

new to norwich?

Hints and tips on life in this fine city and settling in

Here you are at UEA, getting to know your new surroundings (on campus and off) and your new flat and housemates and getting to grips with your course. It's a lot to take in. You might have thrown yourself into Welcome Week and the whole shebang without a second thought, but if it's not working out how you expected don't worry. Nearly everyone has at least a moment of wondering what on earth they are doing here, and lots of people find it takes time to find their way.

Lots of people will advise you to join clubs and societies, to spend time with your flatmates and get out and about, and that's good advice. Here we have gathered some more "off the beaten track" ideas for exploring Norwich life (the unofficial motto of the city is "Do different", after all) - and where to go for help if you feel things are not working out.

Don't assume you will necessarily be best buddies with your flatmates from halls - you may have to look further afield to find that connection. And don't rush into committing yourself to a house share for next academic year too soon - although some people start looking in semester one, there is plenty of time - and there are plenty of suitable houses - so take your time and make sure you find people you know you will be happy to live with.

So if you aren't finding your mojo on

campus, why not explore further afield? It's just a bus ride away.

shopping

Local shops for local people - escape the chains and support the local economy! Look out for the many independents - from tiny juice bars to department stores. They are part of what give Norwich its unique character. Try the open-air market (just by City Hall) for interesting food, fresh fish, fruit & veg, second-hand books and vintage clothes. St Benedict's and Lower Goat Lane are a stone's throw from the city centre - here you'll find vintage clothes, shoes galore, comics, coffee bars & restaurants, and music shops. Magdalen Street is more out of the way but worth a visit for second-hand shops, antiques, & bric-a-brac. Anglia Square, just off Magdalen Street was the site of the premiere of Alpha Papa, following an "Anglia Square, not Leicester Square" campaign. The Arts & Crafts style Royal Arcade is a delight, and Elm Hill, a Tudor cobbled street, will be familiar from many films and TV shows.

music

There's a thriving and varied music scene (aside from the excellent Live Music Society and Union gigs) - check out the range at www.norfolkjigguide.com.

Live acoustic music is hosted by Norwich Folk Club every Friday at the Christ Church Centre, and jazz at a variety of venues (www.norwichjazzclub.co.uk/Venues.html).

theatre & arts

Professional touring shows, ballet, and opera can be found at the Theatre Royal but the Playhouse and the Elizabethan style Maddermarket Theatre are well worth checking out too – for comedy, music, and both amateur and professional theatre. They are very popular meeting places as well. There is a unique dedicated Puppet Theatre, and the Garage is home to many dance events. As well as the big blockbusters on big screens at the Odeon and Vue cinemas, Cinema City shows live feeds of plays and opera as well as the artier type of film. If the written word is your thing, make contact with the Writers Centre - www.writerscentrenorwich.org.uk - on Princes Street.

open spaces

Take a walk. Ok, everyone heads over to Eaton or Earlham Park to kick a ball or throw a Frisbee. A walk along the UEA Broad is soothing, and not far away you can explore the banks of the river Yare. If you take a walk by the river Wensum (not Riverside – that’s a different thing altogether) you can discover remnants of mediaeval Norwich such as the Cow Tower. Discover the gothic Plantation Garden at the top end of Earlham Road (www.plantationgarden.co.uk). Play outdoor chess, petanque or listen to bandstand concerts at Chapelfield Gardens. A little further afield Mousehold Heath is the place to take your sledge when it snows, and if boating is your thing, the nearest stretch of water for dinghy sailing, windsurfing or canoeing is Whitlingham Broad at Trowse.

course not working out?

If you have concerns about your course, the first person to speak to is your Adviser – he or she will have advertised office hours when you can drop in, or you can email them. It’s well worth introducing yourself and getting to know them – they can offer general advice on your work and direct you to other support. If you aren’t told who your adviser is during induction, make a point of finding out - you can check on e-Vision. If you are finding it hard to adapt to university level work generally or would benefit from some help with your study skills, make contact with the Learning Enhancement Team in the University Student Support Centre. They run workshops and one to one sessions, and also offer support to students with Specific Learning Disabilities.

personal problems

If you’re finding it hard to make friends, are missing home or just need someone to talk to, Nightline provide a listening service every evening in term time from 8pm to 8am (tel: 01603 597158, Skype, IM), and during the day you can find a sympathetic ear and helpful practical advice from the advice team..

health issues

If you feel unwell or have dental problems, the University Medical Service is on campus and easy to access. It’s a good idea to register sooner rather than later, especially if you have ongoing health issues. (01603 251600 for the Medical service and 01603 592173 for the Dental Service).

