There is so much for you to discover and enjoy in Liverpool. We have some of Britain’s finest architecture, and the most celebrated galleries and museums outside London.

See a show at one of our award-winning theatres, or watch a band at one of the many venues in Britain’s Capital of Pop. Learn about Liverpool’s rich 800 year history and diverse cultural heritage at one of our many museum exhibitions, or take a leisurely browse around the city’s stores in one of the North West’s best shopping centres.

There’s a full diary of events and festivals for you to enjoy, plus one of Europe’s most vibrant club and bar scenes. There’s so much happening that you couldn’t have picked a better time to be in Liverpool.
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Welcome to Liverpool – a vibrant and diverse student hub that was recently voted the fourth friendliest city in the world (Rough Guides). Combining big city opportunities with the security of our self-contained campus, we can offer you the support you need to thrive.

As one of the newest members of our 33,000-strong global student community, you are now part of an international network, with access to world-class teaching, first-rate services and outstanding facilities.

Whatever help you need to achieve your potential, our support teams will do their best to help you accomplish your goals.
Established in 1882, the University has a long and illustrious history, dating from the day University College opened its doors to our first 45 students. In 1892, the Victoria Building – which sits centre-stage at the heart of our campus community – opened. The building gave rise to the term ‘red brick university’.

Principal founding fathers, James Campbell Brown, Charles Beard and William Rathbone, laid the early foundations for our research pedigree, by attracting pioneers. One such pioneer was Oliver Lodge, who made the first public radio transmission in 1894 and demonstrated the first surgical use of X-rays two years later.

Medical innovation was to become a key feature of the University. Recognition of our work led to the University being granted its Royal Charter in 1903. Nine Nobel Laureates were to pass through our doors in the following 100 years, along with many high-achieving alumni. Along the way we were the first university to establish departments in Oceanography, Civic Design, Architecture and Biochemistry, and we remain the only UK institution with full clinical coverage.
- Have you completed your registration process? Please remember that you are not fully registered at the University until you have completed both Financial Registration and Academic Registration. More information can be found here: www.liverpool.ac.uk/student-administration/student-administration-centre/student-record/academic-registration/

- Have you registered with a G.P.? You will find a range of health services in and around the University, including an on-campus general practic and a drop-in health advice centre at the main halls of residence: www.brownlowhealth.co.uk

- Are you up to date with your vaccinations? Universities can be breeding grounds for infections. It is advisable to check with your G.P. that you have received vaccinations for Measles, Mumps and Rubella (MMR) and for meningitis.

- Have you familiarised yourself with the various support services available to you, including Financial Support, Disability Support and General Welfare Support? Further information can be found on the Student Support Services web pages: www.liverpool.ac.uk/studentsupport

- Taken measures to ensure your personal safety and to protect your property? Information from Merseyside Police is available on the Student Support Services web pages: www.liverpool.ac.uk/studentsupport

- Registered your property for free with Immobilise, improving chances of getting it back if stolen: www.immobilise.com

- Familiarised yourself with the University libraries? www.liverpool.ac.uk/library

- Activated your email and computing account using your student ID number from your welcome pack? Register at: register.liverpool.ac.uk

- Did you know that you can get lots more information on settling in to your new life in Liverpool on the University Welcome Week web pages: www.liverpool.ac.uk/welcome
Social media is an important communication tool which you probably already use to socialise, network and interact online.

It’s a great way to keep in touch with your social circle and stay abreast of world news and events, but it is also a major part of building your online profile – something which will come in very handy when you start looking for jobs or further study opportunities.

Social media presents a real opportunity if it is used effectively. Students and graduates have more platforms and tools now than ever before to show what they can bring to an employer. It can equip you with useful and highly transferable skills, which can make you stand out from the crowd in a competitive jobs market.

Many companies have a presence on social media and graduate employers are increasingly using the networks during the selection process for jobs, some even as part of the decision-making process supporting the screening of applications.

It is important to check your privacy settings carefully and be mindful about the comments you make on social networking sites.

Avoid getting involved in online activity which could reflect negatively on you, either now or in the future. The information you post online will exist forever, and it won’t be difficult for potential employers to find what you might prefer them not to!

For help, hints and tips about how to make social media work for you while you are studying, please view our Student Guide to Social Media at: https://www.liverpool.ac.uk/media/livacuk/corppcomms/pdf/Social,media,guide.pdf

This guide will help you to understand how to use social media effectively and safely, and avoid the kind of social media activity which may reflect negatively on you with employers.

It will also help you to navigate the University of Liverpool Social Media Compliance Policy: https://www.liverpool.ac.uk/media/livacuk/computingservices/regulations/social-media-policy.pdf

This policy is in place to protect University security as well as the reputation and personal security of students while using social media.
Don’t wait until you graduate, start taking advantage of our global alumni network of more than 195,000 Liverpool graduates today!

Find out more at: www.liverpool.ac.uk/alumni
Now that you have arrived at University, you will want to make friends, find your way around and get to know more about your University and the City.

Remember that as first year students everyone will be meeting for the first time and it’s okay to take your time to get to know people and settle in.

Leaving home and meeting new people can seem overwhelming, especially if we see others who seem perfectly at ease and are forming friendships and becoming part of a group.

Things you can do:
- Don’t wait for other people to visit you or speak to you. Try to talk to people sitting next to you in class or at meals or shared accommodation.
- Try to find situations where you will meet people with interests similar to your own.
- Look for activities that you are really interested in and enjoy – e.g. societies, sport, voluntary work.
- The Guild of Students’ web pages contain lots of information, including how to join a society, opportunities for volunteering and more: www.liverpoolguild.org
- View the ‘Sport Liverpool’ web pages which are full of information on classes and sporting activities available at the University Sports and Fitness Centre: www.liverpool.ac.uk/sports
- The halls student experience team organise events to help you settle into your life in halls. Halls Life enables students to keep up to date with the latest news, offers and events around campus: www.liverpool.ac.uk/accommodation/hallslife
- Consider doing things on your own. Don’t miss out on things because you have nobody to do them with e.g. going to a concert or for a walk, or seeing a film.

Try and make non-course friends, such as those in your halls or on your corridor. Be yourself and be aware that not everyone makes friends straight away, although it may seem that way.

If you find you are struggling and would like to speak to someone, you can contact Advice and Guidance in confidence: www.liverpool.ac.uk/studentsupport/advice
University Accommodation

Liverpool is a great city with a fantastic atmosphere and an amazing student community. There’s no better place to live and study.

Wherever you have chosen to live, you will want to get out and about and explore your new surroundings.

There is a frequent dedicated bus service, the 699, which operates between the halls of residence at Carnatic and Greenbank and the University, every day during term-time. You can find out about timetables, fares and season tickets for this and other bus routes on the Arriva website: www.arrivabus.co.uk/north-west

You can also buy term time bus tickets from the shop in the Guild of Students.

The University Accommodation website contains lots of useful information to help you before you arrive and whilst you are home. This includes an online document store for reference: www.liverpool.ac.uk/accommodation

When you arrive students are given the opportunity to join a Halls’ student committee. This committee is elected by students, organised by students and makes changes and improvements that students support. Each committee is given a financial budget and authority to spend this in the area they decide. Committees use their budget in a variety of ways including improving the hall and organising social events for students.

Residential Advisors

Each University Hall of Residence has a team of Residential Advisers and Wardens whose role it is to provide support and advice to students and they play an active role in Hall life. Residential Advisers are professional members of staff and students employed to assist students with any personal problems.

Wardens are senior academic staff who provide live-in pastoral care to students in halls.

Duty Residential Advisers are available in the evenings and through the night at each hall in case of emergency. For further information please visit the Accommodation website: www.liverpool.ac.uk/accommodation/support

You can find out who your Residential Advisers are in the literature in your information pack and on posters in your Halls of Residence.

Keeping in contact with students is important to the Accommodation Team and we do this through Residential Advisers in halls of residence, the Halls’ Experience Team, staff at the Accommodation Office, Facebook and also through Halls Life, the University’s social network. Halls life enables students to keep up to date with the latest news, offers and events around campus: www.liverpool.ac.uk/accommodation/hallslife
Liverpool
Student Homes

Private Accommodation
Liverpool Student Homes is a service owned and managed by University of Liverpool, Liverpool John Moores University, Liverpool Hope University, LIPA and their respective student unions. LSH advertise the largest choice of private student accommodation in Liverpool and is dedicated to helping students find good quality private accommodation.

LSH advertise the largest choice of private student accommodation in Liverpool with over 16,000 bed spaces advertised last year.

Registered Landlords
Properties that are advertised by LSH have been registered by private landlords and have met quality criteria set out in the LSH Standards which are in place to protect students from poor housing conditions and raise the quality of student accommodation across Liverpool.

There is a wide choice of accommodation available both in the city centre and in popular student areas, including; private halls, studio flats, shared houses of all sizes, homestay properties (living with the owner) and individual rooms in properties.

You can search the property database quickly and easily on the LSH website: www.liverpoolstudenthomes.org/accommodation

LSH can also check your tenancy agreement before you sign it, answer any questions about living in private accommodation, provide support if you are having housing-related problems and help mediate if there is a dispute with your landlord.

See page 156 for more information about LSH.

Liverpool Student Homes
140 Mount Pleasant, Liverpool, L3 5SR
Tel: 0151 794 3296
Email: lsh@liverpool.ac.uk
LSH Housing Rights Advice Service

For those of you who have chosen to live in private sector accommodation there may be times when you need advice and guidance on your rights as a tenant.

No heating or hot water? Damp, mould or leaks in rooms? Problems getting your deposit back? Unsure about your contract?

Liverpool Student Homes has a Private Sector Housing Rights Advice Worker who can provide advice and support on:

- tenancy agreements or contracts,
- tenancy deposits,
- disrepair,
- rent arrears,
- illegal eviction and harassment,
- homelessness,
- tenant disputes,
- landlord negotiation,
- complaints and legal action.

Drop in sessions are available during term time both on campus and at the LSH office.

Please check the housing advice page on the LSH website for an up to date list of where and when the drop in sessions will be on campus. Outside of term time please email or telephone to confirm availability. Locations and times may be subject to change.

Fridays (All year round) -
LSH Office
140 Mount Pleasant
Liverpool, L3 5SR
9:30am - 4:00pm

You can also receive advice over the telephone or via email:
Tel: 07970 247 209
Email: advice2u@liverpool.ac.uk

All advice given through this service is Free, confidential and impartial.

To keep up-to-date with the latest from LSH including safety tips, events, housing advice and more, follow them on social media.

Facebook: www.facebook.com/LiverpoolStudentHomes
Twitter: @livstudenthomes

Please check the housing advice page on the LSH website for an up to date list of where and when the drop in sessions will be on campus. Outside of term time please email or telephone to confirm availability. Locations and times may be subject to change.

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Facebook: www.facebook.com/LiverpoolStudentHomes
Twitter: @livstudenthomes
Many students coming to university, and maybe leaving home for the first time, feel homesick

Even those who didn’t ever expect to be hit by homesickness can suddenly find themselves missing the familiarity of home and friends, and don’t know quite how to cope with the resulting emotions. This is entirely normal and passes, usually in the first term, and often within the first few weeks.

It is really important to realise that you are not the only one feeling homesick and that it doesn’t in any way mean you are inadequate. Suddenly, you find that, instead of being a central person in a small unit with plenty of peripheral activities and friends, you have become an anonymous member of a five thousand plus community where you know no-one.

Understandably you feel shaken and lonely and you long for the secure and the familiar. Sometimes the emotions are completely overwhelming.

What can you do to help yourself?

Most importantly: acknowledge your feelings and accept them. Believe that they will pass. They almost always do.

Decide whether the best policy for you is to have frequent contact with home (because contact makes you feel better), or little contact (because contact makes you feel worse)

Think carefully about whether or not to go home at weekends (if this is possible). Some students find it helps to ease the transition; others find the constant readjustment makes them feel worse.

Make a real effort to join societies/activities and to make at least one or two friends. This might feel very difficult, but the more you feel part of campus life, the less homesick you will feel.

Familiarise yourself with the Guild of Students. Apart from all that it offers it is an excellent way to meet people in the early days before lectures and social events are really underway. Take a book and sit in a corner and read if you are afraid of seeming conspicuous.

Try to establish a routine as soon as possible. The fuller your days are, the less time you will have to feel homesick or lonely.

Volunteer to help with something - there are plenty of groups looking for volunteers.

Sometimes it helps to share feelings of homesickness. Sharing these feelings may take you over the worst period
The Student Administration Centre is responsible for the efficient administration of all students’ personal, academic and financial records. The Centre is part of the Student Administration and Support Division and deals with all student administrative matters, from initial registration through assessment to graduation, as well as student discipline, complaints and appeals. For more information visit: www.liverpool.ac.uk/student-administration/student-administration-centre

Contact Details
Student Administration Centre
The Foundation Building
The University of Liverpool
765 Brownlow Hill
Liverpool
L69 7ZX
Tel: 0151 794 6759
Fax: 0151 794 2041
Email: studentenq@liverpool.ac.uk

Student Fees, Funding and Advice
The Student Fees Office is part of Student Administration and Support Division and holds responsibility for raising and collecting all student fees including tuition fees and accommodation charges.

For more information visit: www.liverpool.ac.uk/feespayment

Please contact the Student Fees Section if you require any further information:
Student Fees Section, Student Administration Centre, The University of Liverpool, The Foundation Building, 765 Brownlow Hill, Liverpool. L69 7ZX. Tel: 0151 794 6777

Email
For queries relating to the amount of fees raised, scholarships and bursaries, or the payment of fees please email feesenq@liverpool.ac.uk

If you have any concerns with regard to your registration, the payment of fees, or your entitlement to or payment of scholarships and bursaries, you may call into the SAC at any time between 9.00am and 5.00pm Monday to Friday.
If you experience a problem of any kind please tell someone about it. You can turn to your academic school or department, or if you live in a University residence, your Residential Adviser. The following pages contain information on the many Student Services and departments available in the University that may be able to help with more specific issues.

Student Welfare Advice and Guidance are based in the Student Services Centre, Alsop Building on University Square and our role is to provide students with advice support and information, particularly with financial issues (Money Advice and Guidance), disability (Disability Advice and Guidance), advice and support to International students (International Advice and Guidance) and welfare issues (Advice and Guidance).

Through our reception service we act as a general point of referral to other services both within and outside the University. We are open Monday-Friday 9am-5pm (Wednesday 10am-5pm) throughout the year (with the exception of the University’s closed days).

Individual staff with specialist knowledge and experience see students by appointment and on a drop-in basis. Information on drop-in and appointment times can be found on our web pages: www.liverpool.ac.uk/studentsupport/

Tel: 0151 794 5863
Email: ssrec@liverpool.ac.uk
Twitter: @livuniswag
ADVICE & GUIDANCE

We want you to enjoy your time at the University of Liverpool and hope that nothing will stop you getting the best out of your studies.

Advice and Guidance works closely with the other teams within Student Services including Disability Advice and Guidance, Money Advice and Guidance, International Advice and Guidance and the Mental Health Advisory Service. Part of this role is to provide initial advice about any issues which may be affecting your general welfare.

If you are not sure who to ask for advice, or you just need to talk to someone, you would be welcome to contact us. We will do our best to help or, if you need more specialist advice, we will refer you to the right people or services to assist you with your individual query.

Please do come to Student Services in the Alsop Building on University Square, if you want to chat about anything you are concerned about, or if you have any comments or suggestions about the support services offered here at your university.

Email: advice@liverpool.ac.uk
Web: www.liverpool.ac.uk/studentsupport/advice/
Money Advice and Guidance (MAG) is part of Student Welfare Advice & Guidance and provides support and advice to both current and prospective students on a range of financial matters.

The team offers the following services:
- Discretionary financial help through the University Hardship Fund for students experiencing financial hardship (UK students only).
- Advice on statutory funding for full & part-time undergraduates.
- Liaise with funding bodies regarding problems with funding.
- Assist in cases where students are trying to gain independent status with their funding body based on estrangement.
- One to one budgeting sessions and other group sessions aimed at improving money management.
- Debt advice service - liaising with creditors if necessary.
- Advice on funding for EEA migrant workers and other EU students who may qualify for UK funding.
- Eligibility and calculation of welfare benefits.
- Named contact for Local Authority Care Leavers.
- Provides advice and support for students who are carers.

If you have any previous higher education study, or you are planning to withdraw, suspend, transfer or repeat part of your programme, your entitlement to funding may be reduced, please contact the team for further information. Further information on all of our services can be found on our web page: www.liverpool.ac.uk/studentsupport/money

Contact the team via email or telephone.
Email: money@liverpool.ac.uk
Tel: 0151 794 6673 /5860/5861
BUDGETING TIPS

Make sure you are getting all of the money you are entitled to – if you are not sure visit MAG who will check your entitlement to funding and, if applicable, welfare benefits.

- Don’t be tempted to rush out and spend all of your student loan at the start of term – remember most students funding is paid in three large chunks and must last until your next payment.

- Set up arrangements to pay your rent first – this will be by far your biggest expense.

- Think about your expenditure for the whole year – include things like field trips and one-off expenses like Christmas.

- Look at gaining part-time employment – visit the Careers & Employability Service.

- Can you minimise your bills? Why not look at your phone contract.

- Buy supermarket own brands or try shopping late in the evening when food is often reduced.

- Use on-line banking to keep a check of your expenditure.

- Don’t buy food on an empty stomach – you will only buy what you want and not what you need.

- Seek advice from MAG if you are struggling to manage your money – we can help you set a budget plan.

Contact MAG.
Tel: 0151 794 6673
0151 794 5860
0151 794 5861
Email: money@liverpool.ac.uk
Web: www.liverpool.ac.uk/studentsupport/money
Disability Advice & Guidance is responsible for the co-ordination of individual support for disabled students. The team provides a specialist guidance and support service for all prospective and current students.

The support offered includes:
- Confidential one-to-one appointments
- Daily advisory drop-in service
- Assistance with obtaining funding to support disability related study needs, e.g. Disabled Students’ Allowance
- Arrangements for study needs assessments
- Loan of specialist equipment and software
- Liaison with academic and other University departments to communicate & implement reasonable adjustments
- Access to Independent Specialist Support Tutors
- Provision of study assistance (e.g. note takers, mentors, library assistants)
- Development of a Student Support Document to identify appropriate reasonable adjustments

Tel: 0151 794 5863
Email: disteam@liverpool.ac.uk
Web: www.liverpool.ac.uk/studentsupport/disability
International Advice and Guidance (IAG) is located in the Student Services Centre. IAG is the central point of contact for international students throughout their study at the University.

**IAG provides:**

Daily drop-in sessions for international students to assist with a range of issues including immigration, finance, safety and welfare; specialist immigration advice including sessions on how to extend your student visa; presentations and workshops on a range of topics including ‘Working in the UK After Your Studies’; regular updates on current international student issues; opportunities for students to enhance all aspects of their student experience; comprehensive web-based information; information and assistance for families of international students.

Tel: 0151 794 5863
Email: iagteam@liverpool.ac.uk
Web: www.liverpool.ac.uk/studentsupport/international/
The Counselling Service provides confidential counselling and support to help students with personal and emotional problems affecting their studies and general wellbeing, both on an individual basis and through the workshop programme, which provides help on specific topics such as optimising performance, managing anxiety and confidence building.

To access counselling with one of the professionally qualified and experienced counsellors and discuss any issues in confidence, you can collect a counselling registration pack from Reception or contact us to request one by post. Once you have registered we will arrange an appointment. We also run a drop-in service Monday to Friday between 10-11am. Slots are allocated on a first come, first served basis and usually last up to 15 minutes. These sessions provide an opportunity to talk through your problems with a counsellor and explore your options.

“Using the Counselling Service was a very positive experience for me. It feels like a safe place where you can freely express your feelings and worries”

Student Quote

Tel: 0151 794 3304
Email: counserv@liverpool.ac.uk
Web: www.liverpool.ac.uk/studentsupport/counselling/
Mental health can be described as your own personal sense of wellbeing. It can be useful to understand mental health and wellbeing as being along a continuum, and like physical health, it naturally fluctuates in response to life events, situations and environments.

Despite mental health difficulties being very common, people are frequently reluctant to talk about their mental health. It is estimated that one in four adults will experience mental health difficulties in any one year and evidence suggests that people between the ages of 18 and 22 are at increased risk of developing mental health difficulties.

