at Stirling University is on campus. You will stay in small flats (up to 10 students) which have single, ensuite bedrooms.

The flats have small kitchens, clean facilities and free Wi-Fi. Every flat has a shared sitting area where you can talk and relax with your friends.

There are also Townhouses available which have single rooms with one bathroom shared between two. These are on campus and a short walk from the canteen and classroom facilities.

Your safety is always very important. Stirling University has 24hr CCTV and secure access entry systems.



Damage Deposit

When you arrive you must pay £50 because you might damage something or lose your room key.

You will get the money back when you leave if you do not break/ damage anything or lose your key. Please note that damages/ key replacement costs may vary according to specific school policies.





Your Campus has the following Facilities which you can use...

- Sports Hall
- 3G Outdoor Pitch
- Athletics Track
- Outdoor space
- Vending machine
- Cafe



Haundry Service

You will need to wash and dry your own clothes.

The laundry on campus is open 24 hours a day and can be found at Willow or Alexander Court.

Laundry is card-operated. A wash costs approximately £2.60 and a dry is £1.20. This includes detergent.



The University of Stirling provides a free Wi-Fi service for guests and visitors to Stirling campus. To join our free Wi-Fi network follow these easy steps:

- 1. Connect to 'EE UoS Guest Wi-Fi'
- 2. Open your web browser
- 3. Click 'Get online'

All internet and computer use on campus should be safe for your age.





Care & Welfare

Before you arrive

You will get an email with an E-Student Handbook (the same as this handbook).

When you arrive

Our staff will meet you and tell you about...

- The campus rules and good behaviour amongst students
- Fire procedures
- Emergency numbers
- Helpful tips and ideas for staying safe in the UK

You'll meet:

- St Andrew's College staff our staff wear purple uniforms and mint green ID lanyards
- The Welfare Coordinators (the 'named' people on campus)
- First Aid trained staff

We'll give you:

- Your room key for accommodation
- Your identity (ID) tags/lanyard, with 24-hour emergency numbers (You must always wear this).





When you are here

All our staff will be supervising you and looking after you.

- During English lessons
- During all activities and excursions
- Sometimes your Group Leader will look after you





















We'll show you the important places on your campus.
Watch and listen carefully!!



Welfare Coordinator

On every campus, there is at least one Student Welfare Coordinator. This person will be friendly, approachable and well trained to help our students throughout their stay.

Individual students

- If you do not have a group/group leader you are an 'individual student'
- The Welfare Coordinator will look after you and check that you are making friends and are happy, healthy & safe

All students will have 24 hour, on campus, emergency assistance.

Additional Support

We can help you with:

- Medical matters
- Confidential counselling and support
- Advice on local religious and cultural organisations
- · Communication with parents and group leaders
- Assistance with visa applications for our summer schools, & anything else
- If you have any concerns speak to your Welfare Coordinator

If you need help, talk to us!!

Childline

If you have a problem and do not want to speak to our staff, you can call Childline.

Childline is a charity in Britain. They can help all people aged under 19 in the UK with personal problems.

With big or small problems, they have trained counsellors who can support you. A counsellor is a person who can give advice on personal problems.

Childline is free, confidential (private) and available 24 hours.

Childline Number +44 (0) 800 1111

childline

ONLINE, ON THE PHONE, ANYTIME

Promote Core British Values

- Democracy
- The rule of law
- Individual liberty
- · Respectful tolerance of different faiths or beliefs

HELP! What should I do? Need Help? Talk to us!

If you need help, please talk to a member of staff at St Andrew's College Language Schools.

We want to help you!



Your English Lessons

Your English language classes/lessons are for young people aged between 11 and 18.

There are 5 levels of English: CEFR A1+ - C1+

First Lesson = Level Test

In the first lesson you will sit an English language level test. This will tell us which class will be best for you.



The English Lessons

- You will receive 15 hours of lessons per week
- You will have a short break between lessons
- There will be up to 18 students in your class
- Classrooms will be modern with WIFI, projectors or smart boards
 *see campus programme



Final Lesson = Certificates

Before you go home, you will get a personal certificate.

