

London South Bank University

# STUDENT LIFE



WELCOME  
TO LSBU

**LSBSU**



**London  
South Bank  
University**

EST 1892



# ERASMUS+

Milan, Italy

## Student Opportunities

Erasmus+ is the European Union programme for students in higher education. It offers you the opportunity to study or work abroad in one of over 32 programme countries, as part of your degree.

It is the largest organised mobility programme in the world, known and respected throughout Europe.

The Erasmus grant for 2017/18: up to €430 monthly for studies and up to €430 for traineeships.

For more information or if you have any questions, email the EU team:

[erasmus@lsbu.ac.uk](mailto:erasmus@lsbu.ac.uk)  
[my.lsbu.ac.uk/erasmus](http://my.lsbu.ac.uk/erasmus)



**PARIS**  
**MILAN**  
**BARCELONA**  
**ISTANBUL**

# LONDON SOUTH WELCOME BANK UNIVERSITY

In partnership with our Students' Union, we have prepared this short guide for new and returning LSBU students.

There is information about restaurants, pubs, bars and attractions in Southwark, information about the Students' Union, and handy tips on health and wellbeing, study abroad, and more. We hope you find this guide useful in helping you to get your bearings in the first few weeks and making the most out of your university experience in the year ahead.

Here at LSBU our students are at the centre of everything we do, which is why we are proud to be:

The No. 1 London Modern University for Graduate Prospects  
*(Sunday Times League Table 2017)*

Awarded silver for teaching excellence under the government's Teaching Excellence Framework

And named as the Times Higher Education's Entrepreneurial University of the Year 2016.



# MAKING THE TOP TIPS MOST OF UNIVERSITY

**01.** **THERE IS SUCH A THING AS TOO MUCH FUN**

Fresher's Week can feel like the craziest week of your life, and it's not a great idea to try to keep up that pace for the rest of your time at university.

Have fun – just try to pace yourself a bit. Planning a few nights in every week isn't only good for the liver, it's also a blessing for your bank balance and your coursework reading list.



**02.** **DON'T BURN THE CANDLE AT BOTH ENDS**

It's not a myth – fresher's flu does exist.

With lots of socialising and new experiences you're bound to get run down and become a target for all kinds of bugs. Sleep is your friend. Get as much as you can, it will help your immune system keep on top of things.

You need some healthy food as well – a few bits of fresh fruit and veg will do the trick. There's only so much nutrition you can extract from Dave's doner van.

**03.** **GET INVOLVED. JOIN A CLUB**

Seriously. Just do it. University provides the time and opportunity to try new sports and activities – and it's a good way to meet new people.

If you miss the Fresher's Fair, have a look at the Students' Union website. You'll find tonnes of things to choose from that you're interested in. As well as being a good laugh, they'll also be handy for listing on your CV when it's time to go job-hunting.

**04.** **DON'T FIGHT HOMESICKNESS**

Once the hustle and bustle of the first few weeks die down, it's not unusual for a niggling sense of homesickness to kick in. You'll probably be craving a home-cooked meal and your own bed. Don't feel guilty for missing home; after all, for most students, it's the first stint away.

Keep in touch with friends and family back home as often as you need to, and get a date in the diary for them to visit or for you to go home – it will be something to look forward to.

**05.** **KEEP AN EYE ON THE FINANCE**

Loan day comes and suddenly your bank account is bursting with cash. Trouble is, this cash injection needs to last you for months and you're going to have to budget.

In your budget, list out your essential items such as books, food, travel costs and monthly bills. Be strict with yourself about how much things really do cost. Once you've figured out how much money is leftover, you can work out what you can spend on things like nights out and clothing.

You might go through the process and find yourself looking at a big cash-flow black hole, but there are plenty of ways for students to make extra cash. Give our Careers Gym a call on **020 7815 6441** or email **jobshop@lsbu.ac.uk**

**06.** **MAKE THE MOST OF IT**

People often say university will be the best time of your life. Given the fantastic opportunities and amazing friends that university offers, it really is easy to see why.

Embrace your time at University and make the most of your experience as a fresher; but it's never too late to get involved if you miss the boat in your first year.