Combined with the stress factors of university life, such as moving away from home, financial concerns and academic demands, students can be at further risk. Or, if you have experienced mental health difficulties in the past, you may find that the initial adjustment to student life can affect your usual coping strategies. For some, mental health difficulties will be relatively mild and transient in nature, but for others they will be more significant. You may not have a diagnosis for your mental health difficulty or alternatively it may be the case that you are offered a diagnosis, examples of which include anxiety, depression, a mood disorder, eating disorder, or psychosis.

While many students with mental health difficulties manage university life well, there will be some students who, for a variety of reasons, find that their mental health is affected and this may impact upon their academic work, ability to settle into university life, make friends and have a positive experience. This may be one of the reasons that they choose to access Student Support Services to aid with this transition to life at University.
If you feel concerned that you, a friend or one of your fellow students may have concerns relating to their mental health then you may wish to contact or consult with the Mental Health Advisory Service. Tel: 0151 794 2320 Email: mentalhealthadvisor@liverpool.ac.uk

The Mental Health Advisory Service is a confidential service and is generally available between the hours of 9am – 5pm (Monday – Friday). The Mental Health Advisory Service is based within the Student Services Centre, Alsop Building, Brownlow Hill. Liverpool L3 5TX. Tel: 0151 794 2320
You will find a range of health services in and around the University, including an on-campus General Practice and a drop-in health advice centre at the main halls of residence.

If you have moved to Liverpool for your studies, you will live for the majority of the year in Liverpool and so this is seen as your main place of residence. If you live at any of the Halls of Residence or close to the University then it is likely that you will be within the practice boundary for Brownlow Health who operate Student Health Services.

The Student Health Service on campus which includes the Student Health Advice Centre (SHAC), based at Carnatic halls of residence, is a valuable service provided by the University through a local GP Practice called Brownlow Health. www.brownlowhealth.co.uk

Staff will be available at all the welcome events if you wish to register upon arrival and all staff will be happy to give more details of the services provided. You may also register at any time of the year by completing forms provided at any of the Brownlow Health sites listed on the webpage. The medical team includes Doctors and Nurse Practitioners (all of whom can prescribe medication), and the wider support team also includes physiotherapists and psychology services. Details on how to access all services, including opening times and site addresses, are available on the website, or

Tel: 0151 285 4578
Monday to Friday
8.00am until 6.30pm
For out-of-hours services from 6.30pm to 8.00am weekdays and throughout Bank Holidays and weekends contact the Practice number as above.

twitter.com/brownlowhealth

facebook.com/BrownlowHealth

If you choose not to register with Student Health Services and Brownlow Health then it is recommended that you register with a GP Practice close to your Liverpool address, as it is very important that you have comprehensive medical care in the place where you live. This is particularly important if you have a long-term condition such as asthma or diabetes. Universities can be breeding grounds for infections. Vaccinations are available to prevent the risk of serious illness. It is advisable to check with your GP before coming to University that you have received vaccinations for Measles, Mumps and Rubella (MMR) and for Meningitis.

For a list of dentists treating new patients, please call Healthwatch on 0300 777 7007. For confidential advice on any health question or information about where to find services in the area 24 hours a day, visit www.nhs.co.uk
Details of all UK health service provision may be found on www.nhs.co.uk

Students aged 16, 17 or 18 in full-time education are entitled to free NHS prescriptions as well as NHS dental treatment, sight tests, NHS wigs and fabric supports.

If you are aged 19 or over, you may be able to get some help under the NHS Low Income Scheme, by completing an HC1 form, giving details of your income and expenditure.

You can find further information on the NHS Choice web page: www.nhsbsa.nhs.uk/nhs-low-income-scheme
TIPS FOR STAYING HEALTHY

• Remember, don’t wait until you are ill to register with a doctor. Do it as soon as you arrive at University.

• Research shows that physical activity can boost self-esteem, mood, sleep quality and energy.

• Drink a non-alcoholic beverage in between every alcoholic one, this helps you slow down and regain control.

• Eat a wide range of foods to ensure that you’re getting a balanced diet and that your body is receiving all the nutrients it needs.

• Sleep is vital for learning and memory and lack of sleep impacts on our health. Make sure you get enough sleep.

• The University has lots on offer for wellbeing. Find out more at the Wellbeing Hub: www.liverpool.ac.uk/wellbeing

Meningitis Matters

Look after yourself and look out for friends. For more information please go to www.meningitisnow.org
HELP WITH ACADEMIC MATTERS

Your student handbook ‘Your University’ provides all the information you need to help you through your University career. It sets out the rules, regulations and policies to be followed as a member of the University community and tells you about other sources of information likely to be useful to you while you are here. It is available online: www.liverpool.ac.uk/student-administration/student-administration-centre

Your department should give you information about the detailed assessment criteria for your course.

Please make sure that you understand what is required of you, particularly on issues such as plagiarism.

Staff in your school or department will be able to help you with matters relating to your academic work and with any issues or problems that may affect your academic progress.
PROTECT YOUR PROPERTY

Some ideas for keeping your property safe wherever you are living

- If you are leaving the house, remember to always lock doors and windows
- Light timers are a good way of making it appear that the property is occupied
- Make sure that any valuables are not in view. Close curtains at night
- If you live in a flat or shared accommodation, make sure you know who is following you into the building.
- Mark your property with UV pens or register it for free with Immobilise: www.immobilise.com

If you do have problems we want to know about it. In an emergency, call 999.

You can also report all suspicious incidents to Campus Support on 0151 794 3252 or the Police on non emergency number 101.
SECURITY

The Campus Support Service operates to ensure a safe and secure crime-free environment within the University community, through the provision of a proactive and vigilant Campus Support team.

Responsibilities include CCTV and alarm surveillance, visible patrolling, investigative processes and the provision of security advice throughout the University.

The Campus Support Team provides a Chaperone Service within the campus grounds 24 hours a day. Subject to availability of security staff, please be patient. Call the following number for this service 0151 794 3252.

Lost property can be handed in and collected from the Campus Support office at Ground Floor, Bedford House, Oxford Street building (No 505 on the campus map).

In the case of an emergency contact:
Tel: 0151 794 2222

For general enquiries:
Tel: 0151 794 3252
It makes good sense to:

- Always lock your bike (even if you leaving it for a couple of minutes).
- Use of a D lock is recommended.
- Use the University's bicycle pods. Each of these compounds are fitted with lighting, a panic alarm and are gated with a proximity card access.
- To use the bike pods facility, your student card can be uploaded for use which is free of charge. Please visit the vehicle parking department on the 2nd floor of Bedford House to have your card activated.
- The 5 lockable cycle storage compounds can be found at the following locations on the Campus Map:
  - Rendall Building (432)
  - Sydney Jones Library (433)
  - Harold Cohen Library (431)
  - Student Support Services (502)
  - Biosciences Building (216)

Avoid leaving your bike in isolated places
Leave it where it can be seen
Although Liverpool has been rated as one of the UK’s safest cities, it is still wise to take steps to make sure you are safe whilst out and about.

Here are some simple things to remember:

- Try to avoid being out late on your own. Where possible, you should try to travel in a group.
- Avoid taking shortcuts along dark alleys, parks or wasteland. Keep to the middle of the pavement away from car doors and hedges. Use only well lit, busy roads.
- Walk confidently, be aware of what is going on at all times- listening with headphones in or chatting on the phone will reduce your awareness of anyone behind you.
- If you are travelling alone on public transport, try to avoid waiting at isolated bus stops and have change ready to avoid getting your purse or wallet out in public.
- On a train, sit in a populated compartment. If you feel uneasy, move to another seat or carriage.
- Do not hitch-hike or accept lifts from strangers.
- If you are out late on your own, arrange to be taken home safely or use a licensed taxi or black cab.

A Taxi Marshalling Service is available in Liverpool Town Centre. The location of the marshalled taxi rank is Victoria Street (corner of Stanley Street) and will operate between midnight and 4.00 a.m. every Friday and Saturday evening.
The Careers & Employability Service supports all students in developing employability skills from year one through to 5 years after graduation. We do this through a combination of departmental presentations, central workshops, careers fairs, social media, videos and a wide range of services all of which are available to everyone no matter what your degree subject is.

Our services include helping you get work placements and internships, arranging for you to meet and network with graduate recruiters, helping you find part-time jobs and of course, offering you advice and guidance on the issues important to you.

We can help you make strong applications and prepare for interviews. We can give you information on job vacancies and where to find them, potential employers, postgraduate courses and sources of funding, work and study abroad, taking time out or starting your own business.

Studying at Liverpool gives you direct access to an extensive range of recruiters operating in all career sectors and in companies ranging from SMEs (Small and Medium Enterprises) to international corporations.

We have thousands of employer contacts that we work closely with, and advertise part-time, internship, placement and graduate vacancies on the Careers & Employability Service website. We organise a programme of employer-led talk delivered by companies who want to recruit University of Liverpool students. Not only is this proof of the value employers attach to our university, it also reflects how seriously we take your employability.

Last year, students made over 15,000 visits to the Careers & Employability Service, and with over 9 out of 10 of students using our service by the time they reach final year this makes us one of the most popular and best-used amongst the UK’s top universities.

We look forward to working with you to help you plan and achieve your ambitions. Email, phone or call in to see us and we can discuss your needs and what we can offer you.

Put simply, we’re available to work with you every step of the way.

Visit our web pages for more information: www.liverpool.ac.uk/careers

Follow us on Twitter and Facebook at: @livunicareers
Studying at Liverpool is an excellent foundation for your future success. As a University of Liverpool student, ahead of you are some of the most exciting career opportunities in the world. Whether you have a clear career goal, a range of options you wish to narrow down, or don’t know what you want to do, we are here to help you throughout your course and for up to five years after you leave the University.
We’re the Students’ Union for the University of Liverpool, and you automatically become one of our members as soon as you join. From your first day as a student and throughout your university years, it’s our job to make sure you enjoy your time with us.

In September 2014 we reopened the doors to our Guild building after a £14 million refurbishment. Boasting the second biggest concert space in Liverpool, six bars, three shops and twenty activity spaces for our societies, our newly revamped space is yours to enjoy however you wish. But we are more than just a building.

We believe our members deserve the best. We offer:

**Opportunities to boost your skills.**
We have 232 student-run societies which you can get involved in, not to mention our super volunteer programmes and student-staff roles.

**A fun and vibrant place where you can try new things and have a laugh.**
Take part in Give it a Go trips, enjoy live music gigs and make the most of our other good quality, affordable services.

**Support whenever you need us.** Whether you need help to settle in or support during your studies, we’re here for you. We’re a friendly, helpful bunch and quick and easy to contact.

**Campaigning for positive change.**
We are a democratic organisation which listens to our student members and fights for the issues that matter most to them. Working with our 800 Course Reps, we provide effective representation and make sure we are the University’s critical friend. We have successfully campaigned for recorded lectures, a bursary for asylum seekers, removing hidden course costs and better academic support for students.

Our members elected the first black Student Union President in the UK, built the biggest Student Union building in Europe and grabbed national headlines with a 300-strong sit-in protest. We are a student-led, dynamic and constantly evolving organisation, and a not-for-profit charity.

Today we continue to be at the beating heart of the student body and the place where everything happens.

For details on the Official University of Liverpool fresher’s events head to: www.liverpoolguild.org/welcome

Contact The Liverpool Guild of Students:
Tel: 0151 794 6868
Email: guild@liverpool.ac.uk
Website: www.liverpoolguild.org
Facebook: facebook.com/liverpoolguildofstudents
Twitter: @LiverpoolGuild
Instagram: instagram.com/liverpoolguild
You are going to love it at the University of Liverpool and we hope you will spend some of your student life getting involved in some of the activities we have on offer.

Sport Liverpool is committed to providing students with high quality sports facilities and opportunities to get active whilst at University. We are lucky enough to have great indoor and outdoor facilities which you will be able to enjoy. For less than £18 a month you can have unlimited access to all our indoor facilities which include a well-equipped fitness suite which includes top of the range Cybex equipment, large free weights area with lifting platforms, functional training space and over 50 fitness classes a week. Do not worry if you have never used a facility like this before; we will show you around, make sure you are comfortable and provide you with a friendly, welcoming and professional service. Just call into the Sports & Fitness Centre reception to have a look around.

Sport Liverpool support 51 student-led sports clubs which provide for players of all standards including beginners. These clubs represent the University in a number of leagues and tournaments. Whether you are looking to continue with a sport or try something for the first time, our sports clubs are the place for you.

Whether you take part in organised activities, independent exercise or join a sports club, our sports services provide a great way to meet people, get connected and achieve a level of fitness and general wellbeing that can help you cope with the other, more demanding aspects of University life.

For more information about how you can get involved please come to the Club’s Welcome Fair in the Sports and Fitness Centre during Welcome Week or visit our website: www.liverpool.ac.uk/sports
The University has a team of chaplains and associate chaplains available to students. They offer support to students of all faiths and none and provide a link to your faith community in Liverpool. The role of the Chaplains includes supporting the University in its pastoral care of students as well as staff.

Please contact advice@liverpool.ac.uk for any further information on the Chaplaincy.
USEFUL CONTACTS

Student Welfare Advice & Guidance:
www.liverpool.ac.uk/studentsupport

Advice & Guidance:
www.liverpool.ac.uk/studentsupport/advice

Money Advice & Guidance:
www.liverpool.ac.uk/studentsupport/money

Disability Advice & Guidance:
www.liverpool.ac.uk/studentsupport/disability

International Advice & Guidance
www.liverpool.ac.uk/studentsupport/international

Student Health:
www.brownlowhealth.co.uk

Accommodation Team (University Accommodation):
www.liverpool.ac.uk/accommodation

Accommodation (Private, rented - Liverpool Student Homes):
www.liverpoolstudenthomes.org

Computing Services:
www.liverpool.ac.uk/csd

Careers & Employability Service:
www.liverpool.ac.uk/careers
Counselling Service (University):  
www.liverpool.ac.uk/studentsupport/counselling

Student Administration & Support:  
www.liverpool.ac.uk/student-administration/student-administration-centre

Guild of Students:  
www.liverpoolguild.org

Diversity & Equality:  
www.liverpool.ac.uk/hr/diversity_equality

The Global Connection is a website for University of Liverpool international and home students to help them find out about conversation and intercultural groups throughout the University. It’s a great way to learn about other cultures, improve your language skills and make friends.  
www.liverpool.ac.uk/studentsupport/international/livingandworking/theglobalconnection

We also have a Facebook page at:  
www.facebook.com/livuni.globalconnections  
where you can hear about news and upcoming events.
## ABOUT LIVERPOOL

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Welcome to Liverpool, one of Britain’s most vibrant cities. This is the UK’s only city outside London to boast three universities and with over 50,000 enrolled, it’s safe to say you’ve arrived in student central.

A legendary music scene continues to gain strength and Liverpool’s cosmopolitan outlook and diverse population can provide whatever your ears want, including some of Europe’s biggest musical events.

Church Street and the new Liverpool ONE Centre offer hundreds of places to make use of your student discount. Spirited nightlife means you won’t be short of a quality student night without the budgetary hangover, whether you want a quiet pint or a birthday to remember.

Scousers are friendly and outgoing, proud of their city and known for their ready humour and quick wit. A cheerful and hospitable atmosphere means you’ll make friends quickly, both with locals and other freshers. It takes time to get used to any new city, but Liverpool’s open atmosphere will make it easier than you may think, even for those living away from home for the first time.

We hope this guide will help you settle in and that this great city will feel like home before you know it. With the new experiences, people and good times ahead of you, the years at uni will just fly by – make the most of them!
ABOUT LIVERPOOL

BUILDINGS
Liverpool’s rich and varied heritage is visible everywhere, but particularly in its buildings. A city built on trade from distant shores, it draws on influences from far and wide. Take a walk around the city and look closely at the architecture and you will see for yourself. Here are some of the most impressive.

**THE THREE GRACES**
Liverpool’s Pier Head is home to three of the most famous buildings in the city. ‘The Three Graces’, as they are known, consist of the Royal Liver Building, Cunard Building and the Port of Liverpool Building.

**THE ROYAL LIVER BUILDING**
The Royal Liver Building was constructed between 1908 and 1911 and was designed by Walter Aubrey Thomas. The grade 1 listed building is known for its two clock towers on which stand the mythical Liver Birds. There are numerous myths and legends surrounding the Liver Birds. According to popular legend they are a male and female pair, the female looking out to sea, while the male looks towards the city. Local legend has it that the birds face away from each other as, if they were to mate and fly away, the city would cease to exist. The building is the headquarters of the Royal Liver Friendly Society.

**CUNARD BUILDING**
The former headquarters of the Cunard Line shipping company was constructed between 1913 and 1916, and is a grade 2 listed building. Designed by William Edward Willink and Philip Coldwell Thicknesse, the building’s style is a mix of Italian Renaissance and Greek Revival, and its development was particularly influenced by Italian palace design. The building was the headquarters of Cunard until the 1960s, when they relocated their global headquarters to New York.

**PORT OF LIVERPOOL BUILDING**
Built between 1904 and 1907, it stands at an impressive 220ft tall. Designed in Edwardian Baroque style it is noted for its large dome, the focal point at the top of the building. The headquarters of the Mersey Docks and Harbour Board for 87 years, from 1907 to 1994 when they relocated to new premises.
The Central Library buildings symbolise the cultural legacy of the city’s merchants and form an integral part of the World Heritage site in William Brown Street. The Library reopened in May 2013 with a beautifully re-modelled building and a host of new services including:

• 15,000 rare books in the Hornby Library, Oak Room and Picton Reading Room.

• Wi-Fi access throughout the building, plus 150 computers and iPads.

• Spectacular views from the roof terrace and meeting rooms to hire out.

• Ground floor café with a terrace overlooking St John’s Gardens.

Areas are themed so that users can enjoy the best of the building and the resources within it. You can browse the audio books and language courses or use the e-books service. All loans are FREE and it is free to join. You can check out the iPads for quick email.
**BUILDINGS**

**ANGLICAN CATHEDRAL**
Completed in 1978 after 74 years, the largest cathedral in the UK and the fifth largest in the world, towers over the city and can be seen from miles around.

In 1902 an open competition was held to design the Cathedral. This attracted great interest from architects as not only was it one of the largest building projects of the 20th century, but this was only the third opportunity to build an Anglican Cathedral in England following the Reformation of the 16th century.

Entrants included noted architects such as Charles Rennie Mackintosh and Charles Herbert Reilly. However, it was controversially won by 22-year-old student Giles Gilbert Scott who not only had no previous buildings to his credit but was also a Roman Catholic.

**METROPOLITAN CATHEDRAL**
Known locally as ‘Paddy’s Wigwam’ the original designs for the Cathedral were completed on commission by Sir Edwin Lutyens in the 1930s. Lutyens design would have created a massive structure that would have become the second largest church in the world.

Work began on the Cathedral in 1933, however, by 1941 the restrictions of World War II and rising costs forced construction to stop. In 1956 work recommenced on the crypt and finished in 1958, but the project was deemed too expensive and the crypt remains the only part of Lutyens design to be completed.

In 1959 a competition was held to design a cathedral to accommodate the existing crypt and the winning design, by Sir Frederick Gibberd, is the Cathedral we see today.

**ALBERT DOCK**
These 19th-century warehouse buildings are the biggest group of grade 1 listed buildings in Britain, converted into an award-winning attraction. The Albert Dock is a stunning architectural triumph. Opened in 1846, it soon became a treasure house of precious international cargoes. Today it has been transformed into a top heritage attraction and stopping for a break in one of the restaurants, bars and cafes that punctuate this attraction is well recommended.

**ST GEORGE’S HALL**
Now regarded as one of the finest Neo-Classical buildings in the world, St George’s Hall is a grade I listed building. St George’s Hall fell into disrepair in the 1980s, but now refurbished, it is a focal point for cultural, community, civic, corporate and performing arts activities.

**THE IMPERIAL ARCH**
This Arch is the largest outside China at 15 metres tall. It was shipped from Shanghai, piece by piece, and placed at the entrance to Chinatown in accordance with the principals of Feng Shui.
The International Slavery Museum opened in August 2007 - the bicentenary of the abolition of the British slave trade. It is the only museum to look at aspects of historical and contemporary slavery as well as being an international hub for resources on human rights issues. It highlights the international importance of slavery, both in a historic and contemporary context. Working in partnership with other institutions, the museum provides opportunities for greater awareness and understanding of the legacy of slavery today. It is located in Liverpool’s Albert Dock, at the centre of a World Heritage site and only yards away from the dry docks where 18th century slave trading ships were repaired and fitted out.
The Museum of Liverpool reflects the city’s global significance through its unique geography, history and culture. Visitors can explore how the port, its people, their creative and sporting history have shaped the city.

