


Freshers' Handbook 2010/11



Bandana: For looking badass on your first day

Lab glasses:
Better safe than sorry


Camo paint: Don't let the wardens see you

Test tubes:
Well why the hell not?

Your

SURVIVAL

Guide



work at the union

Register online for your opportunity to join us at our Casual Staff Recruitment week!

There are plenty of opportunities for casual work in the Union. With different pay rates and shifts available at all times of the day, there is sure to be a position that fits in with your studies.

Go online to **imperialcollegeunion.org/jobs** to register your interest. You will need to be available 29 September - 1 October.

Positions Available

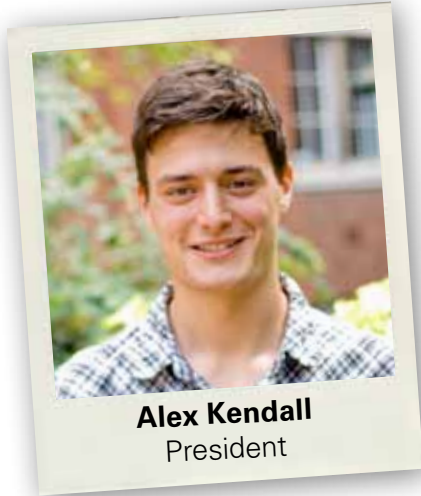
Bar & Catering Staff
Stewarding Team
Entertainments Team
DJ's

imperialcollegeunion.org/jobs

imperial
college
union

Welcome to Imperial

Hello and all that



Welcome to Imperial and the start of your degree. As a member of Imperial College London you are also a full member of Imperial College Union, a democratic student-led organisation. So what is the Union all about?

We are the Union

We represent your views about your education at all levels of the College, run campaigns to make sure your welfare is being looked after, have nearly 300 Clubs, Societies & Projects which you can join and run two bars, a night club and two shops to bring the best prices and experience to students.

There is more to life and your time at Imperial than academic study and your final grade. Getting involved in the Union through sport, drama, music, campaigning or standing up for students' views is a way to make your mark on one of the best universities in the world and have a great time doing it. It is no accident that Imperial

has the most Clubs & Societies, and the most active students in the country. We are engineers, scientists and medics; we are proactive by nature and dedicated from the start.

The Union is for the students, so whatever you do while studying here the Union will play a part in your life. You can make it what you want it to be, and leave Imperial better for having been here.

How to get involved

Well you can start by having a look around and coming to the new bars! We offer meals during the day and in the evening, as well as great drinks prices. Whether you like live music, clubbing or a quiet drink with your friends, you'll find it here.

As to how to get involved in our representation network, your year group will be having elections soon for your Year Reps. The Union provides full support to you if you are elected as well as training, giving you the confidence to stand up for your peers.

As for activities, there is not enough space here to give credit to the fantastic work the Clubs, Societies & Projects do, each run by a committee of volunteer students. Have a look at what's on offer at the Freshers' Fair, online or in the handbook. Get involved and learn something completely new, and one day it could be you running that club and involving students in a new activity.

Remember, the Union is student led; so if you have a problem or an idea, come and see us. Have a good year!

Alex Kendall

President

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Credits

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Special Thanks: Alex Mckee, Rebecca Coxhead, Hannah Theodorou, Chris Darby and the Sabbatical Officers.

Are you excited? I'm excited...

No, not in that way



Kadhim Shubber
Felix Editor

Hi there, I'm Kadhim, the Editor of Imperial's newspaper Felix. I'm also the Editor of this handy survival guide that will hopefully re-assure and inform you about some of the things that you will encounter as a Fresher. It is by no means comprehensive and I've purposefully left out a lot of stuff that you'll find out about from other sources in more detail than I could hope to match. A lot of my advice is tongue-in-cheek or sarcastic and some of what I've written is just for a laugh. It's not meant to tell you what to do. A student survival guide should never be about that. To start with, even if I told you nothing, you'd still 'survive' regardless. And if you followed my advice to the letter, you would still find student life at first a little stressful and a little scary. Nothing that I say is going to change that.

There is of course quite a lot of useful knowledge in this survival guide. There are some things that you won't know about Imperial or London that are necessary to know if you want to get along comfortably. But at the same time, we're all different people and some of the things that I enjoy you won't enjoy, so don't feel restricted by

my advice. It's up to you to make the most of your university experience and don't for a second let me get in the way.

So ultimately what is the point of this survival guide? Of course there's the useful stuff but it's really about persuading you to lose your inhibitions and take the opportunities that are available to you. London is a huge city which will never leave you bored if you don't want to be bored and Imperial itself has hundreds of Clubs, Societies & Projects which means that you can do everything from journalism to skydiving to building schools in El Salvador. There's so much on offer so don't be reluctant, don't be shy.

Look at me, I've turned all self-help on you but the truth about clichés is that they are in fact true. Is having to make new friends a disaster or an opportunity? Sounds like an opportunity to me. University is of course a place to learn and there's nothing more depressing than seeing a person with huge potential fail their course because they didn't have the discipline to work, so don't lose sight of that. But at the same time university is a place to grow. Be exactly who you want to be. Say yes to everything. Have fun. Try new things. Live your life as if you were always pumped full of adrenaline. This isn't an "I wish I had _____ when I was a fresher." Quite the opposite. This is an "I've got so much out of my university experience and I hope that you do too."

I'll end by saying: keep in touch. The student newspaper is printed every Friday so if you want to get involved or if you've got any comments (positive or negative), drop me an email. It's your newspaper after all.

Kadhim Shubber

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Your First Day at Uni

Don't sweat it; use anti-perspirant

Leaving home is a pivotal moment in any person's life. It is the moment that you step out of your parents shadows and become an independent human being. If you're going to survive this turbulent period, you're going to require some **Basic Training**. Luckily the following section provides you with all the relevant knowledge that you will need.

"Sh*t just got real"

Martin Lawrence summed up the act of leaving home and going to university most eloquently in that great comic-tragedy, *Bad Boys 2*. Amen Lawrence, amen. But terrible films aside, coming to Imperial will be a highly uncertain and ambiguous time in your life. The certainties that you knew at school will be tossed out the window, where before you were top of your class, here you may be somewhere in the middle and though at school you felt somewhat out of the loop,

here at Imperial you'll hopefully find the acceptance to be precisely the person that you want to be.

The first step in this great transition is of course the first day at university. It will be hugely frightening and exhilarating. Some of you will settle in quicker than others, that's to be expected. But there's no greater truth at university than the fact that the people you meet on the first day or in the first week will probably not be the people that you move in with in 2nd year and probably won't be the people you're celebrating the end of your degree with.

The first day isn't everything

The first day is of course important. It's the first day of a whole new experience. So of course, don't hang about. Enjoy it, go crazy. But just keep in mind that it is just one day, and university is so much more than just one day.

My First Day by Gilead Amit

I remember waving my parents goodbye with the sort of look I hoped gladiators used to give their emperor before facing the tigers. Thinking back on it, it was probably more like the look the gladiators used to give the tigers.

I don't know what your relationship with your family is like. In fact, I'm not sure that I want to know. It probably falls under the heading of 'too much information'. But it's not entirely impossible that as you settle into your room in halls a powerful mixture of loneliness and apprehension starts making itself felt in the pit of your stomach.

That, at least, was what happened to me. As my insides started dancing the

cucaracha and the room began to acquire the dimensions of a cardboard box, I remember getting into a grudge match with the window in an attempt to get some fresh air.

Once the window was open, I could hear people in the common room. They were clearly having a better time than I was, moping in my room, so I decided to go introduce myself.

There were about six of them playing pool on a very small table. A combination of nerves and fake bravado meant that nobody was able to play very well - which made it much less embarrassing when I shot the cue ball out the window.



What to bring and what to bin

Sorry, no puppies allowed :(

If your parents are anything like mine (in which case I offer my sincerest sympathies) then they will try to pack every single conceivable product ever sold into a thousand different suitcases, justifying their madness with the well-worn cry "But you MIGHT need it." You must summon your courage and resist. Fight the power! F**k you I won't do what you tell me! And all that... In short, here is a list of things that you don't need in the biblical sense, but that are essential items in your survival kit... err... I mean suitcase.

What you need

Bedding and Pillows

These aren't provided. Personally I would recommend a triple King-sized duvet and as many pillows as you can afford. The aim is to totally disappear into your bed.