**07.** **STAY AHEAD OF THE PACK**

They say fortune favours the prepared. Stay ahead by downloading the LSBU guide book app. It helps keep track of your academic calendar, campus map and regular updates of everything going on at LSBU.

Download the App by searching for 'LSBU' in the App Store or Play Store or use the following links:  
Apple: **lsbu.ac.uk/apple**  
Android: **lsbu.ac.uk/android**



# STUDENTS' UNION



020 7815 6060 | [su.general@lsbsu.org](mailto:su.general@lsbsu.org) | [www.lsbsu.org](http://www.lsbsu.org)

[@lsbsu](#) | [f lsbsu](#) | [snaplsbsu](#)

## WHAT IS LSBSU?

London South Bank Students' Union (LSBSU) is a charity, independent of the University, set up for the sole benefit of London South Bank University students. As a charity, LSBSU has a board of trustees responsible for the oversight and governance of the organisation. Our trustee board is made up of four external trustees; four elected sabbatical trustees and; four LSBU students. You can find out more here: [lsbsu.org/elections](http://lsbsu.org/elections)

We're also a membership organisation that all students become a part of for FREE when they enrol with LSBU. A students' union is an autonomous organisation, 'run by students for students'.

Any student of LSBU and member of the Students' Union is entitled to take part in our democracy, helping to represent the voice of all students at LSBU, as well as within our national union NUS, and publicly.

Your membership also entitles you to access a range of services that we have on offer, usually at a discounted rate, such as sports, societies and other extra-curricular activities.

## CAMPAIGNS

Whilst you are at university, you may come across situations you feel can be improved or seem unjust. You may even find an important experience is missing. The Union is here to help you make positive changes to the student experience, which could range from improving a daily irritation to creating a national policy.

In the past, we have run campaigns on issues such as the closure of the university nursery, the cost of food on campus and the increase in tuition fees. If you would like to influence the Union you can suggest a campaign for us to get involved in or even one you would like to run yourself.

## COURSE REPS

A Course Representative (Course Rep) is a member of the LSBU Academic Representation Network. Their aim is to make sure the student voice is heard and considered in the decision making processes of the university. Course Reps represent your views and take them forward with the support of the Students' Union to make sure there is a vital feedback loop within each university course.

## UNION COUNCIL

Union Council is one of the highest levels of democratic decision-making within the Union and determines the way that LSBSU is run. Union Council is made up of four elected full-time officers and more than 40 part-time officers and representatives from sports clubs, societies, academic Schools and the general student population to ensure the widest possible representation of the student body.

Council motions (proposals and ideas of things for the Union to change, stop doing or start doing) can be put forward by any registered student. Council meetings are open to all students of the university and are beneficial to attend as they give you a platform to highlight what is important to your student experience at LSBU.

## SCHOOL REPS

A School Representative (School Rep) is like a Course Rep but they're responsible for representing one of the seven Schools. They will work as a member of the LSBU Academic Representation Network and will use their time to make sure the student voice is heard and considered within the university. This is a voluntary role with a bursary, find out more here: [lsbsu.org/academic/schoolreps](http://lsbsu.org/academic/schoolreps)

## Enjoy NUS extra card discounts whatever the weather

**ODEON**  
FANATICAL ABOUT FILM  
**25% OFF**  
A STUDENT TICKET

**Spotify**  
**50% OFF**  
PREMIUM SUBSCRIPTION

**16-25 Railcard**  
**12% OFF**  
16-25 RAIL CARDS

**nus extra**  
ISIC  
WORTH UP TO £2,000 in discounts

**Street style, #mystyle**  
Wear it. Own it. Save.

**MISGUIDED**  
**20% off**

**boohoo.com**  
**10% off**

**JACK WILLS**  
**10% off**

**nus extra**  
ISIC

**BUY NOW**

[www.nus.org](http://www.nus.org)

NUS extra, the #1 student discount card, brings you over 200 UK student discounts and comes with 1 year FREE ISIC un-locking over 42,000 international discounts. Choose from a 1 year card for just £12, a 2 year card for £22 or a 3 year card for only £32. Many discounts are online only so you can't get them without your NUS extra card!



# GET ACTIVITIES INVOLVED

## SOCIETIES

Societies are the largest extracurricular group at LSBSU, with over 85 active societies for you to get involved in. Societies are groups of students who come together because of a common interest and they might hold events, socials, talks and trips based on what they are interested in.