**MUSEUMS**

**MUSEUM OF LIVERPOOL**
Pier Head
L3 1DG
Tel. 0151 478 4545
www.liverpoolmuseums.org.uk/mol

The Museum of Liverpool reflects the city’s global significance through its unique geography, history and culture. Visitors can explore how the port, its people, their creative and sporting history have shaped the city.

**WORLD MUSEUM**
William Brown St
L3 8EN
Tel. 0151 478 4393
www.liverpoolmuseums.org.uk/wml

The World Museum is the oldest of the museums and galleries operated by National Museums Liverpool, first opening on 8 March 1853. As one of Britain’s finest museums it has extensive collections and special attractions including the award winning hands-on Natural History Centre, the Aquarium and the Planetarium. There are also many newer galleries including World Cultures, the Bug House, the Weston Discovery Centre and a stunning central entrance hall and six-storey atrium. There are also special exhibitions held throughout the year. Open daily 10am – 5pm.

**MERSEYSIDE MARITIME MUSEUM**
Albert Dock
L3 4AQ
Tel. 0151 478 4499
www.liverpoolmuseums.org.uk/maritime

Liverpool’s seafaring heritage is brought to life in the historic Albert Dock. The museum’s collections reflect the International importance of Liverpool as a gateway to the world, including the city’s role in the transatlantic slave trade and emigration, the merchant navy and the Titanic.

**THE BEATLES STORY**
Britannia Vaults
Albert Dock
L3 4AD
Tel. 0151 709 1963
www.beatlesstory.com

The award-winning Beatles Story experience is an atmospheric journey into the life, times, culture and music of the Beatles. Take the magical mystery tour to see how four young lads from Liverpool were propelled to the dizzy heights of worldwide fame and fortune to become the greatest band of all time. Exhibitions include the Beatles Story Exhibition, the Elvis and Us Exhibition, the Discovery Zone and the Fab 4D Experience. The Beatles Story is open 7 days a week.

**U-BOAT STORY**
Woodside
Birkenhead
CH41 6DU
Tel. 0151 330 1000

At U-Boat Story you will be able to look into the U-boat, now in four sections with glass viewing partitions, examine its amazing interior and discover many well preserved artifacts. U-Boat Story is a fascinating look back into history. Guided tours are available daily at 2pm.
ABOUT LIVERPOOL ART GALLERIES
ART GALLERIES

TATE LIVERPOOL
Albert Dock
L3 4BB
Tel. 0151 702 7400
www.tate.org.uk/visit/tate-liverpool

The largest gallery of modern art outside London with many important contemporary and retrospective exhibitions featured throughout the year.

LADY LEVER ART GALLERY
Port Sunlight
Wirral
CH62 5EQ
Tel. 0151 478 4136
www.liverpoolmuseums.org.uk/ladylever

Sunlight Soap magnate William Hesketh Lever, the first Lord Leverhulme, founded the Lady Lever Art Gallery in 1922 and dedicated it to the memory of his wife. Set in the attractive garden village of Port Sunlight, also created by Lord Lever, the gallery is famous for its British 18th and 19th century paintings, 18th century furniture and outstanding collection of Wedgwood. Visitors can also enjoy beautiful Chinese porcelain, tapestries and embroideries, classical antiques and memorabilia relating to Lord Leverhulme’s fascination with Napoleon.

Open daily 10am-5pm.

SUDLEY HOUSE
Mossley Hill Rd
L18 8BX
Tel. 0151 478 4016
www.liverpoolmuseums.org.uk/sudley

The former family home of the Liverpool merchant George Holt in the leafy south Liverpool suburb of Mossley Hill. Works on show are drawn mainly from his fine collection of British paintings including works by Landseer and Turner, major Pre-Raphaelite pictures and 18th century portraits by Gainsborough, Reynolds and Romney.

Open daily 10am-5pm.

WALKER ART GALLERY
William Brown St
L3 8EL
Tel. 0151 478 4199
www.liverpoolmuseums.org.uk/walker

The Walker Art Gallery houses one of the largest art collections in England, outside of London. It is part of the National Museums Liverpool group, and is promoted as “the National Gallery of the North”. It is located on William Brown Street (the only street in the UK to consist of nothing other than museums, galleries and libraries) in a neo-classical building and opened on 6 September 1877, although the collection dates from 1819.

The Walker houses a collection including Italian and Dutch paintings from 1300–1550, European art from 1550–1900, including works by Rembrandt, Poussin and Degas, 18th and 19th-century British art, including a major collection of Victorian painting and many Pre-Raphaelite works, a wide collection of prints, drawings and watercolours, 20th-century works by artists such as Lucian Freud, David Hockney and Gilbert and George and a major sculpture collection.
ABOUT LIVERPOOL

ABOUT LIVERPOOL TOURS
Taking a walking tour of the city or hopping on a tour bus will give you a knowledge of the city as well as helping you find your way around. Liverpool’s tourism industry is expanding, offering more unique ways to view and learn about the city.

**LIVERPOOL CYCLE TOURS**

www.liverpoolcycletours.com

Liverpool Cycle Tours offer a great way to see Liverpool and provide a bike and helmet free of charge for the duration of the tour! So if you are keen to explore the sites but are also keen to lower your carbon footprint, you can choose from various tours available (e.g. park tour / Beatles tour) across either a half or a full day.

**LFC OPEN TOP TOUR BUS**

www.lfccityexplorer.co.uk

Do you fancy travelling in style from Liverpool City Centre to Anfield on a Liverpool FC City Bus? Starting at the Albert Dock or Pier Head, the tour takes in some of the city centre’s most historical sites, such as the famous Liver Building and Liverpool War Museum, before making its way up to Anfield and the surrounding areas.

**WILLIAMSON’S TUNNELS**

www.williamsontunnels.com

This labyrinth of tunnels beneath the Edge Hill area was built under the direction of the eccentric and wealthy businessman Joseph Williamson between the early 1800s and 1840. It is believed that he wanted to provide an income and a focus for local men struggling to find work. The tunnels were excavated and opened to the public in the late 1990s and the tour provides an insight into the mind of this well-meaning individual.

**SPEKE HALL**

www.nationaltrust.org.uk/speke-hall-garden-and-estate

Having seen 400 years of turbulent history, Speke Hall is a rare example of a Tudor manor house, surrounded by gardens and woodland on the banks of the Mersey. Its spectacular 16th century Great Hall sits alongside rich Victorian interiors. Outside there are stunning views across the Welsh Hills, woodland walks, a maze and all weather playground.

**SHIVERPOOL**

www.shiverpool.co.uk

Shiverpool is Liverpool’s original and most famous theatrically led ghost and history tour, exploring the city’s most famous locations and revealing their hidden histories and mysteries. Shiverpool introduce their creepy historical findings in a series of stunning theatrical performances presented by their Spirit Guides who chill and entertain even the most sceptical of cynics. Tours operate all year round.
**TOURS**

**EVERTON FC STADIUM TOUR**
www.evertonfc.com
Have you dreamed of walking down the tunnel at Goodison, to the roar of 40,000 fans? If so, then Everton Football Club is offering you the chance to experience Goodison Park at first hand. Tours are held on Monday, Wednesday, Friday and Sunday at 11am and 1pm. Tours do not operate on match days or the afternoon before a home fixture. Booking is strongly advised. All tours are non-smoking and last approximately 75 minutes.

**LIVERPOOL FC STADIUM TOUR**
www.liverpoolfc.com
Gain exclusive access behind the scenes at Anfield, soaking up the peerless heritage of one of England’s most successful football clubs. Get fascinating insights into Anfield’s celebrated past and Liverpool FC’s future, taking in never before seen areas of the stadium. Enjoy an interactive experience in the Anfield Press Room, follow in the footsteps of legends and touch the world famous “This is Anfield” sign, emerging to the roar of the Anfield faithful.

**59 RODNEY STREET**
www.nationaltrust.org.uk/hardmans-house
Renowned photographer E Chambré Hardman and his wife Margaret lived and worked together in this remarkable Georgian House for 40 years. From period clothing to tins of unopened food – they kept everything and provided a window on the social life of Liverpool in the mid-20th century.

**CITY EXPLORER**
www.cityexplorerliverpool.co.uk/
The city explorer tour takes place on an open topped bus, allowing a great vantage point on your way around the city. With stops including the Albert Dock, the Cathedrals and the Cavern, and the ability to ‘hop’ on and off the bus during your tour, this is a great way to see the city.

**FAMOUS SCOUSERS**

Despite being a relatively small city, Liverpool has had more than its fair share of influence in world affairs. From politicians to pop stars, footballers to filmmakers, there seems to be a Scouser on every page of the history books.

**POLITICS**
William Ewart Gladstone served as Prime Minister several times during his political career, and his Liberal values made him popular throughout the world. In recent times Merseyside has given us politicians such as former actress Glenda Jackson MP, born in Birkenhead, and the current Shadow Health Secretary, Andy Burnham MP.

**MUSIC**
Even if there had never been a band called The Beatles, Liverpool musicians would probably have made it into most people’s record collections. Before the Merseybeat sound of the 60s,
Billy Fury and Frankie Vaughan were the idols of the day. Since then Merseyside has given us great music from the likes of The La’s, Echo & The Bunnymen and The Zutons.

**FILM & THEATRE**

Liverpool’s Everyman and Playhouse Theatres have been the birthplace of many careers. Legendary writers such as Carla Lane and Willy Russell began their writing careers here.

**SPORT**

Liverpool FC and Everton FC have been playing top class football for over 50 years. Everton FC, formed in 1878, was a founding member of the Football League in 1888.

**TELEVISION**

Leonard Rossiter, one of TV’s finest comic actors, was from Liverpool, as are former Dr Who Tom Baker and ‘Skins’ stars Stephen Walters and Joe Dempsie.
The newly restored Liverpool Festival Gardens site opened fully to the public last summer – for the first time in almost 30 years. Managed by the Land Trust, the south Liverpool riverside site closed to the public in 1985 and afterwards fell into neglect and decay. Developers led a restoration project at the 90-acre site on the banks of the River Mersey. The restoration of the Festival Gardens has taken painstaking effort from the many teams and specialists involved and includes two restored pagodas in the oriental gardens, the restored Moon Wall, as well as new lakes, waterways and waterfalls. Summer opening times: 8.30am – 9pm.

Southport
With attractions including a fun fair, beaches, indoor water park, marine lake, miniature railway and not forgetting the British Lawnmower Museum, Southport has something for everyone.
CROSBY BEACH
Crosby beach is the permanent residence of Antony Gormley’s ‘Another Place’; 100 cast-iron, life-size figures made from casts of the artist’s own body are spread out along three kilometers of the foreshore. Stretching almost one kilometre out to sea, they appear to be staring at the horizon. The work is seen as a poetic response to the individual and universal sentiments associated with emigration - sadness at leaving, but the hope of a new future in another place.

FORMBY
Whether it’s a walk in the pine woods, a stroll across the sand dunes, relaxing on the beach or maybe even catching a glimpse of the rare red squirrel, it’s all on offer at Formby. Owned by The National Trust, this beautiful and well looked after part of the coastline is well worth a visit.

SEFTON PARK
Sefton Park is arguably the best known and most loved park in the city. This magnificent 200 acre park looks like a natural landscape rather than a manmade park, and is always a popular spot with students. Whether relaxing on the grass, playing sport or just taking a leisurely stroll around the boating lake, Sefton Park has something for everyone including the Grade 2 listed Palm House, a lakeside cafe and a children’s playground. The park is also home to annual festivals such as Africa Oye and the Liverpool International Music Festival.

PRINCES PARK
A grade 2* listed historic park at the end of Princes Avenue, in Toxteth, Princes Park is a real green haven just outside the city centre. The park is probably the only one in town with a donkey’s gravestone; commemorating ‘Judy’ who, during her 21 years service, gave rides to many local children.

OTTERSPPOOL
With beautiful views across the River Mersey, the promenade is an ideal place to go for a stroll, walk the dog, cycle or just relax. It also has a children’s playground, hills and parkland which is a favourite place for kite flyers, as well as bars and restaurants (The Otters Pool and The Britannia Inn). Otterspool is also home to Active Adventures, an outward bounds centre which boasts a high ropes course, a 15 metre powerfan, a climbing and abseiling wall, a military style obstacle course, a maze, combat fitness classes and the award winning Otter’s Café and Bistro.
The history of Liverpool charts the most extraordinarily rapid rise from obscurity as an insignificant fishing village to the proud position, at its peak, of a colossal commercial city, the most important other than London in the British Empire. Liverpool began on the banks of a tidal pool which ran inland from the River Mersey. The mouth of the pool was roughly where the Albert Dock is situated and flowed inland (where Canning Place is located) for about a mile to where the entrance to the Birkenhead Queensway tunnel is today. The earliest records of Liverpool were taken from the writings of Ptolemy (90 – 168 AD) who referred to Liverpool as ‘Portus Segantiorum’. Evidence suggests habitation by an early race, possibly ancient Britons, Norsemen and Saxons. Norsemen held rule in Liverpool for some time giving origin to many local place names such as West Derby (“Wild Beast”).

Although one of the earliest mentions of Liverpool in the Doomsday Commissions had recorded a few huts surrounded by marsh land and forest, by 1089 a village had developed called Lyrpul or Lytherpul. The origins of the name are uncertain and could be taken from Old English, Danish or Welsh and are possibly a descriptive reference to thick muddy water, inlet by the pool, or slope by the creek. In 1207 King John, realising Liverpool’s importance as a port in his planned Irish and Welsh campaigns, created a Royal Charter to officially recognise Liverpool as a Royal Borough. Subsequently on August 28, 1207, Liverpool was born. Later, in 1235, the Earl of Derby erected Liverpool Castle which stood where the Queen Victoria Monument is today on Castle Street. It was around the time of the English Civil War that Liverpool started to play a national role. In May 1643 Parliamentarian soldiers took the town, erecting defences around it to protect it from Royalist attack. In June 1644 Prince Rupert led a Royalist army of 10,000 to re-capture Liverpool. After repelling the attacks at first, Parliamentarian troops retreated down the Pool to the sea leaving the people of Liverpool to defend themselves which they did fiercely. However, they were overcome, with many killed and the town ransacked. But only weeks later Royalists lost the whole North of England (including Liverpool) at the Battle of Marston Moor.

In 1647, as the civil war drew to a close, Liverpool was made an independent port and received preferential treatment from Parliament over Chester (Royalist city). As a port, Liverpool’s strategic significance grew due to the emerging French threat to southern ports. Also, wealthy families fleeing London and the south from the Plague brought finance and skills to Liverpool. The city expanded rapidly in the late 17th century with the emergence of the colonies in North America and the West Indies.
In 1712 the world’s first commercial wet dock was built in Liverpool by architect Thomas Steers. Consequently, trade increased rapidly. The city’s prosperity and emergence as a major world port was due largely to the proceeds of slavery. From about 1730, Liverpool was transformed from a modest trading village into a major mercantile capital, flourishing on the back of the infamous “triangular trading” of slaves for raw materials. However, one of Liverpool’s most famous sons, William Roscoe, was a leading campaigner against slavery and, with support from other prominent Liverpudlians like William Rathbone, was instrumental in seeing the trade finally abolished in 1807.

By the middle of the 19th century, Liverpool was widely recognised as the second city of the British Empire. Liverpool was also the port of entry for many migrants from far flung colonies, making the city one of Britain’s first multi-cultural cities. Architecturally, the city pioneered the vision of emulating the splendour of ancient Greece but had the added influence of its American partners across the Atlantic trade route which set her apart from other English cities. Indeed, Liverpool’s growth was directly linked to the development of North America, summed up by an inscription below a statue of Christopher Columbus in Sefton Park which says “The discoverer of America was the maker of Liverpool”.

In the 20th century the two world wars had a marked effect on the city. The First World War claimed over 13,000 Liverpudlian lives. The Second World War had an enormous impact on the urban landscape of Liverpool. Whole streets and many historic buildings were destroyed in the Blitz between May 8 – 15, 1941, along with almost 4,000 fatalities. Liverpool began to steadily decline in industrial significance after the war and during the sixties as shipping was lost to South East regions. However, with the emergence of many renowned artists, most notably The Beatles, Liverpool was at the vanguard of the 60s revolution which left an indelible imprint on the world’s cultural landscape.

The turn of the 21st century has seen massive investment into the rejuvenation and development of the city centre, becoming one of the most sought after regions for property.

In July 2004 UNESCO awarded Liverpool the status of World Heritage Site, to sit alongside localities such as the Taj Mahal and the Pyramids. In 2008 Liverpool became European Capital of Culture and presided over a spectacular array of events which put the city firmly in the world’s spotlight. Largely due to its unrivalled architecture, the city enjoys a burgeoning film industry leading to the nickname the ‘Hollywood of the North’, with blockbusters such as ‘Captain America’ being shot here. In recent years Liverpool One has made the city one of the
most prestigious retail destinations in the north of England, while the city’s new liner terminal is expected to bring a massive boost to tourism in the region and further enhance Liverpool’s status as a major northern city.

**Through its chequered role down the centuries as a major gateway to the world and a melting pot of cultures, Liverpool has evolved a character and complexion unique to the banks of the Mersey.**

Today the city is famous for its sense of humour, its music, its football, its nightlife and for its enterprise and innovation. But Liverpool is probably most proud to be seen as a place of great cultural achievement and endeavour, a city of great generosity and a city of great spirit.
1639  Liverpool born Jeremiah Horrocks was the first person to show that the Moon moved around the Earth in an elliptical orbit and to predict the 1639 Transit of Venus.

1791  First school for blind people opens (Commutation Row, and later London Road in 1800).

1812  The only British Prime Minister to be assassinated - Spencer Percival was shot by bankrupt Liverpool merchant John Bellingham.

1830  First railway passenger fatality (William Huskisson).

1835  World’s first railway timetable published (Lacy’s).


1842  World’s first public Baths and Wash-houses founded by Kitty Wilkinson (Upper Frederick Street).

1857  World’s first Rugby Club and Britain’s first Chess Club.

1860  First purpose built public library.

1867  Britain’s first cycling club (Liverpool Velocipedes).

1877  First British public Art Gallery (Walker Art Gallery)

1883  The Liverpool Society for the Prevention of Cruelty to Children, later the NSPCC, founded on April 19th by T.F. Agnew and Samuel Smith.

1884  Britain’s first woman to qualify as a doctor opens a practice in Liverpool.

1889  First pre-payment gas meters installed by the Liverpool Gas Company (Cazeneau Street). Liverpool’s Police Force the first to be equipped with rubber soled boots for night duty.

1890  Football goal nets invented by ex-City Engineer John Brodie.

1893  World’s first overhead electric railway.

1895  First British School of Architecture and Applied Art.

1896  First British use of x-ray in medical diagnosis (at the Southern Hospital).

1899  Britain’s first School of Tropical Medicine.

1901  First escalator in a railway station (at
LIVERPOOL FIRSTS

Seaforth Sands Station, on the Overhead Railway). Patent for Meccano taken out by Frank Hornby.

1902
Britain’s first motor fire engine (Hatton Garden Fire Station).

1904
University of Liverpool establishes Britain’s first school of Veterinary Science.

1912
First automatic telephone exchange.

1913
The world’s first crossword puzzle was compiled by Liverpool born Arthur Wynne and appeared in the New York World.

1927
Liverpool’s first woman Lord Mayor (Margaret Bevan). First British Arts Centre (Bluecoat).

1932
First purpose built boxing stadium in Britain (Bixteth Street).

1933
First use of gas and air in childbirth (Dr R.J. Minnett at the Maternity Hospital).

1934
First British police force to use a two way radio communications system.

1946
First footballer to score three consecutive hat-tricks (Jack Balmer, playing for Liverpool FC).

1947
World’s first Radar Lighthouse.

1952
First hospital radio service. Britain’s first package holiday flight (from Liverpool Airport).

1953
Liverpool singer Lita Roza is the first British woman to top the charts (“How Much is that Doggy in the Window?”).

1960
First bank in the world to use a computer (Martin’s)

1962
First port in Britain to use a computer (Mersey Docks & Harbour Company).

1964
First Police Force to use closed-circuit television.

1970
Britain’s first public planetarium (World Museum).

1978
The world’s largest Anglican Cathedral has the world’s largest organ and highest and heaviest peal of bells.

1983
The Walton sextuplets are the world’s first all-female surviving sextuplets.

1984
Liverpool FC are the first football club to win three major competitions in one season.

2011
First British city to install rainbow street signs identifying the Gay Quarter.
## YOUR CITY CONTENTS

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Liverpool city centre has over 1,200 retail outlets, 4 theatres, 3 museums, 2 art galleries and a thriving night-time economy. Liverpool ONE was voted ‘Best of the Best’ in the 2011 International Shopping Centres Awards in Las Vegas. It has lifted Liverpool into the top five most popular retail destinations in the UK. It is also one of the safest city centres in the UK, with the lowest recorded crime figures for 10 years.