Laptop

I know they're not cheap and yes maybe we would spend more time with each other if we just got off the internet but that doesn't mean that you want to miss that email telling you that lectures are cancelled just because you think that "Facebook is killing our souls!!!"

Kitchen Stuff

They only provide you with a fridge-freezer, kettle, oven and a microwave. Everything

else you have to bring yourself. Cooking in the shared kitchens is a good way to socialise so don't just plan to buy takeaways.

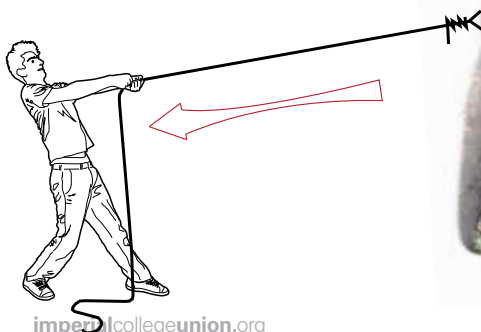
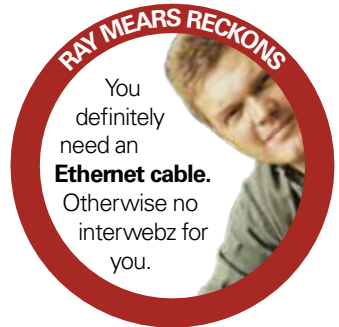
(See "Cooking" page 20)

Cushions

Apparently some people think it's weird to sit on another person's bed so bring a couple of cushions and put them at the end of your bed to indicate to that it is OK to sit on your bed.

What not to bring

In truth, you should bring whatever will make your time more comfortable. People like to bitch about rice cookers but they are damned useful if you're going to eat rice every day. If you can carry it and you want it, then bring it. Who am I to tell you that you don't need a water purifier? (You don't).



How to Survive your First Night in Halls

Mingle you Miscreant

The simple answer to the question “How to survive your first night in halls” is to go to bed and hope that it doesn’t burn down but of course you’re not interested in merely surviving. On the first, momentous day of university you’re going to want to do so much more than survive, you’re going to want to meet everyone in halls, forget their names, race around the corridors singing and generally cause joyous havoc. Now of course I’d get bollocked if I told you how to cause joyous havoc so here’s some basics and I’ll let you figure it out the rest.

Finding Fellow Freshers

Lose the parents

Yes I know they woke up at 4am and helped you pack and I know they are quite tired from all the driving and yes, I know, they are paying for the whole escapade, but, quite frankly unless your name is Peaches Geldof, your parents are going to be cramping your style. First things first, thank your parents

for everything that they’ve done and politely ask them to leave.

The host with the most

As well as the “important” stuff that you should bring, consider including a crate of beer or soft drinks in your luggage. The point that if you have refreshments then you can offer them to other people. Other people are likely to accept and before you know, “Hey Presto!”, you’re having drinks with your first new buddy!

Throw the gates open

An old school friend once called me weird when I told him my plan to leave my bedroom door open and go knock on my neighbours doors in halls on the first day. He later went to university and realised how



My First Night in Halls by Rox Middleton

On my first night, I went out to a cocktail bar with an enormous group of people from Halls. We were shepherded all the way and by the time we were there, we had no idea how we’d get home, but fortunately, oyster card in hand, travel could not be easier, anywhere, anytime. On the way back we even bumped into a group of friendly Imperial second years playing iPhone gun battles on the bus. They taught us the N9 bus song and filled us with tales of dread about the rest of the year. In fact, you will find that there are a lot of people who want to tell you how hard it’ll be,

I would say take no notice of these people, they’ve survived and you’ll be fine.

Of course, when I got back to my room in the early hours, I threw on the light and listened to some music while I moved things loudly about in my room. No, I’m joking because I, like many students, shared a room. It’s highly likely that you have a shared room and also likely that you are quite apprehensive about it. It’s a quirk of Imperial that you may even end up in a triple room. Yes, it’s a bit different and perhaps a minor inconvenience but in my case it was actually a lot of fun.



How to Survive your First Night in Halls

Just scream "Hellamashup!"

fantastic this plan was. If your door is open then people will peer in and say hello. Say hello back, offer them some refreshments and before you know it, you're just a sh*t DJ short of a house party. Better still use the beer and soft drinks to prop open your door.

Get exploring

Of course we can't just all sit in our rooms, someone is going to have to go wandering and start saying hello to all these people with beers propping open their doors. So get your skates on, explore, head down to the common room and see who you can find.

Now What?

So now that you've found some people, what the hell are you supposed to do? 'tis tricky, if I make reference to fire extinguishers and running around naked then I'll get in trouble. Oops. In reality, this is the easy bit, there's tons of stuff arranged for you in Welcome Week but if you want to go it alone, here's a point in the right direction.

Music

You want to make sure that you cater to a wide variety of tastes. Impossible right? Wrong. I've got two words for you my friend, Bloc Party. Nobody particularly likes them but everyone knows them and won't be completely repulsed. Plus other people will gravitate towards the bland indie guitar riffs.

Never Have I Ever

The perfect game to play if you want to gauge how messed up your fellow freshers are.

It is the modern day equivalent of the Spanish Inquisition and involves you saying something strange and true that you've



Wardens

Academics that are too closeted to live in the real world. Sympathetic and helpful people, who are especially helpful if you are struggling to settle in. Will tell you off if you break the rules.



Re-apps

Students that are too closeted to live in the real world. Majority are interested in getting you very, very drunk and/or sleeping with you. They are good for partying. Find your re-apps ASAP.

done, with the prefix "Never Have I Ever..." You take a swig of your drink and if anyone else has done the same thing, they also swig and the next person in the circle has a go. I seem to remember someone in halls admitting to sleeping with a 14 year old the week before coming to uni...

Go out

There are loads of places suggested here to go out etc, google them and get going. (see "London" page 26-29)

Photographs

Send your Freshers' photos to the newspaper and we may print them in our "Drunken Mate of the Week" feature. felix@imperial.ac.uk. Get permission.



All right fresher, you've made it through the first night at halls; good job. Now you're going to have to venture out around campus. Everything that you need is provided on site so if you insist on being a yellow bellied coward then you get spend your entire university life without leaving campus. There's a map on page 13 that should help you situate yourself.

Eating on Campus

Union

The food in the Union has in previous years been of a somewhat low standard (and if you speak to me privately I wouldn't be nearly as polite as that.) However they have just spent a BAZILLION pounds refurbishing the kitchens so the food should be delicious and well-priced. In fact they have have promised me that it will be fantastic so if it's not, get your special inkpen out and write a strongly worded email to Ravi Pall - dpfs@imperial.ac.uk.

Junior Common Room (JCR)

The JCR is either heaven or hell depending on your disposition. They serve food that falls somewhere inbetween Subway, Gregs Baker and the sandwich aisle in Tesco. Come lunch time it becomes faintly similar to your packed school canteen. Alas you're unlikely to receive any laughs if you stand up, shout "FOOD FIGHT!" and lob a half-eaten baked potato through the air; we're all sensible scientists don't you know.

Library Cafe

Situated right outside the library, the imaginatively named "Library Cafe" means that you don't have to walk more than ten metres for a coffee when you're furiously trying to type up a lab-report. It does a selection of wraps which perform the

basic duty of stopping the hunger. Like most food on campus, it's not terrible but it's not terribly good either.



Tower Rooms

The Tower Rooms is the Library Cafe's classier older brother. It is only open between 12-2 and specialises in proper sit-down meals. It's a tad expensive so perhaps you wouldn't come here every day but with large portions and tasty food you'll probably get your money's worth.

Eastside Bar

Considering that Eastside Bar is in fact, a bar (shock, horror) and doesn't do anything other than pub food (i.e. not quick, cheap lunch food) it's unlikely that you will find yourself here during your lunch break. However, it is not bad so maybe bring your parents if they come to visit.

Drinking and Socialising

The Union

In your first year, the Union should essentially be your home. It is the place to meet with friends, hangout and possibly forment revolution. It does some cheap (and sizeable) pizzas and has the cheapest drinks that you'll find in London. It has just been refurbished and is probably the classiest Students' Union bar in the country.

Eastside Bar

Although trailing the Union in terms of style, Eastside bar will always be the Union's quieter alternative. If you want to convince

your parents that you go to bed at 9pm every evening then take them for a quiet sherry at Eastside.