On the certificate will be:

- Your name
- Campus
- Dates of study
- CEFR level of your lessons and commitment to learning





Teaching & Learning

Your Teachers

Your English language teachers enjoy teaching young people and want to help you learn.

Your teachers will be:

- Friendly
- Helpful
- Knowledgeable

St Andrews College Language Schools' Book

You will get 2 books

- 1x St Andrew's College Language **Schools Student Diary**
- 1x St Andrew's College Language Schools Student Book

Your Student Book is for:

English lessons

After your course you can:

Review vocabulary

• Complete any extra exercises

• Keep in touch with new friends (in English!)

Learning

You will:

- Learn general English through topics of interest to young people
- Take part in conversations and activities with other students, in group and pair work
- Practise new vocabulary and "use of English" through your student book, student diary activities, and class projects
- Think about your learning through discussions, self assessment and personal learning plans

Sometimes, your teacher will take you outside of the classroom for your lesson. This will help you to become more confident using everyday English and will help you learn about the UK.

The course structure of each level is at the front of your Student Book and on our website.



Student Diary

Your student diary is for:

- English Lessons
- Trips and excursions
- Campus information
- Names of staff
- Activities
- New vocabulary
- Your learning plan

On your first day

You will receive your Student Diary. You can write down any important information you hear about...

- Members of staff
- The campus
- Meal times
- The activity programme
- The trips you will go on

In class

You can also use your Student Diary in class to...

- Write new words/phrases
- Learn about your teachers and classmates
- See what you have learnt each week
- Do class work

On trips

Remember to take your Student Diary with you to...

- Learn about the place you are going to
- Do activities at different places
- Write down where and when to meet the activity leader
- Record your memories





Activities

Look for the weekly programme on the notice board for details of activities on offer and the location where the activity is taking place.

You will do many different types of sports and activities with St Andrew's College Language Schools and you will be able to choose the activities that you want to do.

To choose your activity, just write your name on the activity sheet that you prefer.

- The sports and activities in Stirling University take place on Tuesdays, Thursdays and every evening
- The activities are organised and supervised by our friendly Activity Leaders
- During the activities, you will meet new students and you can practise your English language skills





Evening Activities

In the evenings you will have the opportunity to participate in fun activities interacting with the rest of the students on campus. During these activities you will meet friends from different cultures, relax and, of course, practise your English.

Our activities and sports are carefully planned for all ages, abilities and interests. Some examples of activities are:

- Football, Volleyball, Basketball and Handball
- Rugby and American Football
- Indoor Hockey and Rounders
- Art & Craft Workshop
- Badminton
- Cultural Walks
- Jewellery Making and Nail Art workshops
- Drama workshops
- Disco
- Murder Mystery





Excursions

You will have 3 half-day and 1 full-day excursions each week, with an optional day too.

A very important part of visiting the UK is enjoying the culture, history and beauty of the country. Your excursion programme has been carefully planned so that you can see and learn about many new things.

Your Student Diary has information and activities about the places you will go to. The teachers and activity leaders will also help you with facts and information about your visits.

Safety on excursions

- When you travel by bus, you must wear a seat belt and stay in your seat
- Always stay with <u>3 or more students</u>
- Do not take anything from strangers
- Please listen carefully for all meeting places and times

Your safety and security is very important and we will be looking after you on your excursions to check that you are safe, happy and learning about the UK.







Safety

- 1. Walk on the pavement.
- 2. When crossing the road, look right/left right. (Cars drive on the left side in the UK).
- 3. Don't carry lots of money with you when you are out.
- 4. Look after your bag and jacket.
- 5. Walk away from difficult situations.
- 6. Be quick and careful using a mobile phone. Keep your phone safe.
- 7. Stay with your friends (groups of 3 or more).
- 8. Tell an adult where you are going.
- 9. Always wear your ID/lanyard. It has important contact information.
- 10. Wait in line (Queue).