Each year Liverpool City Council and partners commission an annual perception survey where some 1,600 people are asked how they perceive the city centre in terms of cleanliness, safety, lighting and travel.

Last year the feedback was more positive than ever; 81% of people interviewed during the day positively rated the cleanliness of the city, representing a 51% annual increase. Perception about maintenance of pedestrian areas increased by 13% with 81% of people rating it positively.

99% of people feel safe during the day. 93% believe that Liverpool city centre is a vibrant place.

91% positively rate the retail shops in Liverpool city centre. Liverpool is ranked in the top five retail destinations in the UK. 8 out of 10 people believe that Liverpool city centre has improved over the last 12 months and 9 out of 10 are confident about its future.

8 out of 10 people agree that pedestrian areas in the city centre are well lit at night. The result was even higher among people who say that they use the city centre at night (91%). 84% agree that the pedestrian areas in the city centre are welcoming which represents a 33% increase since the question was first asked in 2007.
YOUR CITY

SHOPPING
SHOPPING

BOLD STREET
Bold Street’s diversity means that everything from fashion to food, and culture to coffee is catered for, with shops and cafes such as Matta’s, Oxfam, News From Nowhere, Utility, LEAF, Soul Cafe, Bench, Giancarlo Ricci and Ran providing the discerning shopper with a vast range of diversions. The Bold Street Festival is held each year and coincides with Liverpool’s Fresher’s Week, and FACT is just around the corner.

CAVERN WALKS
www.cavernwalks.co.uk
Situated on Mathew Street, in the heart of Liverpool’s historic Cavern Quarter, Cavern Walks is Liverpool’s only boutique arcade and home to the most unique collection of independent retailing in the city and the greatest designer brands. Cricket, Vivienne Westwood, Kids Cavern, Boudette, Boudoir Boutique, Weavers Door, Christopher James, Nail Nation and Opulence create a unique mix of outlets in historic surroundings and in the perfect city centre location. Cavern Walks also boasts two excellent cafes, Lucy in the Sky and Chantilly: perfect for a coffee break during your busy day.

CLAYTON SQUARE
www.claytonsquare.co.uk
One of Liverpool’s most established shopping centres, and ideally situated at the top of Church Street, the centre is bright and airy and set on two levels offering more than 30 shops including Boots, Clas Ohlson, Body Shop and Maplin. There is a wide selection of fashion outlets and an internet cafe on the upper level sandwiched between two excellent coffee bars.

METQUARTER
www.metquarter.com
Metquarter is situated in the heart of Liverpool and plays host to aspirational brands that also offer student discounts such as Diesel, Illamasqua, Sasoan Salon, Jack Wills and Timberland. Also home to great dining experiences such as Café Rouge, Carluccios and Patisserie Valerie.

ST JOHNS CENTRE
www.stjohns-shopping.co.uk
St Johns is the largest covered shopping centre in Liverpool and is located right in the heart of the city centre underneath St Johns Beacon, one of Liverpool’s most recognisable landmarks. The centre boasts over 100 shops on two levels and includes popular chains such as Argos, Wilkinson, Aldi, Home Bargains, Poundland, Beaverbrook’s and Thornton’s. It also has a number of independent retailers and an indoor market on the third floor.
CAFE BARS

LEAF
65-67 Bold St
L1 4EZ
Tel. 0151 707 7747

Leaf is an independent tea shop and bar in the heart of Liverpool city centre. Spread over 2 floors, Leaf delivers diversity, whether hosting art and vintage markets, or music and club nights. Enjoy delicious, wholesome food and hundreds of varieties of tea while hanging out in a creative and imaginative space at any time of the day, or night.

THE BALTIC SOCIAL
25-31 Parliament St
L8 5RN
Tel. 0151 707 1137

Whether you’re looking for some comfort from the inner-city commotion to socialise and study, or would like to season your student experience with some authentic culture, Baltic Social is an ideal hideout for you. Situated on the periphery of the city centre on the ground floor of Elevator studios, the unique cafe embodies the heartbeat of Liverpool - the music. By day, the serene atmosphere is a standout characteristic, at night it’s transformed into a pulsating venue that harbours live bands, exhibitions and social events on a regular basis. Free wifi (100 mb), quality food at affordable prices and a great selection of aromatic coffees and teas make this a great place to chill.

ZIFERBLAT
The Colonnades
Albert Dock
L3 4AA
Tel. 0151 707 4464

Ziferblat is an innovative cafe where the food and drink is free, all you have to pay for is your time there. The pay-per-minute idea was created back in 2011 in Moscow when it was just a treehouse for aspiring creatives. Ziferblat now has two locations in Liverpool, one in the Albert Dock and one in Saint Pauls Square, and is an ideal place to socialise and study. The rate is calculated at very reasonable 8p per minute.

BLACKBURNE HOUSE CAFE
Blackburne Place
L8 7PE
Tel. 0151 709 4356

Tucked away in the Hope Street Quarter is a hidden gem well worth discovering. Well situated as a student destination, serving delicious home-made hot and cold food, wines & beers. Open weekday lunchtimes and evenings, in a modern, light and airy basement, this is a warm & friendly meeting place.

THE QUARTER CAFE
10 Falkner Street
L8 7PU
Tel. 0151 709 1965

The Quarter Cafe is famed as much for its unique vibe as its fresh and contemporary take on european cuisine using local products. They passionately bake a wide selection of cakes in-house which taste as good as they look. Popular with a variety of guests from students to professionals.
YOUR CITY PLACES TO EAT

100
PLACES TO EAT

**AMERICAN PIZZA SLICE**
52 Whitechapel
L1 6EG
Tel. 0151 707 1333

Whether you opt for a simple margherita, a pepperoni, or a differently delicious aubergine or Cajun prawn you’ll be getting yourself a moveable feast. If you don’t fancy carting your slice around town then you can always pull up a tall stool and eat inside surrounded by the cool, exposed-brickwork.

**LONDON CARRIAGE WORKS**
40 Hope St
L1 9DA
Tel. 0151 709 3000

The London Carriage Works serves modern British dishes, complemented by the use of local, organic and fresh seasonal produce. Since opening in 2003, the restaurant quickly established itself as one of Liverpool’s leading restaurants enjoying rave reviews and critical acclaim. It is the only restaurant with 2 AA Rosettes in Liverpool making it a great place to go if you’re trying to impress!

**THE HUB ALE HOUSE & KITCHEN**
16 Hanover St
L1 4AA
Tel. 0151 709 2401

The Hub is an establishment that combines the buzz of a city centre bar with the friendly feel of a rural gastro pub. This welcoming grade II listed pub is a popular destination for locals and visitors alike. The decor is a unique blend of the modern and the traditional – the impressive copper brewing vessel and the hanging copper pots contrast well with modern, chunky wooden furniture.

**BAKCHICH**
54 Bold St
L1 4HR
Tel. 0151 707 1255

Bakchich delivers unique Lebanese street food with a french twist, serving a variety of Lebanese Mezza with innovations in the traditional Lebnaese dishes from Shawarma to Falafel and Baklawa along with a wide variety of healthy fruit cocktails, to delight food lovers. Located in the heart of Bold Street.

**THE ITALIAN CLUB FISH**
128 Bold St
L1 4JA
Tel. 0151 707 2110

The Italian Club Fish offers a marriage between British and Italian styles. As a Fish Café, many of the ingredients are subject to availability, but staff will always endeavour to bring you a like-for-like product! All dishes are prepared from fresh, using extra virgin oil, fresh vegetables and fish stocks.

**GUSTO**
Edward Pavillion
Albert Dock
L3 4AF
Tel. 0151 708 6969

Gusto offers a sumptuous and relaxed atmosphere inspired by traditional grand cafes of Europe. They serve a range of classic and contemporary Italian dishes at reasonable prices. The classic surroundings make any occasion, whether it’s a meal out with your friends or a quiet dinner for two, that extra bit special.
YOUR CITY

PLACES TO STAY
PLACES TO STAY

THE RICHMOND HOTEL
24 Hatton St
L3 2AA
Tel. 0151 236 1220
The Richmond Hotel is a beautifully restored Grade II listed building consisting of 152 bedrooms which can be booked individually or as apartments. Each apartment consists of two elegantly decorated classic rooms, a kitchenette, dining area, lounge and bedroom.

DAYS INN
James St
L2 7PQ
Tel. 0151 203 1910
Reservations: 0800 0280 400
Days Inn, Liverpool City Centre, offers contemporary stylish and spacious bedrooms located in the heart of the business district within walking distance of the Albert Dock, the newly developed ACC and Liverpool ONE. If your visiting family and friends want somewhere to stay that’s both comfortable and convenient, Days Inn has high quality double, twin and family rooms available.

HARD DAYS NIGHT
North John St
L2 6RR
Tel. 0151 668 0482
A Fab 4 star Liverpool hotel located at the heart of Liverpool’s Beatles Quarter. Hard Days Night is the world’s only Beatles inspired hotel, combining the highest quality facilities in a truly unique environment. Housed in the magnificent Central Buildings, the beautifully restored hotel is steeped in history. All rooms are individually designed and elegantly furnished.

HOPE STREET HOTEL
40 Hope St
L1 9DA
Tel. 0151 709 3000
The style here is contemporary and chic with a natural, organic feel. The simplicity of the design emphasises the original Victorian interior of pitch pine beams, brick walls and iron pillars. Described by The Sunday Times as ‘Isambard Kingdom Brunel meets Carrie Bradshaw’, every room has wood flooring, beds draped in white Egyptian cotton, REN toiletries and complimentary wifi.
PUBLIC TRANSPORT

Getting around is important and Liverpool, like all big cities, has a network of public transport options to get you from A to B.

BUSES
Liverpool City Centre has two major bus stations - Paradise Street and Queen Square. Other main bus stops can be found at Victoria Street, Sir Thomas Street, London Road and Renshaw Street. Some services run all night. For details of Merseytravel’s night buses go to: www.merseytravel.gov.uk

TRAINS
Liverpool has one of the most frequent commuter services outside London. The Northern Line connects Liverpool with Ormskirk, Kirkby, Southport and Hunts Cross, while the Wirral Line links Liverpool with West Kirby, Ellesmere Port, New Brighton and Chester. The local trains serve Liverpool City Centre at four stations: Liverpool Central, Moorfields, James Street and Lime Street, which is the city’s main train station, serving local and national routes.

TICKETS
If you are going to be using public transport regularly then it’s worth considering buying passes, which will make your travel cheaper. Saveaways are cheap, one-day tickets that you can use for travel on buses, trains and ferries in Merseyside at off-peak times.

SEASON TICKETS
Depending on the type of transport you use, Merseytravel has a variety of season ticket options:

Bus Journeys
A Solo ticket lets you travel on any bus at any time of the day (excluding night buses). You can buy Solo tickets weekly, monthly or annually, the longer you buy, the more you’ll save. The areas they can be used in is split up across Merseyside, letting you choose exactly where you want to travel, and at the right price. They can even cover all of Merseyside.

Rail Journeys
If you frequently travel on the Merseyrail network then a Railpass is the ticket for you. Like other tickets, a Railpass can be bought to use in specific zones and areas, weekly, monthly and yearly, letting you tailor the ticket to suit you best. Tickets can be bought from any staffed Merseyrail station.

Bus, Rail or Mersey Ferries Journeys
A Trio pass can be used on buses, trains and Mersey Ferries (excluding river cruises) in Merseyside. Tickets can be bought for a week, month or year – the longer you buy it for, the more you save. You can buy one from any staffed Merseyrail station or Merseytravel Centre.

Information courtesy of Liverpool City Council and Merseytravel. Go to www.merseytravel.gov.uk
The taxi service in Liverpool is fast, reliable and most of all cheap. It’s been estimated that there are more taxis in Liverpool per head of population than any other city in the UK, so there are more than enough to go around.

**If you call a taxi at 9.30pm on a Saturday night wanting to be in town for 10pm chances are you’re going to be late.**

Pre-book if you need to get somewhere urgently (if you’re catching a plane or train, etc) and allow yourself an hour’s grace. Planes and trains won’t wait for you, so it’s better to arrive early. Never call more than one firm and jump in the first car that arrives. This may work a few times but your address will soon be blacklisted by the taxi firms meaning that you will have either a lower priority or no priority at all. If the embarrassing situation of two taxis turning up arises both will leave and you will be stranded.

**SEATBELTS**

Always wear your seat belt, even if you’re in a hackney cab. If there is an accident not only does it reduce your chances of serious injury but not wearing a seat belt will affect your ability to claim accident compensation afterwards.

Never pick up a private hire taxi from the street without pre-booking it. Not only is it illegal but you will also be uninsured.

**ACCIDENTS**

We all have a few too many drinks from time to time. But what happens if you are sick in a taxi? Well, you shouldn’t be driven to the nearest cashpoint and relieved of £100+ for ruining their night!

There’s a standard fee, usually about £35, which covers the cost of cleaning the taxi.

**BLACK TAXIS**

You can pick up a Hackney cab at designated ranks or you can hail one off the street. If a black taxi has its orange light on the driver is obliged to pick up anyone who flags the cab down. Some cab drivers use busy periods or bad weather to try to negotiate with potential customers before a journey. This is illegal and should be reported – you can find their plate number on the back of the taxi.

**FARES**

On the top left corner of a black cab’s meter you will see the number (or “Trap”) 1, 2 or 3. These numbers are very important. They represent the speed of the price change on the meter: 1 being the slowest and 3 the quickest rate of change. Trap 1 is the daytime rate, Trap 2 the night time rate (after midnight) and Trap 3 the out of town rate. Some drivers might try and switch to a rate that increases your fare, especially if you are a bit drunk.
YOUR CITY

ANGLICAN
St James Church
Corner of Upper Parliament Street & Park Road, L8
Tel. 0151 708 8559

ANGLICAN
St Brides Church
Corner of Percy Street & Catharine Street, L8
Tel. 07932 543 900

ROMAN CATHOLIC
Philip Neri Church
Philip Neri House
30 Catharine Street, L8
Tel. 0151 709 3858

EVANGELICAL
Frontline Evangelical Church
Corner of Lawrence Road & Wellington Road, L15
Tel. 0151 733 3373

METHODIST
Princes Park Methodist Church
Beaconsfield Street, L8
Tel. 0151 727 2035

JEWISH
Childwall Hebrew Congregation
Dunbabin Road, L15
Tel. 0151 722 2079

JEWISH
Liverpool Old Hebrew Congregation
Princes Road Synagogue, L8
Tel. 0151 709 3431
Canning St & Bedford St, L8
Tel. 0151 677 2024
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<tr>
<th><strong>PLACES OF WORSHIP</strong></th>
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<tr>
<td><strong>QUAKER</strong></td>
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<tr>
<td>Quaker Meeting House</td>
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<tr>
<td>22 School Lane, L1</td>
</tr>
<tr>
<td>Tel. 0151 709 6957</td>
</tr>
<tr>
<td><strong>MUSLIM</strong></td>
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<tr>
<td>Liverpool Al-Rahma Mosque</td>
</tr>
<tr>
<td>29-31 Hatherly Street, L8</td>
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<tr>
<td>Tel. 0151 709 2560</td>
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<tr>
<td><strong>MUSLIM</strong></td>
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<tr>
<td>Liverpool Mosque and Islamic Institute</td>
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<tr>
<td>8 Cramond Avenue, L8</td>
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<tr>
<td>Tel. 0151 734 1222</td>
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<tr>
<td><strong>SIKH</strong></td>
</tr>
<tr>
<td>Guru Nanak Gurdwara &amp; Sikh Community Centre</td>
</tr>
<tr>
<td>16 Wellington Avenue, L15</td>
</tr>
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<td>Tel. 0151 327 6710</td>
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Like any major city, Liverpool has its rules. Here are a few of the major rules we think you should know about.

**SMOKING**
If you are a smoker you’ll probably be spending quite a bit of your time outside. All public buildings, including all bars, clubs and venues in Liverpool adhere to the law unequivocally. Luckily, most buildings do have designated outside smoking areas and these are usually sheltered – it won’t stop you getting cold though.

**LITTERING**
Spot fines are issued to anyone caught littering. Even if you throw a cigarette butt on the street you can be charged £75 by one of the many litter patrol officers. This is non-negotiable.

**FLY-POSTING & FLYERING**
If you decide to run an event and you think it’s a good idea to fly-post the walls of Liverpool then think again. This can generate a fine of up to £2,000 per poster. Liverpool runs a legal fly posting scheme so if it’s something you need to do it’s best to go down that route. Giving out flyers on the street can carry a fine of £150.

**DRINKING IN PUBLIC**
Carrying bottles and drinking alcohol in between bars in Liverpool city centre is quite a serious offence and can carry a fine of up to £500.

**PARKING**

- **DOUBLE YELLOW LINES**
  If you leave your car unattended you can be ticketed immediately. In fact you can be given a ticket just for waiting - it does happen.

- **SINGLE YELLOW LINES**
  These lines are usually accompanied by a sign on a nearest lamp post indicating a timed parking restriction. If you leave your car unattended within the restricted times you can be given an instant ticket - just like with double yellow lines. And the same rules apply for waiting - you can be given a ticket - but usually on a single yellow you will just be told to move on.

**BUS STOPS & DISABLED ZONES**
Never park or even stop at bus stops or in disabled zones. Get caught in either and you can forget traffic wardens, the Police themselves will gladly stop and paper your windscreen.

**DRIVING**
Liverpool has its fair share of speed cameras. Special permanent cameras are set throughout the city to catch speeders and illegal driving manoeuvres. Mobile cameras are often set up at busy times. The advice is simple - don’t speed and drive carefully, or your driving will get much more expensive.
RULES IS RULES
## NIGHTLIFE

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There are over 300 bars, pubs and clubs in Liverpool. In this section we feature a selection of those that have proved most popular with students in recent years. The venues mentioned are predominantly situated in the Hardman Street, Seel Street and Concert Square areas of Liverpool city centre and these are almost certainly the most student-friendly areas in town.

It is important to remember however, that even though certain bars and areas of town are regarded as student-friendly there is always the possibility of encountering problems such as violence, theft and muggings so you always need to be on your guard and preferably with a group of friends.

Collectively the bars featured offer a wide range of experiences catering for pretty much all tastes and budgets.

We’ve separated these venues into ‘six of the best’, based on our humble opinion. These cover subjects such as where to watch live sports, the city’s ‘Hidden Gems’, ‘Loud and Lively’ bars, ‘Real Pubs’ for a quiet pint, ‘Café Bars’ for when only a cake and coffee will do, our favourite clubs, gay bars and places to take your parents.

Hopefully the info will give you a good starting point for planning some great nights out in Liverpool.
Keep up-to-date with the latest news and advice from Student Survival. We’re here to help you make the most of your time in Liverpool.

Visit the Student Survival website for more information:

www.studentsurvival.com
Welcome to Student Survival

There is no better place to be than in the UK — it’s beautiful! We are sure of the fact, and the environment is one of the top reasons people choose to study in the UK. The UK is a country that is full of history and culture, and the UK is also one of the most innovative and creative countries in the world. We are sure that you will enjoy your time here!
NIGHTLIFE

HAVE A PLAN
WHERE ARE YOU GOING?
Plan where you are going and how you intend to get to and from there - if you’re travelling with friends by taxi who is paying? Sort this out before you get in the cab and make sure everyone has change.
If travelling by bus or train remember not to annoy fellow passengers - you might be happy and excited about the night ahead - they might be going to work. If you have planned to get a taxi and need to be somewhere at a certain time it’s a good idea to pre-book. This will get you on the system earlier and give you priority over people that ring at the last minute.

BUDGET
What do you intend to spend? What can you afford to spend?
Go to the cash point during the day and only draw out what you intend to spend.
Top tip - have an emergency £10 squashed into a tight compartment of your wallet - make it difficult to get so it doesn’t just become part of your normal spend.

DON’T FORGET...
Get cash before your night out and leave your cards in a safe place at home. You might want to take your mobile phone with you, remember to charge it before you go out!
If you use your mobile while you are out, make sure you are aware of your surroundings and keep a firm hold on the phone.

GETTING HOME
Before you go out it’s worth giving some thought to how you’re going to get home. Sounds boring but a bit of forward planning could help you avoid being stuck in town.