Special bits

Ethos Gym

One of the real perks of being an Imperial student, Ethos Gym is modern and well run with a climbing wall, a studio with a range of exercise classes, squash courts and a massive swimming pool. The best thing is that apart from a one-off £15 induction fee, membership and swimming is absolutely free and the classes are very cheap.

Health Centre

That's right, we have our own bloody GP. Make an appointment with the doctor if you have any ailments or pop in each afternoon for the nurses' surgery for minor problems.

Student Hub

On the third floor of the Sherfield Building, this is the place to go if you have any problems with your fees, accommodation, registration or visa etc. For this reason it's the most exciting place on campus...

Banks

There are two banks on campus, Santander on the walkway and Natwest on the ground floor of the Sherfield Building

Stationery

The Union Shop on the walkway sells every piece of stationery that you need at university as well as lovely Imperial branded hoodies.

Books

You will need to buy textbooks whatever course you do and the bookshop on the walkway will have whatever you need (probably).

Everything you could possibly need

Ravi Pall

Deputy President
(Finance & Services)



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Hi, I'm Ravi. I am currently taking a year out of my Physics degree to represent our students on how the Union handles its finances, and commercial services.

I'm responsible for overseeing the Union's finances, as well as the finances for all the Clubs, Societies & Projects the Union has on offer. But jargon aside, it's my job to ensure that the bars and the club, as well as the newsagent and shop on the walkway, are run to the highest standard and cater to your needs.

This year will see the launch of our new nightclub called Metric, as well as our newly refurbished bar FiveSixEight. We've spent years planning it and getting student input; luckily you don't have to remember what it used to be like. The whole renewal is a fantastic opportunity for us. We're putting a lot of effort into getting bands and shows that you will enjoy and our aim is to create a venue that you, as a student, feel proud of.

I will also be hosting a Services Forum where you can come down and voice your ideas and opinions about the Union. I'm really keen to have your input and involvement. We have an Ents Committee which lets students guide the nights that we put on in the club and allows us to be responsive to your tastes. Ultimately it's your Union, and you can help make it the best place in London.

Around South Kensington

It's a little posh, sorry

I'll be frank with you. South Kensington isn't the most 'student-y' area in London. But the campus isn't going to upsticks so let's get to grips with some essentials. Oh and there's no map, Google it.



This chap is actually less posh than your average South Kensington resident

Drinking

These pubs aren't known for their competitive pricing...

Builder's Arms

Just off Gloucester Road, this pub is the closest thing that you're going to get to an interesting venue around South Kensington. It has range of great beers in case the Becks in the Union is getting you down and also has a free Comedy Night on Mondays.

The Gore

Excruciatingly expensive, the Gore is the kind of place that you go to once a month just so that your suit isn't getting too lonely tucked away in your wardrobe. Expect to see rich bankers with prostitutes and also... well actually that's about it.

Eating

Sandwich Shop

Situated on Gloucester Road, The Sandwich Shop is an Imperial student staple. They sell questionably cheap baguettes and are packed at lunchtime with a variety of customers who clearly don't value their

digestive system. The Sandwich shop seemingly only employ thin Asian women and as long as you don't care about nutrition you could budget as little as £20 a week for food by eating here.

Cafe Forum

I also once ate 4 delicious and large pizzas for only £10 at Cafe Forum so although I don't want to over-sell it, I'm still going to: Cafe Forum is fantastic. They sell good, reasonably priced coffee and because it's an independent coffee house it has a good, local atmosphere to it. It used to be a place that Imperial students could go to escape other Imperial students but it's so ruddy good that word spread. At certain times of the day you are unlikely to get a seat but it is open till 1am which makes it the perfect midnight treat.

Oriental Canteen

Like most takeaway restaurants, Oriental Canteen down by South Kensington isn't particularly nice to be in. It's not especially clean and the service is, shall I say, utilitarian but ultimately the food is pretty decent, it's quite cheap and it's always full of East Asian people, which in my mind is the most credible stamp of approval.

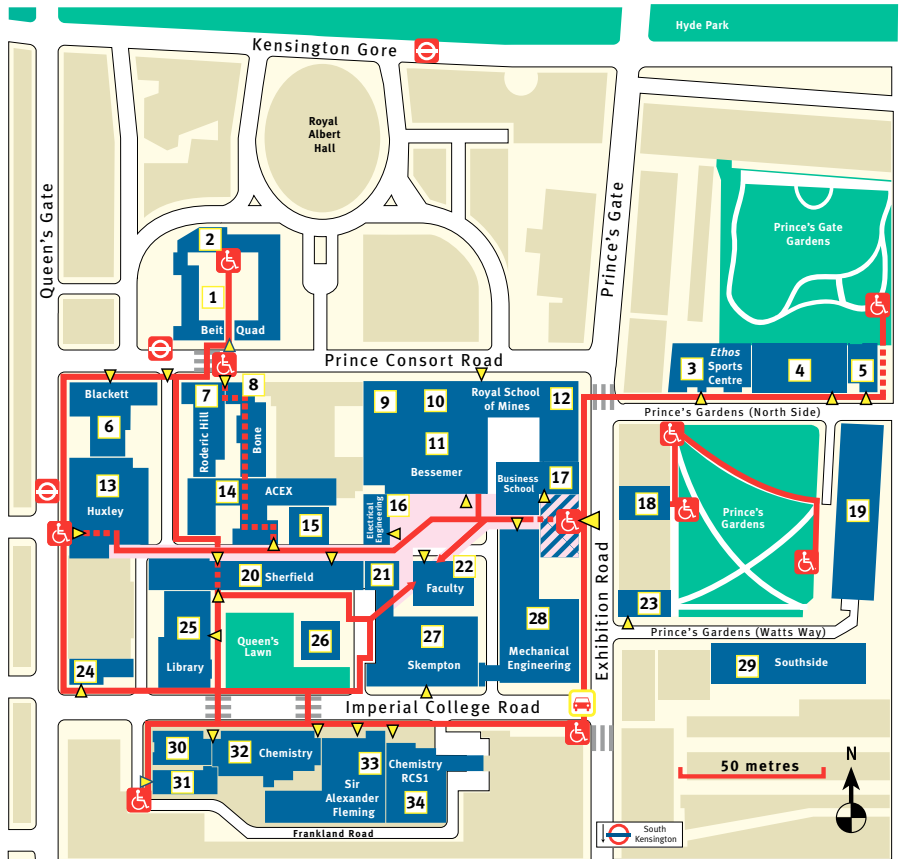
Essentials

Groceries

For those willing to splurge, there is a Waitrose in the arcade beside Gloucester Road tube station. But for all others there is the huge Sainsbury's on Cromwell Road which is open slightly later.

Haircuts

Fresh Hairdressers at South Kensington offers student discounts of £20 for men, £25 for women. But you will find some cheaper places towards Fulham.



- Main walkway
- Main entrance
- Accessible route
- South Kensington Underground
- Bus stops
- Building entrances
- Vehicle entrance



Buildings where wheelchair access is not possible at this time

1	Beit Quadrangle	11	Bessemer Building	20	Sherfield Building	27	Skempton Building
2	Imperial College Union	12	Goldsmiths Building	21	Student Hub	28	Mechanical Engineering Building
3	Ethos Sports Centre	13	Huxley Building	22	Conference Office	29	Southside
4	Prince's Gdns, North Side	14	ACE Extension	23	Grantham Institute for Climate Change	30	Wolfson Building
5	Garden Hall	15	William Penney Laboratory	24	Faculty Building	31	Flowers Building
6	Weeks Hall	16	Electrical Engineering	25	58 Prince's Gate	32	Chemistry Building
7	Roderic Hill Building	17	Business School	26	170 Queen's Gate	33	Sir Alexander Fleming Building
8	Bone Building	18	53 Prince's Gate		Queen's Tower	34	Chemistry RCS1
9	Aston Webb	19	Eastside				

Now that you have got to grips with the basics of coming to Imperial, it's time to get acquainted with the sort of skills that you're going to require **In the Field**.

Alcohol

Drinking alcohol is an inescapable fact of student life in the U.K. But if you don't drink, don't let that put you off socialising, the kind of people who would hold it against you are the kind of people that you wouldn't want to know anyway.