Societies can be formed based on culture, academia, hobbies or activities; there are already a variety of societies at LSBSU ranging from First Aid to Gaming. All of our societies are run by students for students. Check out the Societies A-Z to find something that might be right for you: [www.lbsu.org/societies](http://www.lbsu.org/societies)

## MAKE YOUR OWN SOCIETY

If you can't find a society that you want to be a part of, you can make one! It's really easy to start your own society and we are here to help you with every step. Just find the 'Start Your Own Society' page on our website and you can start the process to create a new society.

## SPORTS CLUBS

Looking for the chance to get fit, improve or gain skills and meet new people? Sports clubs are the place for you. Our clubs are also run by students for students, which means that you are the ones who get to plan, organise and participate in activities.

Whether you're a complete beginner or a more experienced player, everyone is welcome to join. Our teams offer opportunities just for fun, but they also compete in the BUCS (British Universities and College Sports) leagues, representing the University against institutions from across the UK. Most clubs also have full social calendars, and let's not forget that huge benefits that can be gained from your involvement in extra-curricular activities such as personal development and increased employability.

The University and the Students' Union continually invest in sporting activities at LSBU, providing you with diverse opportunities from competitive to recreational sports. Check out the A-Z pages for a full list of what's on offer: [www.lbsu.org/sports](http://www.lbsu.org/sports)

**LSBU  
GET YOUR  
MERCHANDISE**

Make sure to grab your LSBU merchandise at [www.lsbushop.co.uk](http://www.lsbushop.co.uk) or from the Students' Union reception desk, 103 borough road, SE1 OAA

100% cotton and in stock now.

Available in all sizes.  
Pull over hoodies, zipped hoddies, crew-neck t-shirts, v-neck t-shirts.

# STUDENT MEDIA

Student Media is new to LSBSU. We've got brand new equipment and loads of opportunities for you to build Student Media and make it your own. From TV and Radio to News, there is something for everyone and we want people from all courses and all walks of life to help create a media outlet that is as diverse as our students.

For more information and the latest broadcasts follow the links on the left or visit [iBankmedia.co.uk](http://iBankmedia.co.uk)

If you're looking to get involved in Student Media, whether behind or in front of the camera, investigating and writing articles, snapping story-telling images, or sharing your thoughts and favourite tunes, there's an opportunity for you.

# GO FURTHER LSBU ALUMNI WITH

Did you know there are over 200,000 former LSBU students? That's a lot of talent, ideas and experience for you to build upon during your time here.

Don't wait until graduation to access these influential, real-world connections. Join LSBU Alumni's global membership programme today.

As a student member you'll be invited to events where you can meet and network with alumni, hear more about their careers and go further in whatever your chosen field.

Your alumni, your future.

[alumni@lsbu.ac.uk](mailto:alumni@lsbu.ac.uk) | [alumni.lsbu.ac.uk](https://twitter.com/alumni.lsbu.ac.uk) | [@LSBUalumni](https://www.facebook.com/LSBUalumni)

“

There is never any substitute for hard work. **Work hard and work smartly** and you will get your rewards. Always focus on learning – **personal and professional development is a lifetime journey and must never stop.**”

**Simon Alston**  
BA Tourism Management, 1998  
Programme Director, BBC





While on campus we suggest you find out what the surrounding area has to offer. Here is our handy list of nearby pubs, clubs and cultural stops. Enjoy!

#### PUBS, BARS AND RESTAURANTS

**Mercato Metropolitan** is a vibrant space to socialise and try some delicious food from across the world. There is so much to offer, including a backyard cinema and some of the best gelato in town.

42 Newington Causeway, London SE1 6DR

**Flat Iron Square** is a cool new local area, with a good variety of street food and music.

68 Union St, London SE1 1TD

**Thai Silk** is just a short walk from our Southwark campus with plenty of lunch and early evening specials to take advantage of.

94-95 Isabella St, London SE1 8DA

**Mamuska** is an authentic Polish restaurant and bar just across the roundabout from our Southwark campus. Affordable and yummy home-made food.