WALKING
Use your common sense. Do you know the way? Is it a reasonable distance to walk? Don’t forget it will take longer once you’ve got a few drinks inside you. Stick to well-lit paths and close to main roads.
I’m at the bar... big queue... what do you want to drink?

Get us a vodka lime and soda, but don’t get Jen one... she’s smashed 😴 Vicki said you could be fined £1000 🍸 😠

It is against the law to buy alcohol for anyone who is clearly drunk. YOU could be fined £1000.

Merseyside Police are enforcing these laws.

#DrinkLessEnjoyMore

www.drinklessenjoymore.co.uk  /drinklessenjoymore  /drinkless_enjoy
HAVE A PLAN

GETTING A LIFT
Someone offering to be the designated driver is great, as long as they stick to the deal. If you are in any doubt that they are sober don’t get in the car no matter how tempting that lift is. If someone offers you a lift who you don’t know, say no. You might be stuck and just want to get home but there are taxi ranks open all night. Don’t be tempted, only use licenced taxis.

BUSES
It sounds obvious but make sure you check the number of the bus before you get on. You don’t want to get dropped in the middle of nowhere. It’s worth checking before you go out that the bus you get into town also operates at night. If not you might need to plan an alternate route.

TAXIS
The only taxi that can legally pick up at the roadside is a black cab. Minicabs are only insured to carry you if pre-booked. If you get into a cab alone or put your mate into one, take the driver’s number.
SIX OF THE BEST
SHIPPING FORECAST
15 Slater St
L1 4BW
Tel. 0151 709 6901

Bringing together an array of live music events, DJ nights, and everything from day time record fairs and vintage clothing swaps, to pub quizzes, tasty home-cooked food and a huge selection of drinks. Expect to see innovative line-ups across two floors overseen by Chibuku’s Richard McGinnis & Lewis Boardman presenting the UK’s most exciting new bands and edgy DJs. Developed by the team behind The Lock Tavern in Camden, The Shipping Forecast is a pioneering social space where art meets music, and pub meets club.

HEEBIE JEEBIES
80-82 Seel St
L1 4BH
Tel. 0151 709 3678

Set over two floors Heebie Jeebies is the place to go for Liverpool’s indie and alternative scene. Hosting regular DJs as well as live music there’s bustling bars on both levels, plenty of floor space to display your moves, and plenty of seating to regain your energy.

THE PEACOCK
21 Parr St
L1 4JN
Tel. 0151 703 0582

The Peacock is a late night bar and pizzeria in the heart of Liverpool’s thriving Seel Street. They offer an extensive collection of beers, wines and premium spirits for all budgets and tastes. Every Friday they host a free BBQ in their garden which is not to be missed! At the weekend resident DJs take over the two storey venue playing a wide variety of music. For house music lovers the “The Red Room” is known for being one of the best places for house music in the city.

BAA BAR
43-45 Fleet St
L1 4AR
Tel. 0151 708 8673

Baa Bar is located on Fleet Street in the heart of Liverpool’s city centre. In addition to the two floors it has, the bar has a buzzing atmosphere and great music. Enjoy lively nights out with their range of cocktail-style shots which includes “Tutti Frutti”, “Kick Ass”, “Dave”, “Traffic Light” and “Hybrid Monster”.

LA’GO
20 Colquitt St
L1 4DE
Tel. 0151 709 6116

Comfortable surroundings, classic grooves and very competitively priced drinks. If you like everything from retro soul to cutting edge cool beats, this could be the bar for you.

CA’VA
4A Wood St
L1 4AQ
Tel. 0151 709 9300

Situated on Wood Street, Ca Va is an Aladdin’s cave of Mexican cactus culture. The bohemian style decor features quirky film posters and intriguing memorabilia and upstairs you’ll find some comfy sofas grouped around tables, where you can relax with friends. Behind the bars lies over a hundred different types of tequila to sample, anything from lime and apple to the unusual baked bean slammer!
SIX OF THE BEST
LEVEL
18-20 Fleet St
L1 4AN
Tel. 0151 708 9982

Inspired by the UK’s earliest superclubs, Level is one of the North’s biggest nighclubs. Their flagship night, Love Wednesday, is spread across three floors. Level one offers the best in progressive house from the club’s resident DJs along with laser shows. Level two provides the best in urban, hip hop and RnB from DJ Fusion with stage performers. Level three is a salute to the best 90s pop and cheesy anthems, all about nostalgia and having fun.

BLUE ANGEL
106-108 Seel St
L1 4BL
Tel. 0151 709 1535

The Blue Angel, aka The Raz, a largely student filled club is all about dancing like a clown and having a laugh! Whenever you hear someone mention the Raz the words ‘oh no’ usually follow in the sentence. You either love it or hate it, but can you ignore it? Bustling crowds every week suggest you won’t.

ARTS CLUB
90 Seel Street
L1 4BH
Tel. 0151 539 4110

Arts Club hosts live music and club nights as well as a wide range of arts and cultural programming within its hallowed walls. Formerly known as The Masque, the venue was refurbished and reopened and has an ethos that embraces diversity and creativity. The Arts Club is based around a bar space open late every night and a kitchen serving hand-crafted food. Included in the club’s varied itinerary are acoustic open mic nights, comedy, craft and vintage fairs, and much more.

THE CAVERN
10 Mathew St
L2 6RE
Tel. 0151 236 1965

‘The world’s most famous club’, situated on Mathew Street next door to the original cellar bar where the Beatles first used to play. The Cavern is literally a dark brick cellar, which gets very hot and sweaty when full. The Cavern hosts live music on various nights, but most weekends you can usually catch covers and tribute bands, as well as original bands.

CAMEL CLUB
18 Wood Street
L1 4AQ
Tel. 0151 707 1933

Good music, housed in a cavernous Arabic-flavoured den. Tables and sofas are kept intimate by lattice shutters and simple candlelight, drapes swath the ceiling and lanterns keep the bar visible. Upstairs there’s a room for lounging, but the whole place has a relaxed vibe.
LOUD & LIVELY

**FUSION**  
17-21 Fleet St  
L1 4AR  
Tel. 0151 709 3498

Situated half way down Fleet Street near the busy Concert Square area. A busy nightspot with locals and students, revellers regularly invade the expansive dance floor to uplifting house & chart dance, with the odd pop classic thrown in to keep everyone bubbling over. The 750 capacity venue is open until late 7 days a week and boasts an extensive range of special drinks offers. With free entry for students every night you don’t have to dip too deeply into your student loan to have a good time. (*Free entry with NUS Card Fri & Sat night before 1am only)*

**LEGION OF LOST SOULS**  
18 Hardman St  
L1 4AR  
Tel. 0151 709 3498

Formerly known as Bumper, this bar is a firm favourite with students and locals since it opened in the early Noughties. The front and back bar are bustling on Friday & Saturdays playing indie, funky, retro and modern. The area downstairs has a wall of pictures that will keep you entertained for ages.

**SOHO**  
Concert Square  
L1 4NR  
Tel. 0151 708 8216

One of the best bars in Liverpool, Soho is a great place to chill with one of their fantastic cocktails from a constantly evolving menu, or party until late in the exclusive clubroom. Soho’s impressive outdoor space on Concert Square is a cool place to hang out day or night making this a popular destination anytime of the week.

**THE BIERKELLER**  
6 Thomas Steers Way  
L1 8LW  
0845 533 3000

The Bierkeller has become a firmly established icon of the city’s nightlife. With a wide range of authentic Bavarian food and drinks as well as the opportunity to pour your own beer, your stein will never be empty. Find a spot on one of our benches and prepare for the Bavarian Stompers to take you on a rip roaring musical journey, before you know it you will be up and dancing on the benches, stein in hand.

**MOJO**  
Back Berry St  
L1 4BB  
Tel. 0845 611 8643

Have you ever been in a bar that was playing such amazing tunes that you had to keep asking the DJ what they were? If that sounds like you then your days of traipsing to the DJ booth could well be over. Mojo’s USP is that they have big screens telling you the name of the track you’re listening to, so you can just sit back and relax with your pint.

**POPWORLD**  
68 Hanover ST  
L1 4AG  
Tel. 0151 709 4637

A lively and cheesy 90’s bar which also plays modern-day party and chart tunes. Open seven nights a week with entertainment every night, from their busy student nights to hen/stag parties at the weekend, right through to busy midweek and themed nights.
Six of the Best Gay Liverpool

Stanley Street, Cumberland Street, Victoria Street and Eberle Street are where the bulk of the gay bars and clubs are located in Liverpool. There is a thriving gay community and clubs and bars to suit all tastes. Here are some of the best.

G-Bar
1-3 Eberle St
L2 2AG
Tel. 0151 236 4416

G-Bar, on Eberle St in the hub of Liverpool city centre, has been a mainstay of the Liverpool club scene for over a decade and is one of the city’s most famed and celebrated venues. The club’s massive success is largely due to being such a diverse venue which transforms from being the city’s leading gay venue (bar hours) into the North West’s leading underground after-hours clubbing venue (club hours). The building has three unique rooms: the famous ‘Church Room’, complete with altars and decadent decor, the ‘Bassment’ which is an underground haven for true clubbers with thunderous bass-bins and the ‘Boosh Room’ which adds a quirky, left-field addition to the venue. Open 4 nights a week Thursday to Sunday.

Masquerade
10 Cumberland St
L1 6BU
Tel. 0151 227 2005

A longstanding favourite, Masquerade is the perfect place to start an evening of fun and frolics. DJs and drag hostesses will do their very best to help your evening go off with a bang, and it’s definitely the sort of place that will appeal if you like a down-to-earth bar with friendly staff and fantastic banter.

Garlands
8-10 Eberle St
L2 2AG
Tel. 0151 236 3307

Garlands is Liverpool’s most outrageous and wild party. Each weekend their flamboyant family welcomes you for a journey through four rooms of hedonistic abandon, with pumping weekend anthems the scintillating soundtrack. Every Thursday as well they create one of Liverpool’s biggest student nights in the shape of Gossip Liverpool.

Superstar Boudoir
22-24 Stanley St
L1 6AF
Tel. 0151 227 4590

If you’re ever passing Superstar Boudoir, expect to be tempted inside by the drag hostesses at the door. The DJ is a flamboyant drag queen, whose deliberately cheesy music attracts not only Liverpool’s gay community, but also hordes of local girls with boyfriends in tow.

Navy Bar
27–29 Stanley Street
L1 6AA
Tel. 0151 231 1456

One of the Gay Quarter’s swankier outlets, The Navy Bar is a funky bar - big, bold and loud, with a split level seating area and dance floor. You’ll get
a largely diverse crowd here, from the usual hen parties to young couples, but moreover the clientele are fun and friendly. The emphasis here is on high energy partying with swirling disco lighting and pumping house music definitely appealing to the clubbing crowd.

THE LISBON
35 Victoria Street
L1 6BG
Tel. 0151 231 6831

The Lisbon is a hidden-gem basement pub, with ornate ceilings, wood panelled walls and Grade II listed status. It’s a chilled gay and lesbian drinking spot, in the heart of the Stanley Street Quarter. The Lisbon’s relaxed, sociable atmosphere makes a pleasant change from the more loud and lively clubs in the quarter.
So Liverpool has loads of great bars and clubs where you can stay out all night and dance till the sun comes up, but sometimes you just want a quiet pint in a proper pub. In all the hustle and bustle Liverpool hasn’t forgotten about the good old fashioned pub. There are many well loved and well-established watering holes around the city, in all different shapes and sizes. Here is a pick of the best.

THE PILGRIM
34 Pilgrim St
L1 9HB
Tel. 0151 709 2302
Situated over two floors, The Pilgrim has long been a favourite with students. Its downstairs is set out into diner-style booths with a jukebox in each one (sadly ornamental now) and has a real cellar bar feel, but without the dank atmosphere. The well priced beer and spirits make for a lively and friendly ambience and reasonably priced food is offered throughout the day, from breakfast onwards.

THE SHIP & MITRE
133 Dale St
L2 2EZ
Tel. 0151 236 0859
Featured regularly in Merseyale and The Good Beer Guide, and Liverpool & District CAMRA Pub of the Year in 2009, The Ship and Mitre is Merseyside’s premier real ale pub serving an excellent range of cask conditioned real ale, imported draught and a wide selection of German and Belgian beers. There are 15 handpumps offering real ales and ciders from microbreweries all over the country. Sample a wide range of beers, from German Pilsners and Czech lagers to the famous Strawberry Fruli. In the fridges, there are 100+ German, Belgian and American beers.

THE ROSCOE HEAD
24 Roscoe St
L1 2SX
Tel. 0151 709 4365
The Roscoe Head is a traditional English public house with lots of character. Consisting of two small rooms, a main bar and a tiny snug, conversation definitely rules at this establishment, the backroom debates and banter are always entertaining. The Roscoe Head has won many awards for its beers and is the only pub in Merseyside to appear in every edition of the Good Beer Guide since first published in 1974, one of only 7 in Great Britain.

THE BELVEDERE ARMS
5 Sugnall St
L7 7EB
Tel. 0151 709 0303
How would you like to sit in a pub that was as comfy as your nan’s living room, with a lovely open fire, relaxed atmosphere and (here’s where it may differ from your nan’s house) a cracking selection of guest beers on tap? Well, The Belevdere could be the solution.
Tucked away on Sugnall Street, just off Falkner Street, in a Grade II listed building, The Belvedere was closed for years before it was rescued and refurbished. Well worth a visit.

THE SWAN INN  
86 Wood St  
L1 4DQ  
Tel. 0151 709 5281  

The Swan attracts a fiercely loyal clientele due to its fine selection of real ales (Marston’s Pedigree, Wobbly Bob and Old Rosie Scrumpy as well as the supplementary guests brews) and best rock’n’roll jukebox in the city. However, don’t expect to be listening to your choice of music within three or four pints of paying your quid.

THE CALEDONIA  
22 Caledonia St  
L7 7DX  
Tel. 0151 708 0235  

The Caledonia is a friendly, welcoming boozer famed for its live music, real ale and world rum selection. Cheap and delicious home-made pub food is served every day, with full English & Sunday roasts available at the weekend.
SIX OF THE BEST

LOVE WEDNESDAYS
Level
18-20 Fleet St
L1 4AN
Tel. 0151 708 9982

One of Liverpool’s biggest student nights is Love Wednesday at Level. The venue is spread across three floors. Level one offers the best in progressive house from the club’s resident DJs along with laser shows. Level two provides the best in urban, hip hop and RnB from DJ Fusion with stage performers. Level three is a salute to the best 90s pop and cheesy anthems, all about nostalgia and having fun.

MEDICATION
Arts Club
90 Seel Street
L1 4JJ
Tel. 0151 559 3773

Medication is Liverpool’s biggest and best known student night. Regularly attracting over 2,000 students every Friday, it has previously won Smirnoff’s prestigious ‘Battle of the Clubs’. This was a national competition that saw Medication beat off the likes of Ministry and Sankeys in Manchester to cement their position as one of the best nights in the country. Quite an achievement seeing as they were the only student club nominated! www.medication.co.uk

RUNWAY
Ink Bar
78-82 Wood Street
L1 4DQ
Tel. 07808 834 584

Expect a unique blend of hip hop old & new, along with the best party RnB and house grooves from resident DJ Josh Weekes. Runway is hosted at Liverpool’s exclusive new venue, Ink, every Friday night. Combining a fantastic atmosphere with stylish graffitied surroundings this is not to be missed.

DIRTY ANTICS
Legion of Lost Souls
18 Hardman Street
L1 4AR
Tel. 0151 709 3498

Dirty Antics is the big Tuesday student night which takes place across two rooms. Room 1 features the coolest indie rock & roll cuts with Ibiza Rocks and Club NME resident DJ Danny Oliver. In room 2 – resident Saxoffender, the world-renowned DJ and saxophonist, a regular at Sankeys, Pacha, Fabric and others, spins the very best in house and electro, complete with live saxophone. Open 10.30pm – 4am.

GOSSIP
Garlands
8-10 Eberle St
L2 2AG
Tel. 0151 236 3307

Synonymous with glamour, craziness and its own unique ambiance, Garlands has set the standard for three generations of clubbers as the city’s most iconic venue. Gossip on Thursday nights is your chance to revel in the coolest surroundings with top notch sound and production, and the most glamorous crowd. Music to cater for all across 2 floors and 4 rooms of music - house/ electro/ commercial urban/ pop/ dubstep - it’s all here. For the
confectionary conscious there are free sweets and candyfloss plus eye candy in the shape of podium dancers and the Gossip Girl hostesses. For the wallet conscious, student drinks offers are also available. £4 with promo wristband/guest list £5 standard.

**JUICY**

*The Shipping Forecast*

15 Slater St
L1 4BW

Pumping out party, hip-hop, classic R&B and basement bangers every Thursday at the Shipping Forecast. The DJs have played with everyone from the Wu-Tang Clan to Dizzee Rascal, De La Soul and Kelis.
You will be hard pressed to find another bar in Liverpool that offers a better live sport experience than McCooley’s. With more screens per head than any other comparable venue, a welcoming Irish atmosphere and a cracking freshly prepared food menu, McCooley’s has it all making it a great place to catch the biggest sporting events with your mates.

**FUSION**
17-21 Fleet St
L1 4AR
Tel. 0151 709 3498

Fusion is one of the best places in the city to watch live sport. All major events are covered in this huge 750 capacity venue. You can choose from either the giant screen, visible from anywhere in the main room, one of the five plasma screens dotted around the place, or maybe you prefer things a little cosier – in which case one of the communal booths with private screens will suit you better.

**THE FONT**
24 Arrad St
Liverpool L7 7JE
Tel. 0151 706 0345

Situated in the centre of Liverpool student life the Font is an easy going fun student friendly bar. Over 40 cocktails ranging from £2-£3 won’t hurt the pocket. Happy hour (5-8pm) with all sports shown on large screens and even pro-evo soccer on the biggest.

**SHOOTERS SPORTS BAR**
6 Thomas Steers Way
L1 8LW
Tel. 0845 533 3000

With numerous TV’s and projector screens we have the ability to show at least three live sporting events at once! Whatever sport you are a fan of, we will have it on from open until close. With an atmosphere as good as any sporting ground you will visit, some would argue that being sat in front of the big screen with waiting staff serving you everything from pitches of beer to buckets of wings, it will feel like you are almost there!

**TOM HALL’S TAVERN**
50 Brunswick St
L2 0PL
Tel. 0151 227 2268

Tom Hall’s Tavern blends the two best parts of modern-day Liverpool – music and sport! Exceptional live music coupled with all Liverpool and Everton games screened throughout the football season give Tom Hall’s Tavern a rousing reputation for being a top destination of choice along Liverpool’s iconic waterfront.

**HOPE & ANCHOR**
Maryland St
L1 9DE
Tel. 0151 702 7911

This is a great student pub. Great value offers, especially on Thursday and Saturday nights. The staff are friendly and the Sunday night quiz is good fun. Serves a great strawberry cider and has a very comfy couch to watch the match from.
When your parents come to stay and you’re taking them out for a drink, you probably want a gentler night out than you might have with your mates. Liverpool has a variety of bars that cater for all tastes.

ETSU
25 The Strand
L2 0XJ
Tel. 0151 236 7530

Etsu serves up authentic Japanese cuisine and stands out as one of Liverpool’s finest restaurants. Each dish on the menu is made by Etsu’s three Japanese chefs, who have over 60 years of experience between them. Their menus helpfully explain each dish in English if you don’t know your hiyayakko from your nanbanzuke, and there’s so much choice on offer.

ALL BAR ONE
Derby Square
L2 7NU
Tel. 0151 227 3357

All Bar One is a stylish city bar based in the heart of Liverpool’s business district. With a sophisticated yet relaxed atmosphere, this is a great place to take your parents or take your friends out for a classier drinking session. In addition they serve an excellent selection of food.

BAR & GRILL LIVERPOOL
Brunswick Street
L2 0UU
Tel. 0151 236 6703

Located in Halifax House in the heart of the busy commercial district on Brunswick Street. This modern, stylish and innovative bar is the perfect destination for any occasion. Day or night it’s ideal for a relaxing drink with the parents offering a wide range of fabulous cocktails at the bar.

CIRCO
Albert Dock
L3 4AD
Tel. 0151 709 0470

Circo is a unique venue in Liverpool City Centre, with fabulous views of the docks, inspirational dishes and extravagant entertainment within a stylish environment. By day it’s the perfect place to take a relaxing break and have a quiet drink and fine food, with the Cafe Bar Menu available between 10am and 7pm.