Never leave a man behind

Once, after a night out, my drunken friend stumbled off saying he was going to walk home. Along the way he got scared by a group of 'yoofs' and swam across the Serpentine in Hyde Park to escape them. This happened in the middle of January. We all had a laugh about it when he got back but in truth, I'd be feeling pretty damn guilty right now if anything had happened to him. You won't know other people very well in Welcome Week, but be sure to look out for them.

Keep an eye on your drink

Your drink will probably be safe on campus but around London there's a very real risk that your drink could be spiked. Don't leave your drink unattended and have someone you trust to watch over it. And remember "Never leave a man behind", don't let your friend get taken home by a stranger if they are too drunk to be in control.

Hangovers

There is no hangover cure. Drink lots of water throughout the night to keep hydrated and thus soften the hangover the next morning. Hangovers may impede your ability to attend lectures.

Drugs

Yes, drugs are illegal. Yes, if you get caught taking, carrying, or buying drugs by the university or the police then you will be in serious trouble. And yes, drugs are often addictive and harmful (you can replace the word 'often' with 'extremely' depending on how hysterical you are.) But that said you still need to know some basic information so that you don't end up swimming down toilets and such.

Buying drugs

As a general rule, don't buy drugs from strangers on the street. They are just going to mug you or rip you off. Also you can't be sure of what you're getting, and that's where sh*t starts to get complicated and you end up in hospital (and in the tabloids.)

Cannabis

Cannabis or weed, is the drug that you are most likely to come across as a student. It is usually smoked but don't be stupid and try and smoke in your bedroom. You can't overdose through smoking weed unless you're trying to. The effects of weed are being 'high', which basically means relaxed, happy and sometimes giggly but if you smoke too much you can feel quite uncomfortable. Ultimately the main affect on cannabis on your life is that you'll become lazier and more boring. Instead of going out and socialising or working, you'll just hang around, smoke weed and do pretty much nothing.



Alcohol & Drugs

Expand your mind dude

MDMA, Ecstasy, Pills, Mephedrone

The portrayal of these drugs in the media is as follows: INSTANT DEATH with befall any thug who dares to even look at a pill. Those foul beings who manage to escape INSTANT DEATH will stab you to fund their filthy habit thereby resulting in your INSTANT DEATH. Here, look at this picture of INSTANT DEATH.

The reality is as follows: These drugs greatly increase your heart rate and lower your inhibitions.

In the morning your come down can make you feel supremely depressed. The danger comes from mixing these drugs with other drugs (and alcohol) or drinking too much or too little water.

It is important to remember that you are never 100% safe (especially with rare heart conditions).



Ah yes, the reasoned national debate we had about mephedrone...

Cocaine

If you insist on being rich enough to afford cocaine then fine, it basically makes you feel very confident but to everyone else you come across as a complete arsehole. It is very addictive and before you know it you can barely get out of bed without a bump of coke. In conclusion, very expensive and addictive; a great way to waste tons of money.

Others

Other drugs include Heroin, Ketamine, Speed, salvia and any new drug known by its chemical name. My advice for these is as follows: Avoid, avoid, only for skanks, why on earth would you want to take that and for God's sake go get a life.

Charlotte Ivison

Deputy President
(Welfare)



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Hi, I'm Charlotte, your Deputy President (Welfare). You're going to have loads of great experiences and adventures during your time at university, but most of you will come across a problem or two along the way. Along with the Union's welfare team I'm here to help you whatever the issue and make sure you get the most out of your time here.

My job is to make sure that if you do experience any problems that the support network will get you through the difficulties that you face, from health problems, feeling blue and personal safety through to outside stuff like housing, money worries and careers advice. Don't be afraid of getting in contact with me at any time. My door is always open and the kettle is always on, so feel free to drop in for a chat whatever the problem may be! I am also always on the end of an email or a phone.

As well as helping students individually I'll be running campaigns throughout the year to give you helpful information on the big issues that affect you, including sexual health and environmental awareness. I also represent students on College welfare committees, where I let members of College staff know what matters to you and then give you feedback to tell you what College are up to and what changes they're making to support you.

Sex. Let's not be coy about this. There's no good reason not to have sex with everyone and anyone that catches your eye. So long as you're sensible and responsible about it. Enough of this "She's a slag" or "He's a player" nonsense, everyone loves a shag and sooner we can all accept this then the sooner we can all get back to having Roman style orgies. Lots of people, foolish foolish people, will piss and moan at you about the male to female ratio at Imperial. These people just never got the courage to say to the girl or guy beside them in lectures, "Hey you're



Ah the good old days

pretty fucking awesome." Which I'll admit is the tricky part. It's about being comfortable with yourself and your body. Again; the tricky part. All I'll say is don't obsess about it, make friends and have fun; love is serendipitous by nature.

Sexual Health

Right, now onto sexual health, it's scary stuff I agree. The scariest thing is that a lot of STIs (sexually transmitted infections) don't show any symptoms. So here's the rule; always use a condom. No excuses. You can get them for free from the Health Centre, from the Union and you should even have some in your halls Welcome Pack.

Now if you happen to ignore that advice because you were too mindlessly sexed up then it's time to take some action. Get in contact with your local GUM (Genito-Urinary Medicine) Clinic for a STD checkup and the morning after pill if necessary.

Your local GUM (Genito-Urinary Medicine) Clinic is:

The John Hunter Clinic:
St Stephen's Centre
369 Fulham Road
London SW10 9NH
Tel: 020 8846 6699

Of course the Imperial College Health Centre can also give you advice and help with sexual health and pregnancy but if you don't want to risk bumping into a friend from your course, The John Hunter Clinic is ideal. It is appointment only, however you can obtain an emergency appointment if you need the morning after pill or if you require attention following a sexual assault.

Coming out at Imperial



Being openly gay at Imperial isn't something to worry about. Imperial is one of only two universities to rank in the Stonewall Top 100 employers and is recognised as being reasonably gay friendly. Our LGBT society, IQ, hold social events throughout the year and work closely with college staff to ensure no student is discriminated against. College also offers counselling and mentoring support to all students but there are specific LGBT mentors to help you through the tough times. Also, look out for the IQ Guide to Gay London for more information, help and support.

As an independent student, you will be expected to be responsible with your money and not spend it on unplanned trips to Amsterdam (well not all of it). To this end there are some handy tips that should help you keep a handle on your finances.

Overdraft

All banks offer student accounts which have several perks, the biggest of which is an interest free overdraft. Some banks offer up to £3000 which you can use to help pay for accommodation, food and more often than not, shopping and drinking. However don't forget that you still have to pay back the overdraft at some point, so be sensible. Also activate internet banking also so that you can check your finances from the comfort of your room.

Student Beans

There's no over emphasising the awesomeness of this website. They offer great deals every day to otherwise expensive restaurants, bars and cinemas.

Oyster Card

You're not officially a Londoner until you own an Oyster card. It offers discounted travel on the tube and buses and caps your daily travel cost. If you buy a student oyster card then you will get discounts on week or month travel cards and if you have a 16-25 railcard you can twin it with your oyster card to lower the daily cap on oyster travel.

But even if you're a conscientious student, who has budgeted carefully, you're unlikely to be able to pay for all of your living costs without a little help. If your parents are unable to send you some extra cash then you're going to have get a job my friend.

There are obviously loads of bar and restaurant jobs around London but as a student you need extremely flexible hours and you may not have prior experience so the Union is a good place to start. You can do as many or as little hours as you wish each week and you don't have to have prior experience either. (see below)

Working in the Union by Kadhim Shubber

It is fair to say that Welcome Week wasn't a great success for me. I realised by the end of it that I was far too well acquainted with the inside of my bedroom and that it was time to do something about it. One of the ways that I started to meet people whose company I enjoyed and get a bit more confidence was by getting a job at the bar in the Union. All the other staff were really friendly and easy to get on with and I got to know other people in my year from serving them drinks.

It didn't mess with my course

either because the shifts were so flexible. You get an email every week asking you to sign up for shifts and there's no problem if you're too busy with work on a certain week.

Having some extra money in my pocket wasn't half bad either and if you haven't got any experience it's a good place to start off. In future if you want to apply to other bar jobs then you'll be able to say "Yes, I know how to pour a pint" (although some of the students that you serve may disagree with you.)



A bit of Cookery

Unfortunately I'm a complete and unmitigated disaster when it comes to the kitchen. I have basically become a raw-foodist through sheer ineptness. So my good friend, Tim "Milky" Roberts will guide you through a couple of easy-to-cook meals.