Sample Two Week Programme:

(F)	St Andrew's College Language Schools			nmer 20 STIRLING			
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30				Breakfast			
8:45			Break				
9:00	Level Test	Class	Class	Class	Class		
10:40			Break				
11:00	Level Test	Class	Class	Class	Class	EDINBURGH	
12:40		Lunch					
13:45		Break		Break		Scotland Royal Mile Walking Tour	OPTIONAL DA
14:00		Badminton Rounders		Zumba Football		Grassmarket Scottish Parliament	
15:30	STIRLING Stirling Scavenger Hunt Stirling Town	Drama Games Painting	STIRLING OLD TOWN JAIL	Nail Art Mask Making	GLASGOW Kelvingrove Art Gallery & Museum	Scottish Parliament	
17:00	strling rown	Conversation Club	â	Conversation Club	Museum		
17:45		Break	ت	Break			
18:00				Dinner			
20:00 22:00	Lip Sync Battle	Quiz	Murder Mystery	Music Bingo	Ceilidh	Trashion Show	Rounders
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	,	,	Break			,	,
8:45		Break		Break			
9:00	STIRLING CASTLE	Volleyball Hockey Debate Workshop	LOCH KATRINE	Aerobics Touch Rugby Drama Games	GLASGOW		
10:30	STIRLING CASTLE	Talent Show Preparation	CRUISE	Nail Art	City Centre	EDINBURGH	
12:00		Conversation Club	₫.	Conversation Club		Calton Hill	
13:00	Lunch					Princes Street Arthur's Seat	DEPARTURE D
14:00	Class	Class	Class	Class	Class		
15:40			Break				
16:00	Class	Class	Class	Class	Graduation		
17:40		Dinner					
20:00 22:00	Karaoke	Quiz	Murder Mystery	Bingo	Disco	Zumba	
		***all ad	ctivities are subject to change dep This is a zig-zag can	ending on weather and other mi			
NGLISH T	WHERE Accredited by the SHITTISH SECURICIL MEET OF THE SHITTISH OF THE SHITTIS			rewscollege.c			• • •







Rules & Regulations



Be friendly and polite to all St. Andrew's College Language Schools staff, Campus Staff, Group Leaders and other students.



Be on time for all classes, activities and excursions.



Look after the campus buildings and all facilities. Look after the surroundings and environment.



Common areas and kitchen areas in the accommodation should be kept clean and tidy at all times.



Immediately tell a manager about a personal accident, or if something is broken or not working.



No smoking or vaping – smoking or vaping is not allowed on the campus or in the accommodation.



Any person caught with any illegal drugs will be asked to leave St. Andrew's College Language Schools immediately.



Immediately tell a manager if something is lost or stolen.



Alcohol is not allowed when you are with St Andrew's College Language Schools. Anyone with alcohol will be disciplined in line with St. Andrew's College Language Schools' behaviour policy.



During meal times, canteen trays must be used at all times and should be cleared away.



Be friendly and polite to local people and members of staff who live on campus.



All students must be inside their accommodation by 11pm. The campus must be quiet after 11pm.



Your campus has CCTV.



Put rubbish and litter in bins and leave your room and accommodation clean and tidy.



Positive Behaviour Policy

St Andrew's College Language Schools want all students to have a positive experience.

We will encourage and support good behaviour.

Aims

- To create an environment which encourages and supports good behaviour
- To define acceptable standards of behaviour
- To encourage consistency of response to both positive and negative behaviour
- To promote self-esteem, selfdiscipline and positive relationships
- To ensure that the St Andrew's College Language Schools' expectations and strategies are widely known and understood by staff, students and group leaders

Standards of Behaviour

In seeking to define acceptable standards of behaviour it is acknowledged that these are goals to be worked towards rather than expectations which are either fulfilled or not. The students bring to our Language courses a wide variety of behaviour patterns based on differences in home values, attitudes and ethnicity.

St Andrew's College Language School staff must work towards standards of behaviour based on the basic principles of honesty, respect, consideration and responsibility. It follows that acceptable standards of behaviour are those which reflect these principles.





Online Safety

Definition of cyberbullying

Cyberbullying is using the internet, email, online games or any digital technology to hurt someone else such as name calling, spreading rumours, upsetting or humiliating someone else.

Reporting cyberbullying

If this happens to you or someone you know, please talk to the Welfare Coordinator or any other member of staff



SAFE

Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.



MEETING

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers.



ACCEPTING

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems - they may contain viruses or nasty messages!