PALM SUGAR
5-6 Kenyon Steps
L1 3DF
Tel. 0151 707 6323

Palm Sugar is a breath-taking 15 metre long granite bar with spectacular Swarovski crystal chandeliers and a New York cocktail lounge atmosphere. It’s a popular location for after work tipples, pre-meal drinks or a night out on the town.
TAKE THE PARENTS
SIX OF THE BEST
EX DIRECTORY
Location: Secret
Tel. Secret
Ex-Directory is a secret underground bar that challenges anyone who wishes to find it to a bona fide treasure hunt. Once you’ve found the correct red telephone box you must enter the right number in order to open the secret door. The reward? Some of the most amazing cocktails that you’ve ever seen or tasted with innovative ingredients including candy floss, popcorn, mini donuts and mini ice creams.

ALOHA
22 Colquitt St
L1 4DE
Tel. 0151 707 8030
Aloha is the perfect place to escape from whatever the world is trying to throw at you. If you’ve never been to a tiki bar, here’s what to expect: beautiful exotic cocktails served in pineapples and volcanoes (among other things) by friendly bartenders clad in Hawaiian shirts; reggae and rock & roll in equal measure and expect to partake in the occasional limbo and conga while enjoying the best atmosphere in the city. You can book a table with them via home@alohabar.co.uk

SANTA CHUPITOS
41 Slater St
L1 4BX
Tel. 707 6527
An authentic rum/tequila bar with gritty, low-lit, bare-bricked walls and an urban graffiti stairway, Santa Chupitos sells a wide selection of beers, including unique-in-Liverpool Brazilian bottled beers, alongside some pretty unique cocktails.

YE CRACKE
13 Rice Street
Liverpool L1 9BB
Tel. 0151 709 4171
The watering hole of a certain Mr Lennon during his art college days, Ye Cracke is a charming, rough round the edges pub with a varied and ever popular jukebox where you can go from Leonard Cohen to Nick Cave in less time than it takes to sup your first pint. A truly historic building, there’s been a pub on this site for over 150 years.

MAYA
Wood St
L1 4DQ
Tel. 0151 329 0200
Maya is a truly authentic Mexican experience. The bar is located underneath Lucha Libre, which offers high quality contemporary Mexican street cuisine. Owners describe it as ‘a late night trip to the other side with some great cocktails and tunes to accompany you’, and of course there’s an amazing selection of tequilas.

RACK & DOLLAR
15-19 Berry St
L1 9DF
Tel. 0151 707 2060
Rack & Dollar is all things American. Serving tasty, authentic dishes from across the pond, including Rack & Dollar Sailor Jerry Ribs and an award winning Banoffee Pie. They have an equally impressive selection of drinks including over 70 American whiskeys and star-spangled cocktails to choose from. Live bands play on a regular basis. Love sports? you can also enjoy the big fixtures on a high definition projector.
ENTERTAINMENT & CULTURE

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If it’s cinema you’re after then you’re in the right place. We have a brand new multiscreen cinema in Liverpool ONE, a multimedia arts complex at FACT, on Wood Street, and a few independent cinemas too, such as the Crosby Plaza - run by volunteers as a charity and showing some great art-house films.

**FACT**  
88 Wood St  
L1 4DQ  
Tel. 0151 707 4444

A modern cinema for the modern age, FACT shows a range of mainstream and more offbeat films in a contemporary setting, with the smallest of the screens containing sofas rather than traditional cinema seats. The building also has a bar, where you can buy drinks to take in to the screening, a café and an art gallery. A typically inclusive Liverpool outlook means you can choose between the likes of a foreign subtitled film or the latest blockbuster under the same roof.

**ODEON LIVERPOOL ONE**  
14 Paradise St  
L1 8JF  
Tel. 0333 006 7777

Spread over three floors and housing 18 screens this giant has everything a modern cinema can offer. All the new releases are there and they even have an Imax screen. For a more upmarket experience there’s an upstairs ‘gallery’ - a swanky cinema with comfier seating and its own bar, though at £16 a ticket (including refreshments) this is a pricier affair than the screens downstairs.

**CROSBY PLAZA**  
13 Crosby Rd North  
L22 0LD  
Tel. 0151 474 4076

Walking in to this community cinema, run as a charity by volunteers, is like stepping back in time. From the old fashioned tickets at the single window box office to the refreshments displayed under the glass counter you are taken completely away from the glitz of the multiplex to an altogether more relaxed affair.

**WOOLTON PICTURE HOUSE**  
Mason St  
L25 5JH  
Tel. 0151 428 3737

This is a 1920s gem retaining all the old-fashioned glamour of the art deco period in which it was built. The single screen cinema provides movie-goers with a cosy and intimate experience often lost in the larger multiplexes. Showing all the latest releases this is the perfect place to unwind in comfort and relive a bygone era where small local cinemas were the standard.
Music is part of the fabric that makes up Merseyside. Everyone you meet is either in a band or is friends with a band. It’s no surprise then that the Guinness Book of Records described Liverpool quite rightly as the ‘Capital of Pop’

**THE ROYAL PHILHARMONIC HALL**
Hope St
L1 9BP
Tel. 0151 709 3789

Home of the famous Liverpool Philharmonic Orchestra (OK, you might have guessed that), this is the venue for classical and world music.

Housed in an elaborate art deco building the company prides itself on taking “an imaginative approach to programming, which has seen the orchestra collaborating with an eclectic range of artists from Sir Paul McCartney, Elvis Costello and Toumani Diabaté, to accompanying the city’s best pub singers in concert”.

You will be well catered for if you’re looking for after show food and drink too, with a wide range of pubs and restaurants right on the Phil’s doorstep.

**ECHO ARENA**
Kings Dock
L3 4FP
Tel. 0844 8000 400

Although only opened in 2008 it’s difficult to remember a time before the Echo Arena came to grace the Liverpool waterfront.

A legacy of Liverpool’s year as Capital of Culture and the first port of call (excuse the pun) for all mega stars playing in Liverpool, the Arena offers all you would expect from a venue of its size and magnitude. The 10,600 seat Arena also boasts a 1600 space car park, bike racks and a drop-off point making it simple however you travel there.

**O2 ACADEMY**
11-13 Hotham St
Liverpool L3 5UF
Tel. 0151 707 3200

In September 2003, O2 Academy Liverpool launched and quickly made a fantastic name for itself, thanks to its
MUSIC VENUES

unique warehouse feel. Since opening, fans have got up close and personal with artists on their rise to the top. Featuring both 1,200 and 500 capacity rooms for concerts and clubs. Recent headliners include Emeli Sande, Lostprophets, Labrinth, Maccabees, Paul McCartney and Rizzle Kicks.

SMALLER VENUES

ARTS CLUB
90 Seel Street
L1 4BH
0151 559 3773

Arts Club hosts club nights as well as a wide range of arts and cultural programming. Refurbished and re-opened the venue has an ethos that embraces diversity and creativity. The Arts Club is the spiritual home of legendary local club nights Chibuku Shake Shake and Circus who run their regular events at this venue.

ZANZIBAR
43 Seel St
L1 4AZ
Tel. 0151 707 0633

Tucked away on Seel Street and easy to miss if you don’t know it’s there, this intimate venue is one of the best places for gigs in the city. Playing host to touring bands and unsigned bands too, you may well stumble upon the next big thing. The venue holds about 300 people and the layout means you’re never far from the stage or the bar. A hot and lively place to see great up and coming talent.

ST LUKE’S (THE BOMBED OUT CHURCH)
Leece St
L1 2TR
Tel. 07714 328 415

St Luke’s stands proud in the heart of Liverpool City Centre, having been partially destroyed by a firebomb during WW2. Lovingly managed and tended by local musicians, the space now hosts music events, monthly film screenings, theatre, exhibitions making it one of the most diverse and unique venues in town.

STUDIO 2
Parr Street Studios
34-35 Parr St
L1 4JN
Tel. 0151 707 3727

Located in the heart of Liverpool - Parr Street; Studio 2 is one of the most famous recording studios in the city. With extensive musical history, the venue has hosted stars such as: Coldplay, Black Sabbath, Bjork, The Smiths, Take That, Moby, Lightning Seeds, and Snow Patrol, who have all recorded their music here! Now Studio 2 is a bar which hosts live music events, dance performances, functions and other occasions. It is a showcase for local, national and even international talent.
HOT WATER
COMEDY CLUB
The Holiday Inn
Lime St
L1 1NQ
Tel. 0777 211 2344

Hot Water Comedy Club Liverpool runs live comedy shows every Friday, Saturday & Sunday, at the lowest prices in the city, offering half price concessions for all shows & disabled access. Featuring some of the best circuit headliners, TV comedians and undiscovered acts in the country. Situated in a prime city centre location, opposite Lime Street Station, inside the Holiday Inn, Hot Water Comedy has quickly become one of Liverpool’s favourite comedy venues amongst comedians and audiences alike.

LAUGHTERHOUSE
The Slaughterhouse
Fenwick St
L2 7LS
Tel. 0151 227 5946

Starting out as a comedy night at The Slaughterhouse on Fenwick Street, its popularity meant a rapid expansion and Laughterhouse now operates every Friday and Saturday across two venues. The second venue, Liverpool’s only purpose built comedy club, is located in the basement of Lenny’s Bar and Smoke Grill on Sir Thomas Street. Two headline acts play every Friday and Saturday night, performing at both venues on each of the two nights. Regulars include Neil Fitzmaurice (writer on Phoenix Nights and actor in Peep Show).

COMEDY CENTRAL
Baby Blue
Albert Dock
L3 4AD
Tel. 0151 702 5834

Beneath the Blue Bar & Grill lies Baby Blue, a beautiful 19th Century basement vault, home to Comedy Central. The venue showcases local and international comedians every Thursday, Friday and Saturday as part of the Albert Dock’s diverse range of attractions.
Liverpool is home to several great theatres. The Playhouse, Royal Court, Empire and Unity all cater for very different audiences, so whether it’s panto or Pinter that floats your boat you’ll definitely find something to go and enjoy.

**EPSTEIN THEATRE**
Hanover St
L1 3DZ
Tel. 0844 888 4411

The Grade II listed theatre has undergone a £1m refurbishment and is now managed by Liverpool Sound City offering music, theatre, film, dance, the best in contemporary culture and cutting edge performance from artists of national and international stature as well as the very best of Liverpool. The spacious new bar serves a great pint, some fine wines, a cocktail as well as good, but simple food.

**PLAYHOUSE**
Williamson Sq
L1 1EL
Tel. 0151 709 4776

With great names such as Robert Donat, Michael Redgrave, Rachel Kempson, John Thaw, Anthony Hopkins, Noel Coward, to name but a few, treading the boards, this Grade II listed theatre has an illustrious history. Things looked gloomy when the theatre closed for a brief spell in the 1990’s however since reopening under the same management company as The Everyman, The Playhouse has built a strong reputation for new productions, mainly of old plays.

**UNITY**
1 Hope Place
L1 9BG
Tel. 0151 709 4988

Renowned for showing “innovative, high quality work in a friendly and enthusiastic atmosphere”, the Unity has remained steadfastly determined to offer opportunities to new writers and companies, showing contemporary work alongside classics.

**ROYAL COURT**
1 Roe St
L1 1HL
Tel. 0151 709 4321

The Royal Court first opened in 1826 as Cookes New Circus and underwent several name changes before acquiring its current moniker in 1881. Since then it has largely operated as a theatre venue, apart from a brief spell as a rock venue in the 1990’s. Over the last three years the theatre has seen a real renaissance and now prides itself on showing quality theatre produced in Liverpool, starring Liverpool actors, by Liverpool writers.

**EMPIRE**
Lime St
L1 1JE
Tel. 0844 871 3017

The largest 2 tier theatre in the country, The Empire is known for its gigantic productions mainly of a musical nature. In recent years it has played host to an array of dazzling shows including Hairspray, The Rocky Horror Show and The Sound of Music.
LIVERPOOL SOUND CITY
Bramley-Moore Dock
Liverpool Sound City is an unrivalled 2-day festival of incredible live music and arts, capturing the city of Liverpool and reinforcing it as the cultural core of the UK. Since its inception in 2008, Liverpool Sound City has grown into one of the most important and well-respected cultural events in the UK, having hosted acts such as Catfish and the Bottlemen, The Coral and The Wombats to name but a few.

BROUHAHA Street Festival
Brouhaha is Liverpool’s largest Black and Minority Ethnic cultural offering, a celebration of diversity that attracts a large multi-racial audience. The annual Street Festival brings together a programme of events and community celebrations that attracts people from across Liverpool, the North West, the UK and beyond. Each year local national and international street theatre performers, dancers, musicians, circus performers and carnival artists take part in collaborative performance projects and community activities that have a major impact. The festival hosts both small and large-scale events involving between 10 and 1000 participants as performers, with audiences between 100 and 60,000 per event.

LIVERPOOL PRIDE 0151 709 5069
Bursting onto the scene in 2010, the inaugural Liverpool Pride festival attracted over 20,000 people, which was doubled to over 44,000 in 2011. Festival organisers always promise the best in entertainment, attracting people from across the country to experience the diverse culture of one of Europe’s most exciting cities.

AFRICA OYÉ Sefton Park
Africa Oyé is the UK’s largest free celebration of African music and culture and takes place annually in Liverpool. Beginning in 1992 as a series of small gigs in the city centre, this great event has gone from strength-to-strength, moving to its present Sefton Park home in 2002 to cope with demand.

LIVERPOOL INTERNATIONAL MUSIC FESTIVAL Sefton Park
The annual celebration of one of the city’s cultural cornerstones – music. The main stage is at Sefton Park with over 80 hours of live outdoor music; it celebrates a range of different music genres which attract local people and guests from all over the world.

HOMOTOPIA Various Venues
Homotopia presents a high quality annual festival of gay culture every November, with trailblazers throughout the year. They also have a groundbreaking social justice & youth engagement programme which is all year round. The festival programmes and commissions a wide variety of art & artists, including a Grand Vogue Ball and appearances from such luminaries as Armistead Maupin & Sarah Waters.
FESTIVALS

CATFISH
AND THE
BOTTLEMEN
ACCOMMODATION YOUR HOME

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Why Us?

⭐ Fully furnished to a high standard
⭐ High quality bathrooms & kitchens
⭐ Virgin Media inc. movies and sports
⭐ Unlimited broadband
⭐ All inclusive rent
⭐ Excellent tenant service
⭐ Gold Standard accredited from Liverpool Student Homes
YOUR HOME

Who do you choose to rent from and how can you make contact with them? Where do you begin looking? What should you look for?

Start your search with Liverpool Student Homes at www.liverpoolstudenthomes.org.

Liverpool Student Homes is the official private rented accommodation service for students and is funded by your University. All landlords who advertise through Liverpool Student Homes have committed to meeting the LSH Standards which are a set of quality and safety criteria. A full copy of the Standards can be found on the LSH website.

LSH work in conjunction with Liverpool City Council and the CLASS landlord accreditation scheme. If you live in CLASS accommodation, it means that your home provides decent and safe living conditions. For details go to: https://liverpool.gov.uk/business/private-landlords/join-up/class-accreditation-scheme/

SAFE HOMES
Remember: healthier homes, healthier lives. The condition of your home plays a big part in your health & well-being.

The property you rent must be free from avoidable hazards. Would you know what the top five hazards are? They are: excess cold, damp & mould, falling on stairs, falling on level surfaces and flames & hot surfaces.

DEPOSITS
If your Landlord takes a deposit from you, make sure it is protected. A landlord is required to give you information within 14 days of receiving your deposit as to where it is held. If a landlord fails to protect your deposit in one of the statutory schemes, you may seek an order from the court and this may result in compensation.

SIGNING A TENANCY AGREEMENT OR CONTRACT
Avoid signing up to a tenancy without viewing the property first. Remember, a tenancy agreement is a legally binding document. Having an inventory (sometimes called a statement of condition) helps to protect both you and your landlord and can provide evidence to prove the condition of a property at the time it is let.

An inventory should be agreed with you before you move in and a separate list held by you and your landlord.

LICENSING
In April 2015, Liverpool City Council made it compulsory for all rented dwellings in our city to be licensed. This means that your landlord or agent should have applied or be in the process of applying for a license and meet the requirements of the license conditions. The licensing scheme helps bring unregulated properties in the city under a safety umbrella and is aimed at improving standards in dwellings which fall outside of the LSH Standards and CLASS Accreditation.
LSH is a unique service as it’s the only official university funded department that exists to help raise standards in student accommodation and provides support to students if they run into difficulties in their private accommodation.

**WHY USE LSH?**

LSH is the place to go to look for private accommodation in Liverpool.

*The largest choice of flats, houses, and rooms in large city developments with over 16,000 bedspaces advertised.*

*Registered landlord/agents commit to meeting the LSH Standards*

*Receive expert housing advice and support*

*A free, impartial service funded and endorsed by your university*

**THE LSH STANDARDS**

When you are looking for private accommodation you want to be sure that the place you choose is of a good standard and most importantly, safe. How the property is managed by the landlord is also an important consideration, you want someone who is reliable and fair. This is where the LSH Standards can support you.

All landlords who wish to register their properties with LSH are committing to meeting the LSH Standards, which means their accommodation has met our safety criteria and they have agreed to managing the property in the correct way.

This includes:

*providing gas and electric safety certificates for their properties*

*ensuring there is an appropriate fire detection system and carbon monoxide monitors*

*carrying out repairs within reasonable times,*

*complying with all legal obligations and that they behave in a courteous, professional and fair manner towards their tenants.*

You can view the full LSH Standards on our website.

www.liverpoolstudenthomes.org

A formal complaints procedure will be followed if students complain to us that a registered property, landlord or agent is falling short of the LSH Standards.

**WHEN TO START LOOKING FOR ACCOMMODATION - YOUR HOUSING JOURNEY**

**September.** Start of term and welcome events. Register to vote.

**October.** Settling in, making friends.

**November.** Don’t be pressured into looking for accommodation, it’s easy to be led by friends and people forming groups but the majority of second and third year students will tell you the best time to look is after Christmas. Keep up to date with LSH on Facebook and Twitter for updates about upcoming events.

**December.** Begin to think about accommodation.
Attend LSH talks and Housing Fairs around November/December. There is always plenty of accommodation in Liverpool so there is no need to rush into decisions and if you wait, you will get better deals.

**January.** Decide who you are going to live with, where you want to live and what type of accommodation. Keep an eye out for our find a housemate events. Start your property search at [www.liverpoolstudenthomes.org](http://www.liverpoolstudenthomes.org) and register to receive property emails. Visit our website or offices for useful housing fact sheets.

**February.** Continue your house-hunting. List potential properties, contact landlords or agents to arrange viewings. If you are in a group, try and all go together.

**March.** Continue your house-hunting! Landlords will still have plenty of accommodation available and will be keen to secure a tenancy in vacant properties. Already picked a property? Get your contract checked before you sign it, by LSH. Sort who is going to be your guarantor.

**April.** Staying in Liverpool over the summer? Check out the summer lets on the LSH website.

**May.** Getting ready to move out. Read our moving out checklist, have a good clear out, remember to recycle – check out the ‘Leave Liverpool Tidy Campaign’. Don’t panic if you haven’t found the perfect place for September, there will be loads left right up to the start of term.

**June.** Move into your summer let.

**July.** Enjoy the summer!

**August.** Prepare to move into your new place in September.

**HOW TO LOOK FOR ACCOMMODATION**

Visit the LSH website [liverpoolstudenthomes.org](http://liverpoolstudenthomes.org) where you can search for all types of student accommodation. You can also register FREE to receive properties to your inbox.

Come along to our Housing Fairs in November/December, follow us on Twitter and facebook for event details.

Pop into our office at 140 Mount Pleasant, we can help you with property searches and give you tips and advice.

**Contact Us**

Liverpool Student Homes, 140 Mount Pleasant, Liverpool, L3 5SR

Tel: 0151 794 3296, Email: lsh@liv.ac.uk,

Web: [www.liverpoolstudenthomes.org](http://www.liverpoolstudenthomes.org)

Twitter: @LivStudentHomes

Facebook: /LiverpoolStudentHomes
It’s a sad, though not entirely surprising fact, that student homes are some of the most common targets for burglars. Here’s how to make sure yours isn’t one of them

Students own more small, expensive and easily sold consumer items like phones, MP3 players, cameras and laptops and a student house of five is likely to contain five of each.

If you’re careful you won’t be an easy target. For a start, you don’t have to bring everything to your new home – leave some stuff behind.

Keeping windows and doors secure is an absolute must. If you live in halls, lock your door whenever you leave your room, even if you’re only going down the corridor.