Recipes

Blue Cheese Pasta with Spinach and Pancetta



Ahh, one of my favourites and one of the easiest once you know what to do. Popeye would be proud of this too, although don't let the green leaf put off any spinach haters out there, it fuses together with the other ingredients to make a rich and saucy meal. Substitute four rashers of crispy fried bacon if you can't be bother to find the pancetta (usually next to the ham) or take the pancetta out entirely if you're a vegetarian. If blue cheese isn't your thing, try using brie instead. The ingredients should keep for three or four days. and it basically requires three hobs and about 30 minutes from start to eat.

Serves 2

200g Danish Blue cheese

4 handfuls of spinach roughly torn

~50ml double cream

2 pancetta portions

Two peoples worth of conchiglie pasta

Or how to avoid living on ready meals

1. Measure out your pasta and begin to boil some salty water for it.
2. Wash the spinach and put it in a pan. Add a splash of water and wilt the spinach on a medium heat with the lid on. It should shrink right down into the pan.
3. Whilst this is wilting, chop the cheese into small cubes and put the pasta in the boiling water. The pasta should take about 10 minutes on a high heat.
4. Pour the double cream into the pan with the spinach and also throw in the cheese. These should melt together over a low heat.
5. Heat a small dribble of oil in a small frying pan and with about 3 minutes to go on the pasta, fry the pancetta until browned and slightly crispy.
6. Drain the pasta and then mix into the melted cheese mix. Serve the pasta onto the plates and sprinkle the pancetta all over.

Nothing-Quite-Like-It™ Chicken Curry

This is a maximum convenience, minimal effort, multiple meal feast. After the initial preparation, it's a case of sitting back and



waiting for the sauce to thicken and the juices to mingle whilst not forgetting the odd stir. Chicken is often dirt cheap on buy one

A bit of Cookery

It's not that hard, promise!

get on free, so get stocked up and use your freezer. Get the chicken out in the morning to defrost or it can be done in three or four hours by setting it in a bowl of water.

Serves 3 or 4

- 500g (3 or 4) chicken breasts
- 1 large onion chopped into rings
- 2 apples, peeled and cut into eighths or more
- 2 tbsp mango chutney
- 2 tbsp medium curry powder
- 1 tbsp plain flour
- 1 tbsp tomato puree
- 1 tbsp lemon juice
- 1 tsp sugar
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 2 cloves
- 1/3 pint chicken stock

1. Heat some olive oil on a medium heat and brown the onions for about 5 minutes with a knob of butter if you have some.
2. Meanwhile, mix all the ingredients together except the chicken, apples and stock. This should form a paste. Put the paste in with the onions and stir for 1 minute.
3. Add the chicken stock, stir and bring to the boil. Then turn down the heat to a low setting and cover the pan. Simmer for 20 minutes.
4. Meanwhile, fry the chicken in a separate pan with some oil. Once browned, chuck the chicken and apples in the pan of sauce too. Simmer for another 20 minutes.



5. Serve with the following...

Perfect Rice

If you have a rice cooker, fair enough. My mum has one, it's damn useful. But cooking rice to perfection is easy enough if you follow these steps:

Serves 1

1/2 cup of Basmati rice

Put the cup of rice in a pan with some salt. Boil some water and put 1 cup of water in the pan with the rice.

Place the pan over a high heat until the water begins to bubble through the rice. Turn the hob off at this point and put the lid on. Cook for 10 minutes, then remove the lid and pan from the hob and cover it with a tea towel. This will dry the rice out. It should take about 10 – 15 minutes for the rice to become nice and fluffy.

Ice Cream

Well done, you've learnt two tasty recipes! Now sit back and relax with this final one.

Serves 1, maybe 2 if you're in a sharing mood

1 tub of ice cream, preferably Ben & Jerry's

Open the lid. Shove your face into the creamy goodness and eat. Or use a spoon.



How to survive lectures

All you need is a quill and scroll

Unfortunately, at some point Welcome Week has to end and before you know it you're being expected to attend lectures and labs and what not (I know, what a massive inconvenience right?)

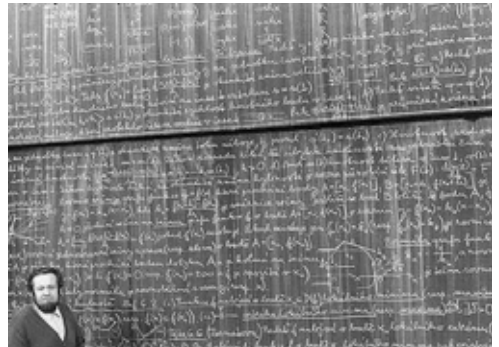
Obviously this will be a huge shock to your A-Level brain but those of us who have been at university a few years have written 10,000 word lab reports and taken three hour exams that are worth more to our degrees than the entire 1st year and so we look back at it with a combination of disdain and envy. Because although the work will come at you like a tsunami, working through it is a simple matter of attending lectures, turning up to labs and tutorials and allocating some time each week to sit down at your desk and crank out some good, honest work.

Ah, there's the snag. The problem is that lectures are quite often boring and the lecturers are similarly dull (it's even worse when they are completely inept because then even when you do pay attention you

still don't learn anything.)

And so it becomes very easy to go out every night and miss all of your morning lectures, in which case you find yourself at the end of the year with absolutely no idea what the f*ck is happening.

So here's the really boring and unfunny truth. Honestly it is the best way to survive



You won't see anything like this; the board is nowhere near jammed enough. This is like pre-school...

My First Lectures by Dan Wan

When you come to university, you expect your professors to be white-haired, tweed jacket-wearing old men. In your mind they might even have leather elbow pads, but the first lecturer I encountered was a young and brash Cockney who threw my stereotype straight out of my figurative window.

In reality each lecturer is different. Some love you, some have so much disdain for you they might not even bother trying to teach you (rather just talking at you until pass into a coma).

You'll be assigned a Personal Tutor who may or may not be interested

in who you are and what you study. The first time I met mine, he was staring at the ceiling instead of talking to me, and so I just followed suit. There we were, sitting in a large airy room, both staring at the ceiling in silence. I was so underwhelmed by the experience it wasn't even awkward. I just shuffled out of the room before he looked back down.

However, there were plenty more lecturers and tutors I became more friendly with during my first year; ones that have helped me through three years of Biology relatively storm-free.



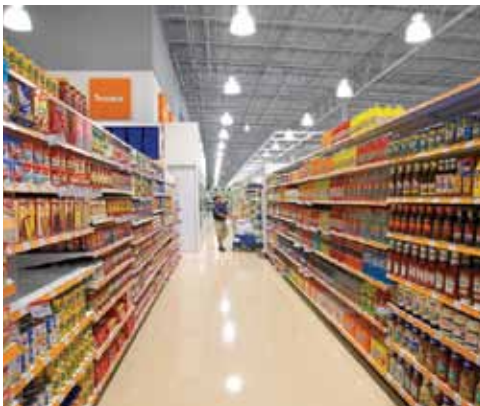
How to survive lectures

Only pussies use calculators...

lectures (other methods include talking to people, throwing aeroplanes and doodling all over your notes.) Pay attention and try to understand what is being taught. If you're at Imperial then the subject that you are studying must be at least of some interest to you and you certainly have the mental power to understand it. Lectures truly become tedious whenever you stop trying to understand what you're being taught because at that point some old man or woman is just standing in front of a board drawing strange symbols and spouting long nonsensical words, which is of course, deeply boring.

But if you truly can't get through a lecture without falling asleep, then here are some really useful tips:

- 1: Don't worry too much, it's only first year, catch up off someone else's notes
- 2: Stop going out so much and get some sleep
- 3: Stop attending lectures, fail your exams and get a job stacking shelves in Tesco. Then you won't have any 'boring' lectures to go to.



Oh Freshers, the aisles, the aisles are calling

Alex Dahinten

Deputy President
(Education)

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Hey guys! I'm Alex aka "Ze German" and I'm here to represent you on everything education related. My job is to make sure that all of you are well-represented in your Department, Faculty and College and to tackle any issues which could compromise your academic experience.

The prospect of coming to Imperial is pretty intimidating for most. Chances are you'll have come top of your class, but don't be surprised if you struggle to keep up at first. It's easy to lose track of your workload in the first year, so try to find a healthy balance between your social and academic experiences (easier said than done!).

