

Freshers' Handbook 2007-08



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Spring '06 J C Pickers

Section B: Lecture 13: The

13.1 Main sequence
13.2 Life beyond the main sequence: post main sequence evolution
the three phases of stellar evolution:
shows the formation of a star from a cloud of interstellar material, through the main sequence, defining the subsequent heating to the main sequence, and the star on through the main sequence, though less

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Introduction

Welcome!



Stephen Brown, Imperial College Union President

It was 4 years ago this week that I rocked up to Imperial College excited about the weeks and months ahead. I remember arriving at my hall of residence and wondering "what on earth happens now?" The Pravda-esque booklets provided by Imperial College seemed to imply that the mere act of moving into Halls meant that I was already benefiting from a "world class academic experience" but having spent over six hours on a train getting here, continuing my education on a warm Saturday afternoon was not on my list of immediate priorities.

I then turned to the material in my welcome pack and discovered that there was an organisation called Imperial College Union (ICU) who had kindly laid on a plethora of activities and social events for my first week as a student of this illustrious institution. A week of fairly intense partying followed between that weekend and the real work starting and I would encourage you to make as much use of your first week at Imperial as I did. Building up good relationships and meeting new friends now will make the next few years a lot more enjoyable so go and introduce yourself to people on your course and/or in your accommodation. Don't be shy, they are probably just as nervous about starting university as you are.

In short, Imperial College Union's reason for

being is to represent your views to the College and other bodies. We also run bars, a shop, a newsagents and over 250 clubs and societies for you to pursue your extra-curricular interests. Whether you are interested in playing sport, the arts or even cheese there will be a like-minded group of individuals at the Freshers' Fair so if you want to make the most of your time outside the lecture theatre I would recommend that you come along on Tuesday 2nd October.

Social events and clubs are how most students use the Union but there will always be some of us who run into problems from time to time. If you ever have difficulties with your course, accommodation, financial situation or any personal problem you may encounter we also run a Student Advice service to assist you. If you would prefer to approach us on a less formal level please get in touch with myself or any of the Sabbatical Deputy Presidents. We are paid to take a year out of our studies to make your life easier in any way that we can so don't hesitate to drop into our offices on the 1st floor of the Union building in Beit Quadrangle – it's what we are here for.

My other piece of advice for your first year as a student in London is to get out there and enjoy it. If you don't make the most of your first year then you'll regret it a few years down the line when you find yourself stuck in the library for weeks on end.

Finally, if you can think of anything that ICU could do or could be doing better then please come and tell us or if you are really keen stand for election. Every year the student body elects thousands of club officers, hundreds of course representatives, dozens of volunteer officers, five sabbatical officers and a newspaper editor so if you feel that you have something to contribute then please get involved in whatever you are interested in as much or as little as you like. I look forward to meeting you over the coming weeks and months.

President
Stephen Brown

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Japanese Proverb: "When the character of a man is not clear to you, look at his friends."

Hello stranger!



Look into my eyes and you turn to jelly, er... stone

Welcome to Imperial College and welcome to the Freshers' Handbook 2007-08. Beginning university is a daunting prospect and the purpose of this little booklet is to ease any worries you have before you arrive at Imperial. Through a blend of immature humour, helpful advice and years of experience this booklet should provide you with an overview of university life. Hopefully the words of wisdom throughout the next forty-odd pages can answer any nagging questions you have. Perhaps the booklet will even address some issues that you hadn't even considered.

The structure of the Freshers' Handbook 2007-08 is loosely based on the chain of events that will occur from the day you attained the necessary grades on results day until the time when you begin to feel comfortable with university life. Towards the end though – when you all go off and do a plethora of different things – the booklet becomes more general and talks about possible issues that might occur in your university life, as well as mentioning the Union which we hope you'll get involved with somewhere down the line.

So, during The First Steps chapter it is predicted that you'll make your way to your hall of residence and subsequently you'll have fun at the various Freshers' events before heading out to explore the big city. You'll see there are five My First Days... entries throughout this chapter where a selection of students on different courses rack their hazy brains and try to remember their initial experiences

at Imperial. These should provide you with a taster of how you might feel as well as what to expect during Freshers' Week.