It doesn’t take long to run in and pick up a mobile phone or MP3 player. If you live on the ground floor of student halls you have to be extra careful about windows to avoid opportunistic thieves.

Friends and acquaintances will be coming and going at all hours of the day so don’t forget to check that all doors and windows are shut and locked, especially if you have been drinking or are going out. If your accommodation has shared access, be careful who you let in to the communal areas and always be wary of people following you in.

Never let strangers in without checking they are who they say they are, reputable trades people will carry ID and won’t mind being asked to show it. If you are in any doubt, don’t let them in.

When renting a house check the locks before you move in. Pay equal attention to both front and back doors.

A high percentage of break-ins are through back doors as they are often less secure. If you aren’t totally confident in their security, you’re within your rights to ask your landlord to install some deadbolts.

Most insurance companies specify that, to make a successful claim, you must have a lock on your bedroom door, even if you are in a shared house. If you don’t have internal locks or adequate security, tell your landlord – you are entitled to decent home security. If you have outside space make sure fences and gates are secure before you move in.

Keep expensive stuff out of sight and shut your curtains when you go out. If you buy new expensive items break the packaging down and take it to the tip, don’t leave it in or by your bin and advertise to potential thieves.

Make a note of serial numbers and keep receipts in case you need to make a claim. Expensive or valuable items should be kept well hidden in a safe place if you don’t want to risk losing them. If there are alleyways to the rear of your property make sure they are kept locked.
HOME SECURITY

You need to take extra care during holidays as student areas are often targeted during these times. If you can, take all of your valuables home with you and leave as little as possible in the house. It’s also worth leaving lights or a radio on a timer so it seems like you are in.

Finally, always make sure your possessions are insured. If the worst happens you’ll need to replace your stuff. Many insurance companies offer student rates so shop around.
Locking your doors and windows may not be something you think about immediately when you’re in or out of your home. Many properties these days are fitted with UPVC doors, which in many cases don’t lock instantly when closed with the handle. In Liverpool we run a year round campaign called ‘Now Lock Your Door’ to remind students to simply lock your front or back door, even when you are in. Opportunist burglars will see an unlocked door as invitation to visit!
The accommodation that you live in is not provided free of charge. It is important that you understand fully when and how your rent is paid.

Remember you have signed a legally binding tenancy agreement which entitles the landlord to seek legal remedies for loss of rent. This may be after an eight week period of rent arrears where the landlord would be entitled to serve a Notice Requiring Possession of the dwelling.

**Speak to your landlord if you are experiencing financial difficulties or your student loan is delayed.**

For those of you who have chosen to live in private sector accommodation there may be times when you would like advice and guidance on your housing rights.

Through LSH you can gain access to support through the Private Sector Housing Rights Advice Worker. The advisor works across all three universities and is available for drop in sessions on campus from Monday to Thursday and in the LSH office on Fridays. Please check the housing advice page on the LSH website for an up to date list of where and when the drop in sessions will be on campus. You can get access to support and advice on your contract, tenancy deposits, disrepair, rent arrears, illegal eviction and harassment, homelessness, tenant disputes, landlord negotiation, complaints and legal action.

The Private Sector Advisor is available to see students for drop in sessions and appointments, you can contact him by emailing advice2u@liverpool.ac.uk or telephoning 07970 247 209. All advice given is free, confidential and impartial.
HEALTH & WELLBEING
REGISTER WITH A GP

Your GP is your main link to health services in Liverpool and should be your first point of contact when you are ill. It is important that you register with a local GP when you start college or university and you can still visit your family doctor when you go back home during vacation. Once registered, if you need medical treatment you can call your GP surgery 24 hours a day, 7 days a week for advice and access to health services.

QUESTIONS TO CONSIDER WHEN CHOOSING A GP

Are they close to where you live?

Do their opening times fit around your timetable?

Would you prefer to see a male or female doctor?

To find a local GP visit www.nhs.uk and type in your postcode.

HELP WITH HEALTHCARE COSTS

Make sure you fill in your HC1 form to apply for help with health costs such as prescriptions and dental care. If you are aged 19+ you are not automatically eligible. HC1 forms are available from your GP or at: www.nhs.uk/healthcosts

ONLINE ADVICE VISIT: WWW.NHS.UK

Go online to:

Check symptoms to see if you need medical attention.

Get answers to common health questions.

Enquire about non-urgent health matters.

Find local health services such as dentists and opticians.

COMMON HEALTH PROBLEMS

Pharmacies offer advice and treatment for common health problems, without an appointment. Ask about Care at the Chemist - a scheme that offers some free medicines without having to see a GP.

To find your local pharmacy visit: www.nhs.uk

FIND AN NHS DENTIST

Don’t wait until you need emergency treatment before seeing a dentist. A check up only costs £17 and you may be entitled to help with payment for all or part of your treatment. To find a local NHS dentist or for more information about costs visit: www.nhs.uk. for dental emergencies call NHS Direct.

MINOR ILLNESSES OR INJURIES

Walk-in services are available to treat cuts, strains, itches and sprains with no appointment needed.

Litherland NHS Walk-in Centre,
Litherland Town Hall,
Hatton Hill Road, L21 9JN. Tel: 0151 475 4667. Mon-Sun 8am-8pm.

City Centre Walk-in Centre, The Beat,
6 David Lewis Street/ Hanover Street,
Liverpool, L1 4AP. Tel: 0151 247 6500
Mon-Fri 7am-10pm, Sat-Sun 9am-10pm.

Old Swan NHS Walk-in Centre,
Crystal Close, St Oswald St, L13 2GA.
Tel: 0151 247 6700 /
3761. Mon-Sun 7am-10pm.

South Liverpool NHS Walk-in Treatment Centre, Church Road, Garston, L19 2LW. Tel: 0151 295 9010.
Mon-Fri 9am-9pm
Sat-Sun 9am-5pm.

Please consider visiting any one of the Walk-in Centres before attending A&E with a minor injury or illness.

SEXUAL HEALTH
To access free, local sexual health advice and services such as free contraception and Sexually Transmitted Infection (STI) advice or pregnancy testing, ask your GP or visit: www.sexualhealthliverpool.co.uk

YOU’RE NOT ALONE
Leaving home to go to college or university means big changes, such as living in a new area, making new friends, managing a budget and starting your studies.

If you feel constantly unhappy or that you can’t cope, don’t keep it a secret, speak to your GP or university counselling service.

EMERGENCIES - CRITICAL AND LIFE-THREATENING SITUATIONS
The Royal Liverpool Hospital’s A&E department offers emergency care. This includes choking, blacking out, chest pain, heavy blood-loss.

Only dial 999 if you need an ambulance in an emergency.
MUMPS
At University you may be at an increased risk of contracting mumps. This is because you, or your fellow students, may not have had your MMR vaccinations as a child or may have only had one dose. The MMR vaccine provides protection against mumps, measles and rubella. Mumps is a highly infectious disease which spreads from person to person by coughs and sneezes. Although for most people mumps is a mild illness which lasts for about 7-10 days, it can lead to serious complications, including meningitis. In a small number of cases it can even lead to infertility. Universities are a common setting for mumps outbreaks. If you do get mumps you’ll be advised to limit your contact with other people until you’re no longer infectious (which could put a serious dampener on your social life). People with mumps are most infectious just before they become unwell and for 5-10 days afterwards. Make sure that you’re protected against mumps by checking that you’re up to date with your MMR before you start University, or when you register with the University’s medical practice or a local GP.

Symptoms:
Fever and headache for a day or two.
Swelling/soreness of the parotid salivary gland (located at the angle of the jaw, in front of the ears). Flu-like illness.

MENINGITIS
Meningococcal infection is a relatively rare but potentially fatal condition that can cause meningitis (infection and inflammation of the lining of the brain), blood poisoning (septicaemia), or both. The infection can be spread from person to person by prolonged close contact such as living in shared accommodation or kissing. It is important to keep a look out for common early symptoms, although they don’t all develop straight away. If you think you or someone you know may have meningitis you should seek medical help immediately. If you haven’t previously been vaccinated against Group C meningococcal infection, you should consult your GP about having the vaccine before arriving at University or as soon as possible afterwards. This is a very important vaccine. However it does not protect against other groups of meningococcus bacteria, such as Group B meningococcal infection, so it will still be necessary for you to be aware of the common signs and symptoms of the potentially deadly infections that these harmful bacteria can cause.

Symptoms:
Save a life – give blood
Visit blood.co.uk or call 0300 123 23 23
MEASLES

The MMR vaccine also protects against measles. If you haven’t had two doses of the MMR vaccine yet, you are also at risk of catching measles. Since the beginning of 2012 there has been an on-going outbreak of measles in Liverpool. Although measles is thought of as a childhood illness, it can affect people of all ages if they are not immune. Measles can be severe, and in the current outbreak around one in every five cases have required admission to hospital. Like mumps, measles can have severe complication like ear and chest infection, or even meningitis. Measles is one of the most highly infectious diseases and can be transmitted through small droplets when you sneeze or cough.

If you catch measles you are infectious from 4 days before and up to 4 days after the onset of the rash, and you will be asked to limit your contact with other people until you are no longer infectious.

Symptoms:
Cold-like symptoms.
Red eyes and sensitivity to light.
A temperature.
Tiredness.
Aches and pains.
Poor appetite.
Red-brown spotty rash.

Find out more at:
Health Protection Agency
www.hpa.org.uk
Let’s face it, your time at university will be a rollercoaster ride of easy-going good times and difficult, stressful times. Deadlines, dissertations and exams are hard enough to cope with when you’re really on top of your game. The last thing you need is to make things even harder by getting yourself or someone else pregnant. Many clinics suggest using condoms as well as another method, such as the combined pill, to be doubly safe and to avoid sexually transmitted infections (STIs). Here are some of the options available to you.

**CONDOMS**

A condom is a sheath made of latex or polyurethane that covers the penis during sex. It must be rolled on very carefully when the penis is erect and before the penis touches the other person’s body. Sharp nails or jewellery can easily damage condoms, as can anything oil-based such as hand cream or Vaseline. There is also a female condom that can be worn inside the vagina. Condoms are the only contraceptives that also protect against most STIs. You can buy them from chemists and supermarkets, or get them free from health centres and sexual health clinics.

**COMBINED CONTRACEPTIVE PILL**

These are pills containing oestrogen and progestogens that prevent the female body from releasing eggs. Most brands are taken daily for 21 days, followed by a 7-day break. However, these may be made ineffective by vomiting or diarrhoea. If you have either of these symptoms use additional contraception like condoms, while vomiting and diarrhoea is happening and for 7 days after, until you’re protected again.

**PROGESTOGEN-ONLY PILL**

These are pills which contain progestogens and must be taken daily to remain effective (there is a 3 hour window for some and a 12 hour window for the most common one). As with the combined pill, they may be made ineffective by vomiting or diarrhoea.

**CONTRACEPTIVE INJECTION OR IMPLANT**

Contraceptive hormones injected into the female body or placed surgically under the skin. These are useful for women who can’t take the combined pill or who forget to take their pills regularly. They can cause irregular bleeding.

**INTRA-UTERINE DEVICE OR COIL**

IUDs are devices placed inside the womb as a long term method of contraception, mainly to prevent conception from occurring. Prevention of implantation is a secondary action. They can be effective for up to five years.

**CAP OR DIAPHRAGM**

A barrier placed inside the vagina to prevent sperm reaching the cervix. Use it with spermicide for extra protection. They should be inserted before sex and left in place for six hours afterwards.
EMERGENCY CONTRACEPTION

If you’ve had unprotected sex in the last five days, you may still be able to get emergency contraception. However, you must get to a doctor or sexual health clinic quickly.

The post-coital pill (or ‘morning after’ pill) is still effective up to 72 hours after unprotected sex, but the sooner it is taken the more effective it is. It can be prescribed free by GPs or sexual health clinics, or you can buy it over the counter at certain chemists. Follow the instructions carefully, and if you have sickness or diarrhoea after taking them, speak to your doctor or the chemist to see if you need to take any more. There are other methods of emergency contraception.

Contact your GP or your nearest sexual health clinic for more information about contraception, pregnancy & STIs.

For advice go to:

**Brook Liverpool**
81 London Rd, L3 8JA
Tel: 0151 207 4000

**Abacus Central**
The Beat
6 David Lewis Street, L1 4AP
Tel: 0151 247 6500

**Great Charlotte St Sexual Health Service**
Unit 4 Charlotte Row,
Great Charlotte St L1 1HU
Tel: 0151 233 3058

**GUM Clinic**
1st Floor Royal Liverpool Hospital
Prescot Street L7 8XP
Tel: 0151 706 2620

For more information, support and a list of pharmacies offering free emergency contraception visit:

[www.sexualhealthliverpool.co.uk](http://www.sexualhealthliverpool.co.uk)
These are some of the most common sexually transmitted infections (STIs). If you have any worries concerning STIs, consult your doctor or medical practitioner.

**HERPES**
Herpes, also called genital herpes, can only spread if the infection is active and is caused by the herpes simplex virus. The symptoms of Herpes usually appear within a week after sexual intimacy and contact with a person who is infected.

You may contract a mild fever, which may be accompanied with sore and painful itching in the genitals, blisters can then follow. Broken blisters can cause much pain and discomfort. The infectious virus can also spread to the bloodstream and affect other internal organs.

**GONORRHOEA**
Gonorrhoea is a bacterial infection that infects the genital and non-genital orifices of the body. Gonorrhoea spreads in the reproductive system, and via the bloodstream can infect other body parts. While most gonorrhoea symptoms are similar in men and women, a few are different to each gender.

Men experience a burning sensation when urinating, painful or swollen testicles, and a yellowish white discharge from the penis.

Women experience a vaginal discharge that is yellow or occasionally bloody, a burning sensation when urinating. Infections in the throat cause few symptoms. Even if you don’t have symptoms, gonorrhoea can be transmitted to others; anyone at risk should see a doctor for a test.

**CHLAMYDIA**
Chlamydia is one of the most common sexually transmitted infections (STIs). It is very easy to treat and cure. It is believed that one in ten sexually active young people have Chlamydia. If left untreated it can cause painful complications and serious health problems such as infertility. For some people there are no symptoms unless the infection has reached an advanced stage.

Women experience bleeding after sex, pain and/or bleeding during sex, lower abdominal pain (pelvic pain), unusual vaginal discharge and pain when passing urine.

Men experience white, cloudy or watery discharge from the tip of the penis, pain when passing urine and possible pain in the testicles.

**GENITAL WARTS**
Genital warts are mainly small, flesh-coloured bumps. In women it occurs on the vulva and perineal area in the vagina and on the cervix. In men it occurs on the area near the anus, the penis, or between the penis and the scrotum. If genital warts are not treated they can cause cancer of the cervix in women and cancer of the penis in men. Men experience genital warts on the penis or underneath the
foreskin, in the urethra (in most cases at the very end of it) and the area around the rectum. Women experience genital warts on the lips of the vulva, in the vagina, or by the urethra. Genital warts can also appear in and around the rectum.

**HIV/AIDS**
There are four main ways in which the virus can enter the body:

1. **Sex**
   Rectal intercourse is a very ‘efficient’ way of spreading the virus from one person to another. But the majority of infections worldwide are caused by vaginal intercourse with a person who has the virus.

2. **Sharing needles**
   Drug users are in the high risk category, if they use needles that have already been used by someone who has the virus.

3. **Infected blood products**
   In some parts of the world blood intended for transfusion is still not tested for HIV. However, this is NOT the case in the UK.

4. **Mother to baby infection**
   In addition to sexual activity, the virus can also be spread through infected breast milk, and other bodily fluids such as vaginal fluids and blood. The earliest symptom of this infection is a short, fever like illness with swollen glands in the groin, armpits and neck and a sore throat.

   HIV infected people may not show symptoms for some time, as much as eight to ten years after being infected. As the HIV virus destroys blood cells, it lowers the body’s immunity making it susceptible to weight loss, fatigue, coughs, chills, night sweating, fever, and many other infections.

   The HIV virus, eventually, takes over the nucleus of a white blood cell (CD4 lymphocyte), constantly reproducing and releasing more of the virus into the blood stream.

   A very small number of cases can occur for other reasons, for example, as a result of an organ donation or a sperm donation from a person who is HIV-positive.

**PUBLIC LICE**
This infection is caused by a sucking lice that looks very similar to head lice. They mostly live in the pubic hair, as the moistness of the area helps them to thrive and multiply. They are easily treated, but can cause a lot of itching and discomfort at night.

**SYPHILIS**
Syphilis is a sexually transmitted disease caused by the bacterium Treponema pallidum. It is often called “the great imitator” because so many of the signs and symptoms of the disease are identical to those of other diseases.

   Syphilis is passed from one person to another through direct contact with syphilis sore. Sores arise mostly on the external genitals, anus, vagina, or in the rectum.

   Sores also can arise on the lips and in the mouth.

   Spread of the organism occurs during vaginal, anal, or oral sex. If pregnant women have this disease they can
pass it on to the babies they are carrying.

There are myths about Syphilis, here are the facts. Syphilis cannot be spread through contact with toilet seats, doorknobs, swimming pools, hot tubs, bathtubs, shared clothing, or eating utensils.

**VAGINITIS**

Vaginitis is associated with an irritation or infection of the vulva. Signs and symptoms vary depending on what type of Vaginitis you have but may include vaginal discharge; itching, burning, foul odour or general vaginal irritation. It can also occur in the male penis, prostate gland or urethra. Candidiasis (or Thrush) is the most familiar form of Vaginitis.

**HEPATITIS**

Hepatitis refers to viral infections of the liver. There are several types of hepatitis, but here we will discuss the most common - Hepatitis A, B and C. Different types of hepatitis are transmitted in different ways:

**Hepatitis A** is transmitted through oral contact with contaminated faeces. It can be passed through sexual contact, especially in men who have sex with men, or by coming into contact with contaminated food. There is a vaccine for Hepatitis A.

**Hepatitis B** is highly contagious and usually contracted through sexual contact with an infected partner or through contact with an infected person’s bodily fluids. There is a vaccine for Hepatitis B.

**Hepatitis C** is more difficult to acquire than other types of hepatitis and is most commonly transmitted through blood-to-blood contact as can happen when injection drug users share needles. There is no vaccine for Hepatitis C and it can often be incurable.

Hepatitis symptoms vary in intensity from person to person but commonly include:

- Fatigue, at times severe enough to make it difficult to get out of bed.
- Loss of appetite.
- Nausea and vomiting that gets worse as the day progresses.
- Yelllowing of the skin and eyes (jaundice).
- Darker urine than normal and sand coloured faeces.
- Dull pain in upper abdomen (Hepatitis A).

**Most STIs can be prevented by using condoms. However, even using condoms as a precaution isn’t a guarantee that you won’t catch or spread an STI. Except for HIV and AIDS, most STIs can be treated and cured.**

However, timely intervention, diagnosis and medical attention are very imperative.

Most treatments depend upon the type and severity of the STIs.
Having a drink is an important part of socialising for many people. It is important that you know the facts about alcohol, so that you can drink responsibly. Here are a few hints, tips and facts about alcohol.

Make sure you’ve eaten before you drink alcohol.

Drink plenty of water or soft drinks in between alcoholic drinks – remember alcohol dehydrates you.

Don’t be tempted to buy large glasses of wine or double measures just because bar staff offer you them.

Never leave your drink unattended – always get a friend you trust to mind it if you go to the toilet or outside.

NEVER DRINK AND DRIVE.

Keep track of how much you have drunk and pace yourself – don’t feel you have to drink just to keep up with friends.

**DRINKING CAN LEAD TO ANTI-SOCIAL BEHAVIOUR, ROAD ACCIDENTS, CRIME AND DOMESTIC VIOLENCE.**

Don’t be pressured into buying alcohol for under 18s hanging around outside shops – this is illegal and you could face a fine of up to £80 from the Police.

The UK has one of the highest rates of binge drinking in Europe. The Government daily guideline is 2-3 units for women and 3-4 units for men – get to know the unit contents of your favourite drinks so you can monitor your drinking.

**UP TO ONE IN THREE ADULTS IS AT RISK OF DEVELOPING ALCOHOL-RELATED LIVER DISEASE.**

Drinking heavily increases your calorie intake and is frequently associated with obesity. Alcohol isn’t a stimulant as most people think – it is a depressant – this is why drinking too much can often lead to violent behaviour and impaired judgement.

The ‘beer belly’ look doesn’t just apply to men, women can develop a belly too.

A bottle of wine has 40% of the daily recommended calories for women. This is comparable to three Mars Bars, a Big Mac burger with medium fries or six jam doughnuts. Too much alcohol can cause ‘moobs’ (man boobs) and penis shrinkage.