The next few days will be manic, and the hangovers don't really help either. Your introductory lectures are a great way to get a feel for your department and to meet the lecturers. During one of the first lectures, you will elect a year rep, your voice at Staff-Student Committee meetings. On top of this, you will be allocated a personal tutor, who will be your go-to staff member. They will be keeping track of your progress and helping you get to grips with the new environment. They also write letters of recommendation, so make sure that you have a close relationship from the start! Also, make sure to check out the refurbished 24hr Central Library on campus. Yeah that's right, 24hr!

Transport in London

Watch out for the nutters

Getting around London will be one of the greatest challenges that you face as a student. You'll quickly find that the best places to go in London (see page 24-27) require a bit of effort and time to reach. As a result you will need to know the ins and outs of the different types of transport in London.

Tube

The London Underground is famous but I'm not sure why; I think it's due to the fact that you can get the tube to almost anywhere in London. Although it's more expensive than the bus, it is pretty much the most straightforward way to get to where you want to go. You simply go on the Transport for London website and it will tell you which tube to get, where to change and how long it will take. Easy-peasy, and although there are often closures on the weekend, you usually never wait more than a couple of minutes for a train. Of course there is a whole new system of social etiquette in place on the underground (which actually sometimes goes overground, the mind boggles...) You are expected to avoid eye contact and to stay completely and solemnly silent, which although terribly depressing, opens the door for what I call, 'freaking the sh*t out of people'. My preferred method is to cross



State Secret No. 956: The London Underground is actually a huge nuclear fusion reactor...

my eyes together, puff up my cheeks and slowly roll my head backwards and forwards repeatedly until it is time to get off, at which point I quip to the person sitting next to me, "Thank God that's over." If you follow these simple steps you'll have a safe, easy and fun journey in which you're likely to be the only nutter in the carriage.



I hate waiting for the bus...

Bus

Even in the cold mid-winter, with the wind and snow scraping at my bones, I would still rather walk along the icy pavements than stand around waiting for the bus. But that's only because I don't enjoy standing around waiting to be packed into a dirty tin-can with a bunch of absolute mental-cases. You may, on the other hand, have no problem with any of this. My basic rules with buses is that if you have to get somewhere quickly, then don't take a bus and if it's less than 30 minutes away then you're better off walking. Sometimes a bus will conveniently take you from A to B without much thought or effort (especially when moving within Zones) but otherwise buses are only really useful for getting home at night. Note, night buses are full of nutters and very often 'yoofs' as well. And, for the love of God, if someone is drinking and smoking on the bus, just leave them be, it's easier than getting stabbed.

Transport in London

And the cyclists, they're mad

Taxi



Text **CAB** to **60835**

Apparently there are some nasty people out there and from what I hear these people sometimes drive unlicensed cabs. The word on the street is that you should only get London Hackney Cabs (black cabs) or a cab that you have pre-booked; otherwise to be frank, you might get raped. Use Cabwise to get the number of local licensed taxi firms wherever you are. Go on, save it in your mobile now. Not that you will be getting a cab on a regular basis, London isn't like India where you can get hire a cab for the whole day for about £5. No-sirree, cabs are expensive and the reserve of bankers, people with company expenses and people in top-hats. Of course if you are in a big group and you find yourself leaving Fabric at 6am then maybe splashing out £6 or £7 each on a cab home isn't a completely ludicrous idea.



No no, it's fine. I'll get the next cab Mr Iron Man...

Walking

Always remember, London isn't actually that big. Most places are a 30 minute walk from central London.

Cycling

Cycling around London requires three things: massive cojones, a bit of daring and of course, a bicycle. If you think about it rationally, it's a little bit mad to be sharing the road with trucks, buses and irate cab drivers but then again, paying money to smell other people's sweat on the tube or bus is a little mad as well. In truth, cycling is probably the best way to get around London: it's cheap, fast and it keeps you healthy (best of all, there's no waiting around for buses.) But of course, be sure to keep your wits about you and hopefully you will have grown up enough by now to get over the embarrassment of having to wear a helmet. Oh and also, you're legally required to have front and back reflectors as well as lights on at night, don't say you weren't warned.



Massive balls... A must for London cyclists

London Town

Some people don't like London

Well now that you know how to get around London, it's time to figure out where you are going to go. Of course this guide won't be comprehensive but I hope that you will notice that London becomes a non-stop carnival of fun once you make the effort to leave South Kensington.

Drinking

There's little use in me listing a bunch of bars given that there are probably more bars than buses in London. However, there are certain areas with distinctive atmospheres and styles. Here are a few that aren't half bad.

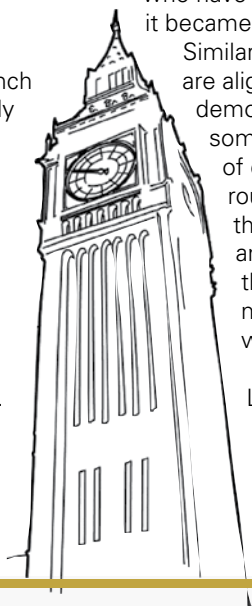
Shoreditch/East London

East London is officially 'cool'. It's the land of fixed-gear bicycles, funky haircuts and turned up jeans. Of course with hipsterfication comes gentrification and now

that the area is 'cool', all the rich folk from West London have started hanging around there. So, you have the strange mixture of West Londoners who won't venture into the edgier and truly hip areas of Dalston and Hackney, old East End diehards who don't understand what's up with everyone's hairdos and young, poor artists and musicians who have had to move out further East since it became too expensive.

Similarly the bars around Shoreditch are aligned carefully along these demographic fault lines. There are some high-class bars where a packet of crisps costs £3. There are the rough, salt-of-the-earth pubs that make Eastenders look like an aristocratic period drama and then finally there are is vast, vast multitude of fun places that are well worth the trek across London.

On any given day across East London there will be live bands, great DJs of every possible style, art exhibitions, plays and poetry.



My First Days by Alex Ashford

London is an overwhelming place if you've never lived in a city before, it spreads out seemingly forever and every area is different, but this is also why London is so wonderful. It's a collection of little villages each with its own character. West London is a difficult place to live as a student, because everywhere seems to be aimed at the mid-thirties elite. But there's still loads to do and you have easy transport links to the rest of London. When you're at Imperial, London really is your oyster (no travel card pun intended).

The real joy of London is how

impossible it is to get bored. There's always something going on. Nights out can be expensive, but stay away from the dull and superficial South Kensington bars! From ten hour warehouse raves with the world's best electro/house/techno DJs, to unique little pubs showcasing the best new bands; from the world famous Portabello Road antiques market to Battersea car boot sale; there exists a treasure trove of things going on in London for those who try to find them.

The key is to explore. I've lived here for four years and I'm still finding new places. I love it; I've never gotten bored.



On one Saturday afternoon I walked past a dark pub which was hosting a capoeira workshop. East London is the perfect cure for a week of lectures and lab work.

Tottenham Court Road

Although Imperial's South Kensington campus is beautiful and so on, the downside is that we don't have much contact with students from SOAS, UCL and Kings. You might scoff and say "Why would I want to have contact with them? They're obviously stupider than me!" but you might also be a reasonable human being and wonder if you are missing out on something.

Unfortunately it is rare to find other London students stumbling into our Union and as a result you're going to have to venture to Tottenham Court Road where students from the lesser universities mentioned above can be found drinking at a bunch of cheap and busy pubs. Possibly the most popular of all the bars on Tottenham Court Road is 'The Court' which is almost constantly packed to the rafters with girls and guys who are more than happy to be chatted up if you just pick up the courage and avoid discussing Group Theory or Fluid Dynamics or whatever you have studied that week.

Plus it's quite easy to get home. The number 14 bus goes straight back to South Kensington in less than 30 minutes. Simple!

Camden

What can I say about Camden that you haven't already heard? I guess the one thing that you might not entirely appreciate is just how much live music there is. There are scores of pubs in close proximity to one another and nearly every single one hosts some kind of live music every single night. They range from friendly, happy folk music at The Flowerpot pub (which is a friendly, happy, folksy kind of place) to places like The

Lock Tavern which has hosted almost every single famous artist you can imagine (but of course they played there before they were famous.) The whole area is a music lovers' Mecca.