RELIABLE

Someone online might lie about who they are and information on the internet may not be true. Always check information with other websites, books or someone who knows. If you like chatting online it's best to only chat to your real world friends and family.



TELL

Tell your parents, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.





Complaints

I am not happy with / I do not like...

... my lessons, my accommodation, my activities or something at St Andrew's College etc.

What should I do?

1. A small problem

Talk to your Welfare Co-ordinator, Director of Studies or Centre Manager (on campus)

2. A big problem

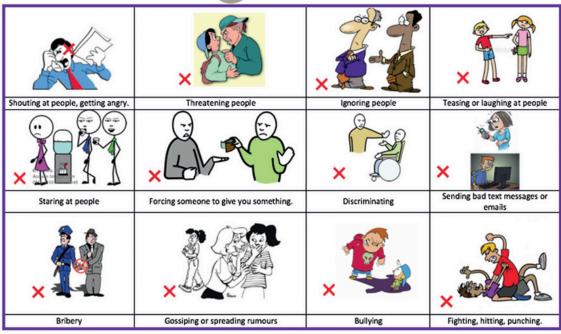
- a) Talk to the Director of Studies or Centre Manager (on campus)
- b) Talk to the Director of Operations, Simon McMillan: +44(0)7701022664 (off campus)
- c) Write an email to the Director of Operations: Simon McMillan (off campus) simon.mcmillan@standrewscollege.com

3. Problem not solved

Ask for a meeting with the Director of Operations: Simon McMillan: **+44(0)7701022664** (off campus)

We want to help you!







British Culture



English Language

- The main language spoken throughout the UK is English
- Always try to speak in English
- Different people from different places may have different English accents
- If you do not understand what someone is saying to you, you can say "Could you say that again, please? ...Thank you!"
- People are usually happy to help and you will soon learn new phrases and expressions



Local Customs

There are very few customs that you need to know, but these might help you!

- Queue when waiting for a bus or for service in banks or shops
- Hold the door open for people
- Say "please" and "thank you" when you ask for something or get something
- It is polite to be on time for appointments or when meeting people. If you think you are going to be late, tell someone
- You must also tell someone if you cannot attend class or keep an appointment etc



- Shops are usually open from Monday to Saturday, 09:00 to 17:30
- Many shops also open on Sundays
- Most supermarkets are open every day until 20:00 or 21:00 on weekdays and Saturday evenings
- Some shops open, late to 21:00 in the evenings







UK Money in English (STERLING)

Pounds (£) and pence (p)? £1 = 100p

Examples

£1.00 = one pound, a pound £5.00 = five pounds etc. 50p = fifty pence or fifty P £1.50 = one pound, fifty or one, fifty £25.99 = twenty-five pounds, ninety-nine or twenty-five, ninety-nine

Notes and Coins

Coins = 1p, 2p, 5p, 10p, 20p 50p, £1 & £2 Notes = £1, £5, £10, £20, £50 & £100

Keep your money safe! Always have some money in your pocket, wallet, or purse!



Post

You can post letters and parcels

Where?

In a Post box (letters and postcards) or a Post Office (letters and parcels)

How?

Letters: To post a letter you will need stamps. You can buy stamps in the Post Office or small shops.

Parcels: Take your parcel to the Post Office

- · Give it to the assistant to weigh
- Pay the money

How much does it cost?

The cost of post is different for letters, parcels and where the parcel is going to.





Although the weather in the UK can change, between May and September it is usually warm and sunny and it might rain.

A good idea is to bring a waterproof jacket.

There will be many shops which sell clothes for all weather.



Mobile Phones

- You can buy a sim-card in many small shops and in Mobile Phone shops
- You can buy prepaid simcards (you pay first and then you use it) for local (in the UK) and international calls in most small shops
- UK local calls (in the UK) are cheaper between 18:00 and 06:00 Monday - Friday and Saturday - Sunday



UK electricity is 240 volts/50 cycles.

The UK uses 13-amp, square pin, fused plugs.

You can buy an adaptor at an electrical shop or a large department store.



How do I use the UK phone numbers?