**ALCOHOL IS RESPONSIBLE FOR MORE DEATHS THAN ALL ILLEGAL DRUGS COMBINED.**

80% OF DISORDER CRIMES ARE ALCOHOL RELATED.

On average, 13,000 alcohol-related violent incidences take place outside UK bars and pubs every week.

**BINGE THINKING**

Remember to eat before you drink alcohol.

Don’t save up your weekly spends and blow it in one drinking session.
ALCOHOL ADVICE

Be aware that many pub measures are large and you may be drinking more units than you think.

Pace yourself, decide how many units you want to drink in an evening and stick to it!

DANGEROUS BEHAVIOUR

So you’ve thrown some shapes on the dance floor and no one noticed. Your chat up lines were all rebutted and the cool approach sitting quietly didn’t work either.

Now everyone’s walking home it’s your last chance. It’s time to show off. Show everyone how dangerous and wacky you are.

Every year young people are seriously injured and even die trying to show off to their friends. And usually drink plays a major part in these activities.

So - no car dodging, no Scaffold climbing. And definitely no jumping in the Mersey.

DON’T WALK AWAY

Alcohol is a poison and can have adverse effects on the body if consumed in large quantities. Make sure you keep an eye on your mates and if someone is taken ill call an ambulance and stay with them. Don’t walk away.

YOUTUBE GENERATION

It is becoming more and more common for people to attempt to video dangerous situations when they should be trying to run away from them.

Always put safety first and never put yourself at risk to get the number one video of that day. You may inadvertently be the star of someone else’s video of the day.

SO REMEMBER:

Take care of yourself and those around you

Do not leave a friend alone after drinking alcohol as it is dangerous

Always call 999 if your friend is unwell/unconscious after drinking alcohol

Basic First Aid can help save your friend’s life
You might think that people who talk about the risk of drug use are scaremongering. Talk of people going mad, moving on from occasional use to more frequent use of harder drugs, it might all seem extreme but there are genuine risks attached. Drugs are unpredictable and illegal drugs are unregulated so you can never really know what you’re getting.

Drug use is common in young people and this includes the student population. Some people try drugs and decide it’s not for them, some people use drugs occasionally and can take or leave them and others go on to become more frequent users.
DRUGS

Around 50 percent of young people admit to having tried at least one recreational drug, most commonly cannabis. It’s likely that you will be offered drugs at some point in your life, if you haven’t been already and it’s important to remember that it’s your body and you have to decide for yourself how to treat it. Understanding the law, the effects and the risks could enable you to help yourself or someone else who is in trouble. These factors all increase the risks when using drugs.

A history of mental illness.
Any physical health problems.
Using in unfamiliar surroundings.
Going off on your own to use drugs.
Buying drugs from strangers.
Using needles, especially shared ones.
Mixing different drugs.
Taking large amounts of drugs in one go.

Some drugs are stronger when they’re added to other ones making mixing drugs extremely dangerous. Certain combinations mask the symptoms of an overdose and even prescription drugs mixed with recreational ones can pose huge risks, including death.

THE LAW SURROUNDING DRUGS
‘Supply’ doesn’t just mean dealing or selling drugs in large amounts. It also includes selling tiny amounts of drugs to friends or giving them away for free.

Having drugs on you or at home is classed as possession, that includes storing or carrying them for someone else. Being found with a large amount of drugs on you carries more serious penalties.

Driving under the influence applies to drug driving as much as drink driving and you can be charged under the Road Traffic Act 1988.

Letting people take drugs in your house can get you a conviction, even if you don’t take any yourself. You could get thrown off your course at uni if you get caught with drugs.

If you get a major drug conviction it can affect your future job prospects. Major drug convictions can also affect your freedom to travel in the future.

CLASS A DRUGS
Ecstasy
Pure Ecstasy is MDMA, a stimulant with very mild hallucinogenic effects. It is mainly sold in pill form and newer pills contain less MDMA so are more likely to contain other drugs. It is also referred to as E, pills, tablets, XTC or names based on the pictures on the pills.

Side effects can include anxiety, panic attacks, paranoia, epileptic fits, dehydration, overheating, collapse and death.

The long-term effects of ecstasy are uncertain, but may include memory loss and depression.

Cocaine
This stimulant made from leaves of the coca
shrub is sold in wraps of whitish powder and is also known as coke, charlie, powder, beak or gack. The risks include psychological dependency, damage to nose, heart attacks, overdose, anxiety, depression and sexual dysfunction. Overdose is more likely when injected.

**Crack**

A smokable form of cocaine which is sold in small lumps and is also known as base, wash, stones, or rock. The risks include cravings, addiction and overdose.

**LSD**

Lysergic acid diethylamide is a hallucinogen which is sold dotted onto paper squares, or in tiny tablets or capsules also known as acid, trips and tabs, which are swallowed.

**The risks are panic or paranoia which can lead to accidental or deliberate injury.**

Users can also suffer flashbacks, where part of the trip is relived, weeks or months and in some cases even years after taking acid.

**Magic Mushrooms**

Most commonly Psilocybe semilanceata mushrooms, which grow naturally in Britain and can be either picked fresh or bought dried. They are also known as ‘shrooms, mushies, majicks and are eaten raw, cooked or made into tea. The risks are picking the wrong type of mushroom and being poisoned, bad trips, diarrhoea, flashbacks.

**Possessing raw mushrooms is not illegal. If they are prepared for use they are Class A.**

**Heroin**

This drug made from morphine, extracted from opium poppies is also known as Brown, smack, H, horse, skag, gear.

**Heroin gives the user feelings of comfort, relaxation or sleepiness and can also cause sickness and vomiting.**

Risks of heroin use include overdose, constipation, coma, infection, physical dependency, abscesses from injecting and sharing needles, as well as the risk of HIV/AIDS

**Methadone**

A synthetic opioid used in the treatment of heroin addiction.

**The effects are similar to those of heroin but can last up to 24 hours longer, meaning heroin users attempting to withdraw do not need to take methadone as frequently.**

Methadone is a powerful drug, excessive doses can lead to overdose or coma. Misuse can also be fatal. It is a very addictive drug, and tolerance will increase with use.

**Class A also includes any class B drug prepared for injection**

**Maximum penalty for possession:**

**Seven years in prison and an unlimited fine.**

**Maximum penalty for supply:**

**Life sentence and an unlimited fine.**
DRUGS

CLASS B DRUGS

Amphetamines
Synthetic stimulants, up to 95% impure sold as an off-white, greyish or pinkish powder that may contain small crystals, or small pills and known as speed, whizz, or uppers.

The risks include irritability, aggression, paranoia, psychosis, overdose and addiction. Injecting makes overdose more likely and increases the risk of HIV and hepatitis infection.

Cannabis
The leaves or tips of the Cannabis sativa plant which contains the active ingredient THC. It has many names including marijuana, weed, hash & grass and can be smoked as a joint, smoked in pipe or eaten. Risks include paranoia, anxiety, nausea and heavy use may affect short-term memory. Strains of cannabis are getting stronger leading to its reclassification from C to B.

Maximum penalty for possession: Five years in prison and a fine.

Maximum penalty for supply: Up to 14 years in prison and a fine.

CLASS C DRUGS

Ketamine
An anaesthetic with painkilling and hallucinogenic properties, it comes in tablet, liquid or powder form. The drug is intended to be used by vets as a sedative and anaesthetic. It may also be known as Green, K, special K, super K or vitamin K. Common effects include out-of-body experiences, hallucinations and temporary paralysis. As with LSD and other hallucinogens, the effects of taking ketamine are influenced by the user’s mood and environment. Because ketamine numbs the body, users run the risk of serious injury without even realising they’ve been hurt. Because of it’s dissociative effects, a ketamine hit can be an alarming experience, even for those used to taking other drugs. Excessive doses can cause serious breathing problems, unconsciousness or heart failure.

Mild Tranquillisers
Tranquilizers are designed to have a calming effect but should only be used on prescription. Tolerance builds up, which means you need to take more to achieve the same effect. It is also easy to become dependent and withdrawal can be very difficult. If combined with other drugs, especially alcohol, fatal overdose can occur.

Anabolic Steroids
Designed to treat muscle weakness after surgery, sports enthusiasts claim steroids make them able to train harder. If they are taken as part of a strict exercise regime, they can help build muscle mass. They can also help users recover from exercise faster.

Maximum penalty for possession:
Up to two years in prison and a fine.

Maximum penalty for supply:
Up to five in years prison and/or a fine.
PENALTIES
These are the maximum penalties and given in a Crown Court, they don't usually apply to first-time offenders or people caught with tiny amounts of drugs. In a Magistrates Court, where less serious offences are dealt with, the maximum sentence is six months imprisonment and a £5000 fine. In court, the sentence given will also depend upon:

The drugs involved.
Any previous criminal record (not only drug related).
Your personal circumstances.
The attitude of the magistrate/judge to drugs.
Your attitude in court.

DRUG FIRST AID
If someone is taken ill while you’re in a club, try to find the first aider and if it appears serious call an ambulance.

Here are some tips that may help you deal with some of the common side effects of drugs but if in doubt you should always call for help.

If someone is freaking out and showing signs of anxiety or panic, lead them away from bright lights and loud noises. Try to calm them down by talking to them and reassuring them. If you are unable to get through to them you need to call for help.

Many drugs, like alcohol can cause dehydration. Couple this with the temperature in a crowded club and it’s easy to overheat. The signs include dizziness, tiredness, cramps in arms and legs, dark urine and difficulty urinating. If someone appears overheated sit them down in a cooler, quiet place and get them to sip a pint of water very slowly.

Splash a little tepid water on their face or neck or wipe them down with a damp towel.

If someone collapses it should always be treated as an emergency and an ambulance should be called. Try to gently bring them round and loosen any tight clothing they’re wearing, but don’t shake them hard.

Check to see if they are breathing, and, if they are breathing put them into the recovery position on their left side with their right arm and leg bent, making sure their head is back and their airway is open. If they are not breathing, they need mouth-to-mouth resuscitation. If you don’t know how to do this, put them into the recovery position and wait for help to arrive.

Talk To Frank
General information and advice about all street drugs.
Call 0300 123 6600 open 24hrs every day.
Young Addaction Liverpool provides support for young people between the ages of 10-25 who wish to reduce or give up drugs and alcohol.

**Outreach**
They offer an outreach service which works in communities in Liverpool. Outreach delivers drug and alcohol awareness sessions to young people that are known to use drugs or alcohol. These sessions aim to increase awareness and promote harm reduction. Sessions are carried out in schools, Universities, training providers and youth centres across the area.

**Breakfast Club**
They also offer a breakfast club, where anyone under the age of 25 can call in for breakfast and have an informal chat with a project worker if they want to. Young Addaction offer a variety of services including:

- **Advice & support**
- **One to one key work**
- **to reduce or stop**
- **substance use**
- **Family support &**
- **intervention**

**Complementary therapies**
- **Relapse prevention**
- **Risk management & harm reduction**

Referrals are accepted for any young person who lives in the Liverpool area and who are using drugs or alcohol. This is usually via standard referral form, which is available on request. Alternatively, referrals can be made over the phone.

Opening hours are: Monday to Friday 9am-5pm. Wednesday 9am-7pm.

Contact:
Young Addaction Liverpool
65-67 Hanover Street
Liverpool
L1 3DY

0800 0196 197 (free from a landline)
0151 706 9747

Email: liverpool@addaction.org.uk
SAFETY

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WHAT YOU SHOULD KNOW...

Landlords have an obligation to keep your home safe from fire. If you live in privately rented accommodation, your landlord has to meet certain safety obligations under the law, including ensuring all gas and electric appliances are safe and in good working order.

Your landlord must show you safety certificates so you can see when gas and electrical appliances were last tested.

Your landlord should supply a carbon monoxide detector and test it regularly. You can’t see, feel or smell carbon monoxide, but it can be fatal if you breathe enough of it.

If you are worried that your landlord isn’t doing enough to ensure your safety, contact the Environmental Health Officer at your local council.

SMOKE ALARMS SAVE LIVES!

You are advised to test your alarm once a week.

Strobe light and vibrating pad alarms are available for those who are deaf or hard of hearing. Contact Merseyside Fire and Rescue Service for further details. Merseyside Fire and Rescue Service will come to your accommodation and give you free fire awareness advice and where necessary, fit new alarms.

Call 0800 731 5958

Plan An Escape Route

Make sure everyone knows how to get out of your house if there’s an emergency – it could save your life.

Keep all fire exits clear and keep all fire doors closed.

They help to slow down the spread of fire and will give you extra time to escape.

IN THE KITCHEN

Cooking and drinking alcohol never mix. If you want something to eat and you’ve been drinking, make a sandwich or buy something on the way home.

Never leave cooking unattended.

Keep tea-towels and cloths away from the cooker and hob. Double check that the cooker is off when you have finished cooking.

CHIP PANS & DEEP FAT FRYERS

Take care when cooking with oil, it sets alight easily.

If the oil starts to smoke, IT’S TOO HOT. Turn off the heat, leave it in situ and wait for it to cool down.

Use a thermostat controlled electric deep fat fryer. If they are working properly, they can’t overheat.

BE EXTRA CAREFUL WITH ELECTRICS

Avoid overloading sockets, keep to one plug per socket.

Never use heaters for drying clothes and always keep them a safe distance from other items that may catch fire. Inform your landlord straight away
if you are concerned about the electrics in your property and never fix faulty electric items yourself. Stop using them, inform your landlord or call a qualified electrician.

**STAY SAFE WITH CANDLES AND CIGARETTES**

Make sure cigarettes are put out properly. Never empty an ashtray into the bin before you go to bed, fill it with water and leave it overnight.

Be careful with candles and tea lights. Avoid placing them near material that could burn or catch fire.

*If you have any questions about the issues raised in this guide please contact Merseyside Fire and Rescue Service.*

**Call**

0800 731 5958

**or email**

www.merseyfire.gov.uk/hsa
Merseyside is a safe place to live, work, visit and study. Merseyside Police are working hard to tackle crime and disorder. In fact Merseyside is one of the safest metropolitan areas in England and Wales with lower levels of recorded crime than similar police forces.

Merseyside Police covers the areas of Wirral, Sefton, Knowsley, St Helens and Liverpool. Each of these areas is split up into Neighbourhoods that are policed by a Neighbourhood Team led by a Neighbourhood Inspector.

Details of the Neighbourhood Team that police the area you live in can be found on the Merseyside Police website: www.merseyside.police.uk.

The website contains lots of useful information about what is happening in your area and details such as crime prevention advice, force policies and details of people wanted by the force. It will also tell you how to contact Merseyside Police and your Neighbourhood team, but if you do not have access to the internet, please telephone 0151 709 6010 for further details.

Merseyside Police recognise the student population reflects the wider community so is very diverse in its make up and consists of a wide range of different diverse groups.

Unfortunately, there are instances when people from minority groups are subject to unacceptable or inappropriate behaviour, threats or even worse. In most instances this will be categorised as a Hate Crime. It is very important to Merseyside Police that such incidents are reported. In the unlikely event of you becoming a victim of crime and, in particular, a Hate Crime, you are encouraged to report such incidents to the Police. Hate Crime is defined as:

Hate Incident, which constitutes a criminal offence, perceived by the victim or any other person, as being motivated by prejudice or hate. Any crime can be motivated by hate or prejudice.

Any offence where Disability, Race, Religion or Faith, Sexual Orientation or Gender Identity is the motivating factor.

Hate Crimes are investigated vigorously by Merseyside Police’s Sigma Hate Crime Investigation Teams.

Superintendent Rowley Moore who heads the Force Community Engagement Team said: “Merseyside Police recognises the impact Hate Crimes can have on victims and communities, we at Merseyside Police take the reporting and investigation of such crimes
extremely seriously”.

We want the message to be clear to both victims and offenders that offences motivated by someone’s Disability, Race, Religion or Faith, Sexual Orientation or Transgender will not be tolerated and will be robustly investigated by the forces Sigma Teams.

“Remember - If you witness it or experience Hate Crime - Report it.”

If you’ve been affected by hate crime, you may need help, support or practical information. This can include anything from emotional support and counselling to financial advice, help with housing, crime prevention information or legal guidance.

Victime Care Merseyside is a comprehensive, dedicated support website for victims of crime in Merseyside. It contains the details of the many groups which offer support and services to help you cope and recover. It is designed so you can search for information by the type of crime you have been affected by and also by geographical area, to make it as easy as possible for you to find the services you need.

This service is free, impartial and available to everyone regardless of whether a crime has been reported to the police or not, or when the crime happened. Simply visit www.victimcaremerseyside.org

Remember only use 999 in an emergency. If you require the Police for a non-emergency situation please ring 101.
SAFETY

CALM DOWN, IT’S NOT WORTH IT
Violence and aggression are now considered one of the most serious occupational hazards facing staff in the healthcare sector. The North West Ambulance Service NHS Trust, which covers the Merseyside area, is actively tackling this problem in order to protect its staff.

The North West Ambulance Service (NWAS) actively promotes its ‘Stop Abuse’ campaign in Liverpool, and across the rest of the North West, which aims to raise awareness of the violence and aggression that can be directed at ambulance staff and reinforces that it will not be tolerated. It is delivered in partnership with Merseyside Police, Cheshire Constabulary, Greater Manchester Police, Lancashire Constabulary, Cumbria Constabulary and numerous Pub Watch schemes operating in the region. The scheme was piloted here in Liverpool city centre in December 2007 and has now been developed across the North West region.

‘Pub Watch’ or as it is known in Liverpool, Licensees Watch, is a national voluntary organisation set up to support existing licensees and encourage a safe, secure social drinking environment in all licensed premises, helping to reduce drink-related crime. It’s supported by local police forces.

Most of the pubs in Liverpool will be members of the Licensees Watch. The ‘Stop Abuse’ partnership works together to alert the public of the unacceptable behaviour of individuals who assault ambulance crews and encourages ambulance crews to report assaults both internally, and via the Police and Pub Watch. If an ambulance crew is subjected to a physical or verbal assault inside a licensed assault inside a licensed premise, then the offender may find themselves being issued with a banning order by that particular Pub Watch membership. The banning order can be given irrespective of whether any criminal sanction is given by the police.

The banning order will see you excluded from all other pubs and clubs within the area where the Pub Watch Scheme operates.

Banning orders can be for a minimum of three months to a maximum of 12 months but this can be extended if required.

If you would like more information on the campaign, please go to: www.nwas.nhs.uk or call 0845 112 0999
Toothache? Sore throat? Hangover? Split condom?

These are just some of types of 999 calls received by North West Ambulance Service (NWAS) that affect its ability to respond to urgent calls. That’s why NHS Northwest are urging you to ‘Choose Well’ during your time at University.

Choose Well is an established NHS Northwest and Department of Health campaign which was initially developed to help educate the members of the public on how to stay safe and look after their health by making the most appropriate choice of care when in need.

NWAS supports the Choose Well initiative and has adapted the messages to be more appropriate to ambulance usage. While you are out and about in the city; going to a lecture or going for a sociable drink with friends you may be able to spot ‘Choose Well’ posters on some Emergency Ambulance and Patient Transport vehicles.

For most of you, this may be the first time you have lived away from home and you may find yourselves at some point not feeling very well or in need of medical advice. The Choose Well campaign aims to encourage you as a member of the public to consider alternatives to calling the 999 number and A&E such as phoning NHS Direct, or going to minor injury units, walk-in centres or your own GP’s surgery.

This campaign will be promoted throughout the year so please don’t forget to tell your friends and families about the Choose Well initiative.

For more information please visit www.nwas.nhs.uk
If you were involved in an accident, would the emergency services know who to contact if you were unable to tell them? Simply storing family or friends details in your mobile phone, or carrying them in your purse or wallet will help the emergency services contact the people that matter to you.

ICE stands for *In Case of Emergency* and it’s what the emergency services will look for if you are involved in an accident. In your mobile phone address book, simply add the letters ICE in front of the name of the person you would want to be contacted.

**And remember...**

Make sure that the person whose name and number you are using knows that they are your ICE partner.

Ensure that your ICE partner has a list of people to contact on your behalf.

Make your ICE partner aware of any specific medical requirements.

For more information, tips and advice about preparing for emergencies, check out the emergency planning pages on the LCC website: [www.liverpool.gov.uk](http://www.liverpool.gov.uk)
STUDENT SURVIVAL GUIDE

LIVERPOOL 2017/18

Published by Activate Digital Limited.
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Merseyside
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Thanks to:

All information in this guide is correct at the time of printing.