Eating

In London you will literally find every single national food that exists. In fact if you're craving any dish, no matter how obscure or strange, simply google that dish followed by the word 'London' and you're likely to discover that, yes they do sell freeze-dried, chocolate toffeed, green octopus just down the road. Again, as with drinking, in London you'll surely discover a whole host of places that you can call your own so I'll stick to telling you about a few areas that have a host of good restaurants.

Brick Lane

If this was the U.S. Brick Lane would be called "Little India" or some other stupid condescending name. It's a long narrow road with Indian restaurants on either side, each of which proclaiming that their chef won the "Best Indian Food" award in 2008. As well as the restaurants there are tons and tons of food stalls at the weekend selling food of every single nationality recognised by the UN (and probably a few more that aren't as well).



Chinatown

Yes London has a Chinatown, did you expect any less? It's not quite the gangland hell that Grand Theft Auto might have led you to believe, however. London's Chinatown is a small area near Leicester Square that is exclusively made up of authentic Chinese restaurants.

As a result it's a great place to impress your newly found friends by conversing with the waiter in Mandarin (yes I'm aware that there is more than one Chinese language) and taking control of the whole meal by saying "Don't worry I'll order everything, it'll be delicious" and "OMG I can't believe they have *insert rare Chinese dish*!"



Clubbing

Giving you advice about which clubs to go to is mildly futile because the clubs I loved in first year aren't the same as those I love now. In first year all I cared for was that the drinks were cheap and it didn't take too long to get home, but now my priority is great music and I'll take a three hour journey home at 6am if needs be. I figure that you'll hear about the cheap trashy student places pretty

easily by yourself anyway, so here are some of the places that you'll hopefully try out when you're bored of Cheapskates (Cheapskates is extremely cheap at about 80p for a vodka mixer actually.)

Cargo

This place usually has long queues and they charge £2 per item in the cloakroom, but they make up for it with great music week-in-week-out. Cargo strives for music that is interesting and imaginative, that you can genuinely dance to. It's out East near Old Street.

Notting Hill Arts Club

Though a little pricey after happy hour, the Notting Hill Arts Club is a genuine underground music haven amongst West London's otherwise soulless bars. With a different club night on each night playing different kinds of music, from indie and punk to house and techno to tropicalia and samba, it's definitely worth checking out.

Corsica Studios

This is probably the closest a club will ever come to creating the atmosphere of a house party. It's full of little rooms with long connecting corridors and kids with caps and trainers and print tees and most importantly, fantastic tunes. There are downsides: it's a pain to get home from and you need to take care around Elephant & Castle because it's err... not the safest place on earth. It's probably best to either stay all night and get the morning tube home or save a taxi number in your phone and share a cab back with friends.



Shopping

As well as the brand names that clutter cities all over the globe, London has a number of markets that sell unique and distinctive clothing.

Portobello Road

This long, winding market is a weird and wonderful place that sells everything from old cameras to depression-era boxing gloves. Different sections of the road sell different things so at the start you have beautiful antique jewellery, which changes into beautiful antique furniture and ornaments and accessories which merges into the area with beautiful antique dresses and so on until it suddenly turns into a fruit market. You could literally spend hours here trying on different necklaces or scouting out new items to re-decorate your room with.

Spitalfields

At Spitalfields market and in its surrounding areas, people mill about stalls looking over the hundreds of clothes, vinyl records and pieces of general tat you will probably never use and never need. Spitalfields and Brick Lane are incredibly food-centric, and if you're looking for some fresh food away from the

usual take-out meals back in halls, there's every sweet and savoury delight you may possibly want to treat your palette with.

Vintage stores

Is there anything more fun than searching through rails of old, second hand clothes and

suddenly finding the perfect jacket that no-one else will have? Well maybe, but that doesn't detract from the wealth of clothes that can be found in London's many vintage stores. They are mainly situated in East London; my two favourite are Absolute Vintage and Beyond Retro.

Oxford Street

Let me sum it up: Oxford Street is London's premier high street and therefore because London is a sprawling metropolis, this high street is full of thousands of people and gargantuan flagship stores of just about every mainstream fashion brand that exists.

Wholesome fun

The Southbank

It's the best place in London to lounge around on a sunny Saturday afternoon, take some photos and check out some galleries. There are great views of the City of London, Westminster and of course it has icons like The London Eye, and there are numerous buskers to add musical accompaniment to your day by the river as well as a cheap book fair that pops up on sunny days and disappears again when the rain returns.

Parks

If life in the concrete jungle gets a bit hectic, you're spoilt for choice with beautiful parks to chill out in. In the summer, Hampstead Heath has natural swimming ponds which are unisex, men only or women only, and most importantly, free! Hyde Park is two minutes walk from Imperial and includes the Serpentine Art Gallery and more water you can swim in. To really escape, wander around the botanic beauty of Kew Gardens or Richmond Park both in South West London.



Soooooooooooooo retro

What is the Union?

The Union is your home as a student and a place where you can hangout with friends, defend your rights as a student and help improve life at Imperial for all students. It is run by democratically elected students, called Sabbatical Officers (Sabbs), as well as a team of full-time staff. They represent the views of the students at College and work to run the Union in a way that is fair and effective. At the helm is the President who is supported by four Deputy Presidents who look after different areas of Union activity (Finance & Services, Education, Welfare and Clubs & Societies.) The Felix Editor and the Medics' President are also sabbatical officers. Although they work closely with the Union they are actually independent of it. Each sabbatical position lasts for 13 months with elections for new officers held in the spring term. Decisions made by the Sabbs have to be approved by Union committees, the most important of which are the Union Council, Executive, Court and the Trustee Board.

Council

Council is the first step for making decisions in the Union. Papers usually seeking changes to the Union policy are presented



If only Council were like this... if only

to Council which are then voted on by its committee. If a paper fails to pass at this stage, then it will not pass at all. The Council determines policy for the whole Union and its constituent parts and is responsible for setting all of the rules and regulations for the whole Union. Some 50 members sit on Council, all students are welcome to attend and anyone can present a paper.

Union Exec

The Union Executive committee is responsible for managing the day-to-day affairs of the Union. It acts as the management board of the organisation and meets fortnightly during term time. It can pass policy on a variety of issues throughout the Union on the Council's behalf and considers operational areas of the Union in more detail. The Executive Committee is comprised of the eight most senior officers in the Union and four other senior officers appointed by the Council.



Judge Dredd - You aren't the law. Court is.

Union Court

The Union Court is a rather different committee to any other in the Union. Its function is to ensure that Union Officers, returning officers and committees – including the Council and Executive Committee – follow the rules set down by

the Union. It acts as one part of the checks and balances in the democratic functioning of the Union. It also acts as the appeal body in all elections, referenda, media disputes and some disciplinary matters.

The Union Court does not make policy or manage any part of the Union, but it does decide what can and cannot be done and by whom. It can also block (also known as “quash”) any decision which is unconstitutional or against other superior rules.

Trustee Board

The Trustee Board acts as the highest Union body which intervenes only when Council and Exec cannot form a decision on something themselves. Once again, the Trustee Board is made up of important Union people and external governors and anyone can attend a meeting.

Faculty Unions

There are three faculties at Imperial: the Faculty of Engineering, the Faculty of Natural Sciences and the Faculty of Medicine, each of which have their own student unions. The City and Guilds College Union (CGCU) represents the engineers, while the Royal College of Science Union (RCSU) and the School of Medicine Union represent the natural scientists and the medics, respectively.

The role of the Faculty Unions is to foster a sense of community through organising events and nights, but also to look after your education and welfare by representing you on different departmental committees. For example if a student has a problem or a complaint with their course, they will inform their Year Representative, who in turn will report to the Departmental Representative (dep-rep). If the issue cannot be resolved by the dep-rep they will report it to the Faculty

But also representing you at university

Union President. The issue will very likely be resolved at this level but if it isn't it can then be raised with Central Union Officers (the President and Deputy Presidents.)

There is also the Royal School of Mines Union. It isn't a fully fledged faculty (miners are represented by the CGCU), but it does do work in putting on events and fostering a sense of community amongst miners.

Representation

The Union is here to represent you and to fight for your rights. There are numerous levels of representation from the Year Rep that you will elect in your lectures during the first few weeks of university, all the way up to the Union President. It is important to utilise this network. It has real power to change your experience as a student.