16 Elephant and Castle, London SE1 6TH

**Six Yard Box** was voted the Best Football Bar in London for all you sports fans.

Unit-6, Elephant Rd, London SE17 1AY

**The Rockingham Arms** is a roomy pub in a 1960s-built complex with broad columns and tiled floors, offering an eclectic bar menu.

119 Newington Causeway, SE1 6BN

**GBK Waterloo** is the perfect place for your burger fix with some brilliant deals and student discounts.

19A Waterloo Rd, Lambeth, London SE1 8UL

**Gladstone Arms** is great for regular live music gigs and craft beers.

64 Lant St, London SE1 1QN

**Roxy Bar & Screen** has digital screenings of cult genre movies with a cocktail bar and comfort-food menu.

128-132 Borough High St, London SE1 1LB

#### NIGHTLIFE

**The Coronet Theatre** – Is a large live music and night-club just a short walk from campus.

28 New Kent Road, Elephant and Castle, London SE1 6TJ

**Ministry of Sound** – A massive sound system, huge dancefloor and a staggering roster of big name DJs has made sure of Ministry of Sound's place in clubbing folklore.

103 Gaunt Street, Elephant and Castle, London SE1 6DP

**Belushi's London Bridge** – Belushi's lives to throw epic parties: serving up beers and burgers with a relentless Rock 'n' Roll attitude and the playlist to match.

161-165 Borough High St, London SE1 1HR  
Opening late September

**The Libertine** – A laid-back local pub with live music and DJs at weekends, TV sport and handmade, stone-baked pizzas.

125 Great Suffolk Street, SE1 1PQ

**Corsica Studios** – hosts ever-changing line up of small club nights and live gigs.

4/5 Elephant Rd, London SE17 1LB

**Dover Castle Bar** – hosts reasonably priced drinks and friendly staff

6A Great Dover St, London SE1

**The Blue Eyed Maid** – because who doesn't love karaoke?

173 Borough High St, London SE1 1HR

#### LOCAL ATTRACTIONS

**The Artworks** is made from shipping containers, bursting with pop-up start-ups hub and a cluster of global street food restaurants and cafes.

17a Elephant Rd, London SE17 1AY

**BFI IMAX cinema** – if you're a film buff, this IMAX cinema is just a short walk from campus.

1 Charlie Chaplin Walk, Lambeth, London SE1 8XR

**Tate Modern** – full of exhibitions, free displays and events, this is your perfect opportunity to immerse yourself in contemporary art.

Bankside, London SE1 9TG

**Imperial War Museum** – you must check out this museum right on the University's door step with free admission.

Lambeth Rd, London SE1 6HZ

**Escape Plan** – what better way to bond with new university mates than taking on an escape challenge.

13A Iliffe Yard, London SE17 3QA

**Namco** - offers incredible entertainment, jam-packed over three floors including bowling, Laser Maze, bumper cars and food and drink.

Westminster Bridge Rd, Lambeth, London SE1 7PB

**BURGESS PARK** – funky adventure ground, fountains, go-karting, and the Burgess Park BMX Track. Sports facilities include football pitches, cricket pitches and tennis courts. Recent landscaping has created rolling hills and sunken gardens, while making the most of existing features such as the fishing lake and historic industrial remains. It's a great place for walking, running, rollerblading and cycling, with paths along the old canal

Entrances: Albany Road, Old Kent Road, Chumleigh Street and Wells Way



## HEALTH AND WELLBEING TIPS

#### REGISTER WITH A DOCTOR

Don't leave it until you fall unwell to sign up! Make sure you make an informed choice on who you register with based on their services. Visit [www.nhs.uk](http://www.nhs.uk) for a full list of GPs in London.

#### EAT HEALTHILY

A lack of routine; excessive partying and drinking; a heavy workload; cooking for yourself, and being in charge of your own food intake for the first time; can all affect your eating habits as a student. Planning your meals, avoiding eating out too much and reducing your alcohol intake can all help you to stay healthy.