To call a UK telephone from outside the UK

E.g. 0044* (0) 1292 826743

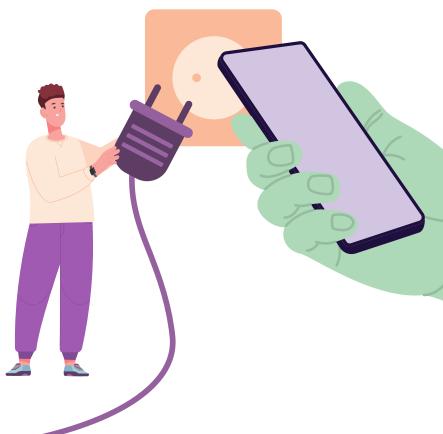
To call a UK telephone from inside the UK

E.g. 01292 826743

How do I call my country?

To call your country

The UK country code = 0044





Doctors, Dentists & the NHS (National Health Service)

GP (n) - (General Practitioner/Local Doctor/Doctor) for minor illness/injury

GP Surgery/Clinic (n) - The place a GP works

Treatment (n) Treat (v) - (Help & medicine for illness or injury)

Patient (n) - person who needs treatment for illness/injury

Hospital (n) - Place for serious illness/injury

Ward (n) - Place in hospital where you stay (in bed)

Dentist (n) Dental (adj) - treatment for teeth

Optician (n) Optical (adj) - treatment for eyes/sight

Entitled (v) - can have/allowed something by law

Outpatient (n) - patent who has appointments with a doctor in a hospital

Students are entiled to some NHS treatment.

Only treatment given in an NHS Accident and Emergency department might be free of charge.

If the patient has to stay in hospital or is given an outpatient appointment, you might have to pay.

GPs might agree to treat short-stay students for free, but this will usually be limited to emergency treatment that cannot be delayed until the student returns home.

What NHS services are provided free of charge?

If you are entitled to NHS treatment, the following services should be free.

- GP appointment (e.g. visiting a local doctor)
- Emergency and non-emergency treatment in a Hospital

What NHS services might I need to pay for?

Even if you are entitled to NHS treatment, there are some services you might need to pay for:

- Medicines prescribed by GP
- Dental treatment
- Optical treatment



Out of Hours Medical Advice

If you are ill and cannot wait until your GP surgery is open, contact NHS 24: 111 or www.nhs24.com

Doctors

Airthrey Park Medical Centre Hermitage Rd, Stirling FK9 4LP

• Telephone: +44 (0) 1786 463831



Nearest Hospital (Accident And Emergency)

Forth Valley Royal Hospital Stirling Rd, Larbert FK5 4WR

• Telephone:+44 (0) 1324 566000



Dentist

Bridge of Allan Dental Care, 1 Union St, Bridge of Allan, Stirling FK9 4NS

• Telephone: +44 (0) 1786 832331



Religion and Religious Services

There are many religions and faiths represented in the UK.

There are Protestant churches, Roman Catholic and Episcopal churches, Synagogues, Mosques, as well as Hindu and Sikh centres of worship.

A contemplation room can also be provided on campus for Muslim students.

Church of Scotland

St. Mark's Parish Church, Drip Road, Stirling, FK8 IRE Services: every Sunday morning

Roman Catholic Church

St. Margaret of Scotland, Drip Road, Stirling, FK9 4UA Mass: Saturday afternoons and Sunday mornings

Mosque

Central Scotland Islamic Centre, Burghmuir Road, Stirling, FK7 7NZ





Fire

What to do, if you hear a fire alarm

3 things you must know:

- 1. The nearest fire escape.
- 2. The nearest fire alarm.
- 3. The assembly point.

If you are a wheelchair user or have difficulty using the stairs:

- 1. Go to the nearest refuge area.
- 2. Use the telephone to let the control room know where you are.
- 3. Wait in the refuge area for further instructions.

EXIT



What to do, if you see a fire

- 1. Turn on the nearest fire alarm and call 999.
- 2. Give the exact location of the fire.
- 3. Find the nearest fire exit.
- 4. Go to the assembly point.











Contact us

For further information and bookings contact:

Simon McMillan - Managing Director

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Elena Bueno Galan - CEO

Email: ebuenogalan@standrewscollege.com Mob: +44 (0) 7801 981 471

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