Go Public

Nothing spurs change like public pressure and embarrassment. If your course is letting you down and don't get anywhere with your Year Reps then contact Felix about it. It is the newspaper's job to be a voice for students and if your complaints are reported in the newspaper then it's hard for the College to ignore the issue.



Meet at the docks at 8

ICSMSU – Medics

Imperial College School of Medicine's Student Union looks after all medics and my job is to represent all of you at a College, national and international level.

You can think of ICSMSU as your "one stop shop" for everything you will need as a student. We have a team of 16 student officers who are there to make sure you have the best years of your life at medical school.

If there's anything we don't like about



any of the courses, we have the power to change it. We also look after all your welfare needs – encompassing everything from financial, work-related or accommodation issues to health problems.

Medics have a reputation for having unrivalled levels of fun, and ICSMSU lives up to this! Our Freshers' Fortnight kicks off with the infamous Roadshow (we keep the contents of this event a total secret until you arrive) and is followed by epic events from The Drs & Nurses Pub Crawl to a boat party on the Thames, comedy and karaoke nights, ending with the glamorous Freshers' Ball. Ultimately I'm here to serve you so feel free to approach me about anything! My office is in the SAF building.

The door is always open.

David Smith - ICSMSU President
medic.president@imperial.ac.uk

RCSU – Scientists

Welcome to the RCSU!

Since it's founding in 1907 by sci-fi writer H.G.Wells, the Royal College of Science Union has been involved with the welfare and representation of all members of Imperials' Faculty of Natural Sciences.

Our committee consists of several officers whose main role is to help you during your time here at Imperial. They are a mixture of students from across the Faculty and across the globe and have faced a great deal of the



problems you may encounter and know the right people to help you resolve them, so don't hesitate to contact us.

As well as offering help we arrange a vast number of events ranging from Freshers, Halloween, Spring and Summer Balls to Bar Nights and topical lectures.

From your first day there are ways to get involved that stretch beyond attending these numerous events. You can run in forthcoming elections to become a Year Rep, write articles for our publication Broadsheet, enter our yearly science and sit on Union Council as an RCSU Ordinary Member.

You're about to embark on the best journey in your life and we look forward to meeting you along the way.

Scott Heath - RCSU President
rcsu.president@imperial.ac.uk

CGCU – Engineers

Hey Engineering Freshers!

My name is He-in Cheong and I will be representing the Faculty of Engineering/City and Guilds College Union (CGCU) this year.

The Faculty of Engineering is divided into two unions: the CGCU and the Royal School of Mines Union. CGCU represents Aeronautical, Bio, Chemical, Civil, Computer Science, Electrical and Electronic and Mechanical Engineering.

What does the CGCU do? Well, we hold



events that involve entertainment but also seriousness, such as bar nights and balls to career events and events with the City and Guilds Alumni Association. We try to make your university life fun but also successful. And to help you find a comfortable work/life balance, your Academic Affairs Officer and your Welfare Officer will be helping you during your time at university.

The CGCU has quite a history going back to 1865 even before it became a part of Imperial College London in 1907. Therefore, we try to uphold the history and traditions of the Union, such as being part of the Lord Mayor's Show and by running several engineering-based events like the Great Egg Race. You'll find out what that is when you come to Imperial!

He-in Chong - CGCU President
engineering.president@imperial.ac.uk

RSM – Miners

Welcome to the best years of your life!

You are bound to hear that phrase again and again, but I say it with utter sincerity. I am this year's president of the Royal School of Mines Union, lovingly referred to as RSM.

The Royal School of Mines was established in 1850 by Sir Henry De la Beche and it was one of the three constituent colleges along with the Royal College of Science and the City & Guilds College, which formed Imperial College in 1907.



Aside from that brief history lesson, the Royal School of Mines is home to earth science and materials engineers who are notoriously known as the most social and members of the university. We have our own sports teams that offer a relaxed level of competition in comparison to the university level and compete in a 109 year old varsity match, The Bottle Match. We also run events that range from bar nights and dinners to field trips and lecture days. You can be sure that you will be welcomed with open arms, a drink in hand - whether it's a beer or a coke - and a plethora of events in Welcome Week.

Everyone always talks of the Miner spirit and soon enough you will get a chance to be a part of it.

Ben Moorhouse - RSMU President
rsm.chair@imperial.ac.uk

As if going to university wasn't daunting enough without flying half way across the world by yourself to an entirely new country and culture. So let me start by commending you. I praise your sense of adventure and also thank you dearly for propping up the UK higher education system with the fees that your parents pay.

You will already have received plenty of information from Imperial's International Office and lets be honest, if you haven't got a visa by the time that you're reading this then there's very little help that I can offer. So I'll stick to offering a few short pieces of handy advice.

Don't forget!

Banking

The most pressing thing that you've got to do at the moment is open a UK bank account. There are a couple of banks on campus which are experienced in handling international students and will understand

any problems or queries that you might have. There is Natwest which is on the 1st floor of the Sherfield Building and Abbey (Santander) on the walkway. I'm sure you already know this but setting up a UK account is pretty essential so don't waste any time, get on to it!

Student Oyster Cards

When registering for a Student Oyster you are required to use a UK-based debit or credit card to pay a £5 application fee. So until you get a UK-based bank account your alternative is to get an Student Oyster photocard application from the Student Hub on Sherfield Level 3, they will also provide you with a cheque to allow you to pay the £5 fee.

Clubs, Societies & Prohect

Whatever country you're from, there is probably a club specifically for you. But don't use them as a substitute for meeting people from other backgrounds. I would be damned disappointed if after 3 years in Singapore I had only hung out with other British people.

My First Days by Carlos Karingal

Coming to London for the first time was absolutely exhilarating, if a little frightening. I uprooted myself from Singapore three years ago, leaving my friends, family and (most importantly) my dog to start a new life in London. But what a life it's been.

Naturally, there were many things I had to get used to, like not saying "pants" when I don't mean "underpants" or not really using my sense of taste as much as I did back home, but with one of the highest proportions of international students out of any university in the country, you won't be alone at Imperial. There are

around 30 different international societies in which you can meet other people with the same experience as you, who can tell you where you can find the city's best Szechuan tofu, German weisswurst or Jamaican jerk chicken.

The great thing about this particular city is that with almost 30% of its population being foreign-born, if you look hard enough, you're bound to find anything you would want from anywhere in the world. London is truly a world city and because of it, no matter where you're from, it won't be long before you feel like a real Londoner.



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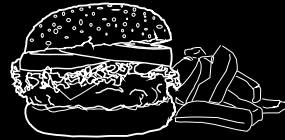
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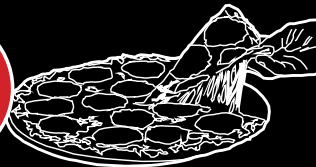
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Asking for help can often be difficult but there are so many people, both in and outside of Imperial, who are there for you when things get tough. **Charlotte Ivison** and **Nigel Cooke** will be able to help you with almost anything and if necessary point you to someone with experience in dealing with your issue. The university has a great **Counselling Service**. Mental health issues often have a stigma attached to them but it is perfectly normal to need a little help, especially in your first year of university. In addition the Student Funding Officer **Amanda James** will be able to help you with any financial trouble you may have.

Welfare

Charlotte Ivison
Deputy President (Welfare)
dpwelfare@imperial.ac.uk
020 7594 8060 IC Ext: 58064

Nigel Cooke
Student Adviser
advice@imperial.ac.uk
020 759 48067

Chaplaincy
chaplaincy@imperial.ac.uk
020 7594 9600

Imperial College Health Centre
healthcentre@imperial.ac.uk
020 7584 6301

Sex

The John Hunter Clinic
020 8846 6699

British Pregnancy Advisory Service
www.bpas.org
0845 769 7555

Health

Alcoholics Anonymous
www.alcoholics-anonymous.org.uk
0845 769 7555

FRANK
www.talktofrank.com
0800 77 66 00

NHS Go Smokefree
www.nhs.uk/gosmokefree
0800 022 4332

Mental Health

Imperial Student Counselling Service
counselling@imperial.ac.uk
020 7594 9637

Disability

Mary Brown
Senior Disability Advisor
disabilities@imperial.ac.uk
(0)20 7594 8935

Student Beans
www.studentbeans.com

Money

Amanda James
Student Funding Officer
student.funding@imperial.ac.uk
0207 594 8130

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