#### MENTAL HEALTH

If you are worried at any time that you may be suffering from mental health problems, whether it is depression, anxiety or exam stress, it is important that you speak to someone about it. The University's Student Support & Wellbeing Service can help you. Contact us: **0207 815 6454**, [studentwellbeing@lsbu.ac.uk](mailto:studentwellbeing@lsbu.ac.uk)

# HEALTH AND WELLBEING TIPS CONT.

Southwark NHS offers free and confidential sexual and reproductive health advice services for men and women of all ages. All of their clinics are walk-in clinics so no appointments are necessary. Further information on emergency contraception and general sexual health issues can be obtained from [www.fpa.org.uk](http://www.fpa.org.uk)

## LOCAL SEXUAL HEALTH SERVICES

### Artesian Sexual Health Clinic

138 Grange Road, London SE1 3GF  
020 3049 4006  
Monday 9.30am–4pm  
Tuesday 9.30am–6pm  
Wednesday 1pm–4pm  
Thursday 9.30am–12pm *walk-in*  
1pm–4pm *appointments*  
Friday 9.30am–4pm

### Brook Southwark

(service for under 25's only)  
1 Amelia Street, London SE17 3PY  
Tel: 020 7703 9660  
[www.brook.org.uk/london](http://www.brook.org.uk/london)  
Monday to Friday 1pm to 6pm  
Saturday 1pm to 4pm

### Burrell Street Clinic

4-6 Burrell Street, London SE1 0UN  
020 7188 6666  
[www.burrellstreet.co.uk](http://www.burrellstreet.co.uk)  
Monday 8am–6pm  
Tuesday 8am–3pm  
Contraception clinic 4pm–7pm *walk-in*  
young men under 25 4pm–7pm *walk-in*  
Wednesday 12.30pm–6pm  
Thursday 8am–6pm  
Friday 8am–5pm *Contraception clinic*  
12pm–3pm *appointments only*  
Saturday 8am–3pm  
Sunday 9.20am–1pm

### Camberwell Sexual Health Clinic

Ground floor, 94-104 Denmark Hill, London SE5 9RS  
020 3299 5000  
Monday to Tuesday 9am–7.30pm  
Wednesday 1pm–7.30pm  
Thursday to Friday 9.30am–7.30pm  
Saturday 9.30am–10.30am *appointment only*

### Lloyd Clinic - Guy's Hospital

2nd floor, Southwark Wing, Guy's Hospital, London SE1 9RT  
020 7188 6666  
Monday 8am–6pm  
Tuesday 8am–3pm  
Wednesday 12.30pm–6pm  
Thursday 8am–6pm  
Friday 8am–5pm

### Walworth Road Clinic

157 -169 Walworth Road, London SE17 1Ry  
020 3049 4006  
Monday 9.30am–6pm  
Tuesday 9.30am–6pm  
Wednesday 1pm–6pm  
Thursday 9.30am–6pm  
Friday 9.30am–4pm

## GUM CLINICS

GUM (genitourinary medicine) clinics are based at hospitals and provide a specialist sexual and reproductive health service with testing and treatment for infections including HIV.

For most sexual health services, your local pharmacist, GP or sexual health clinic will be the best place to go for advice and diagnosis.

### Caldecot Centre

15-22 Caldecot Road  
London SE5 9RS  
020 3299 3453

## SH:24 Sexual health: 24 hours a day

SH:24 is the Students' Union's new project to improve the sexual health of London South Bank University students. In 2015 LSBU students were ranked as 'the most sexually satisfied students in the country' and we think that's great... but safe sex is great sex.

# WORK WORK WORK WORK WORK

#starcardslondon

#starcardslondon

Now you deserve a little fun. And if you work around here, fun has just got cheaper. Order a free STAR CARD today and unlock the best entertainment, dining and shopping experiences in South Bank and Waterloo, for a fraction of the cost.



Get your new STAR CARD today exclusively at [starcardslondon.com](http://starcardslondon.com)

**BUY ONE  
PIZZA GET ONE**

**FREE**

**USE ONLINE CODE**

**FRESSSH!**

**MEDIUM & LARGE PIZZAS ONLY**

**TO FIND YOUR NEAREST STORE AND TO ORDER VISIT:**

**[WWW.DOMINOS.CO.UK](http://WWW.DOMINOS.CO.UK)**



**Domino's<sup>®</sup>**

\*Medium & large pizzas only. Cheapest pizza free. Valid online only at participating stores. Not valid with any other offer. Can be removed at any time without notice.