The University Student Support Centre is home to the UEA wellbeing service. If you feel long term counselling would help, the UEA Counselling Service is based next to the University Student Support Centre.

money worries?

The main source of advice on campus is via the Financial Advisers at the University Student Support Centre, who can advise on sources of funding and may be able to help you to access additional funding or other financial help. We can help too, with things like budgeting advice, following up Student Finance applications or helping you to negotiate with people you owe money to.

lost your key?

If you lock yourself out of your room – head to the security lodge – but beware – there may be a charge. Security are also your first port of call for any safety issues or if there is a theft on campus. They'll get the police involved if need be.

other problems

The advice team can help with a whole range of matters and provide advice on:

- housing – finding housing, advice on tenancy agreements, and problems with co-tenants and landlords
- academic issues – support for course changes, notifying the university about problems affecting your studies, taking a break from studies, complaints and appeals

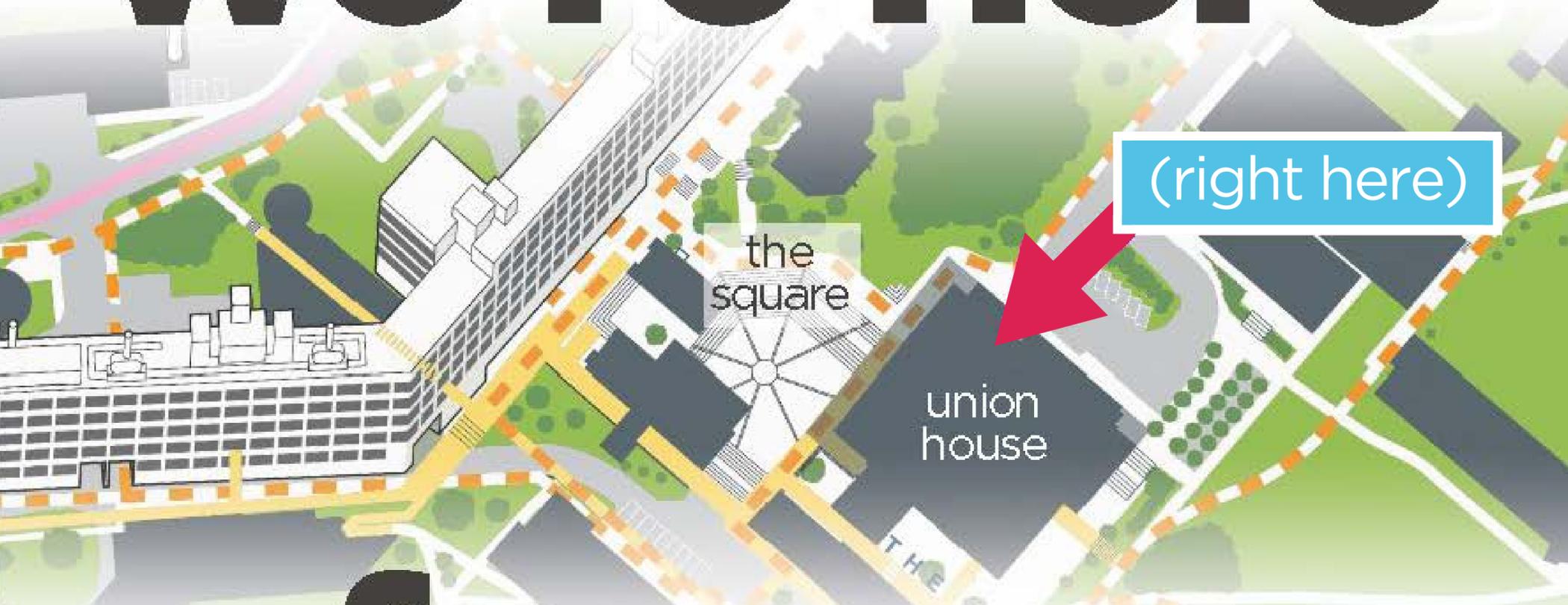
- employment law questions
- representation during university disciplinary cases
- student finance – changes of circumstances, repeating a year
- benefits entitlement

If we aren't the right people to help, we'll make sure you know where to go to sort things out.

how to find us

advice (su) is based in Union House and is open from 10am to 4pm, Monday to Friday.

we're here



for you

With

free, confidential, impartial advice

mon - fri 10.00 - 16.00, 01603 593463

advicecentre@uea.ac.uk

uea.su/advice

we've got your back