The On Campus chapter is more focused towards your course life because, after all, you did come here to get yourself a set of letters after your name. There is also a highly amusing guide to the catering outlets around campus, that you positively will laugh at.

Moving on, we come to the Welfare chapter where things begin to get less sarcastic. Here you'll meet a chap called Nigel Cooke, the Student Advisor. His job is to help students out! I can't stress this enough, but if you are confused about anything or need advice, approach him and he can either help or point you in the right direction. You're more than welcome to contact any of the Sabbatical Officers throughout this booklet too.

Finally, we come to the Union chapter which aims to tell you about Imperial College Union (ICU) without making you want to fall asleep. You're sure to hear plenty more about how efficiently it's being run (or not, badoom-tish) in *Felix*, the student newspaper of Imperial College Union, on Live! (<http://live.cgcu.net>) and various other media sources, so a basic description of how it operates is given in this booklet. There is also information on how to get involved so that you can represent the views of students and make a difference.

From one tenuous link to another, I'm going to attempt to move from involvement with the Union to how I'm involved with *Felix* and how you can be too! Phew, I did it. *Felix* is the student newspaper that gets published every week. It's my task to rally the troops so that together we can entertain you during your boring lectures and also inform you about changes that will affect Imperial students.

We're always on the look out for more writers, so if you're interested in writing news pieces or you just want to waffle on about the television last week, get in touch. For more information turn to the Clubs & Societies A to Z 2007-08 half of this booklet. If you have opinions to express about *Felix* itself or you just don't like my face, my contact details are below.

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On Campus

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get lost and also tells you about some of the buildings you might need to visit on campus.

Once you've settled into your "dorm," you're going to venture to your glorious place of learning for the next three or more years.

This chapter describes how education at university is taught to you. It helps you get to know Imperial a bit so you don't

The Union

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so this chapter talks you through the basics of how changes are made in and by the Union.

The last chapter predicts, with high probability, how a certain water feature will pop up in Beit Quad outside the Union. The statue/fountain/monstrous thing will need various committees to discuss it to death and

The First Steps

4 – 23

And so it begins. This chapter takes you through getting to Imperial, what to bring and what you're likely to get up to once you arrive here. There is also information about many of the attractions in London and finally a couple of recipes from yours truly so that I'm not liable if you starve to death, er... I mean, to help you through the cold and dark nights!



Welfare

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Should you have any problems during your university life, the Welfare part of the booklet is an invaluable source of contacts for information, advice and help. Covered here are a range of issues that typically crop up during a student's life. Topics include: accommodation issues, money problems relationships, sex, drugs, alcohol and more.



Exam success



A toast to you! Expect plenty more of this to follow

Congratu-my-lations! A winner is you.

You geek.

What?

There's no denying it.

The word "geek" and phrase "Imperial College London" are mutually exclusive. This is the first thing you'll need to come to terms with now that you've got the grades and entry to the science university of choice. You're probably currently in the phase of wonder mixed with a dash of denial: "Does Imperial really live up to its speccy-four-eyed reputation? Nah, it can't really be that bad. It'll be fine – everything always turns out well in the end." You'll get there though. Soon you'll be sticky taping your glasses with the best of us!

"Trivial." Get used to this word too, you'll be hearing it a lot. If there was ever a word I have grown sick of, it's the dreaded T-word. Expect lecturers to brush aside any slip-ups they might have as being "purely a case of trivial mathematics that are left as an exercise for the reader." Similarly, expect to be patronised, laughed at and thoroughly ridiculed through the use of this word. "What do you mean you don't know how many bonds there are between an XY-chromosomed-double-hydrocarboned-DNA-helix? It's so absurdly trivial my dead great-great-grandmother Agatha could answer that in her eternal sleep! And she was mute."

Getting here

Anyway, now that niceties have been exchanged and we've thoroughly broken the ice, it's about time we moved onto business.

You're probably moving into halls during the last weekend in September. It's likely that you're leaving the nest for the first time, along with friends you've known since you were in primary school. It's going to be a difficult time for many of you, so don't be afraid to shed a tear like I did when you leave the warm comfort of your parents' bosoms. That's if your dad has moobs like mine... I'll never forgive him for making me inherit those.

For the emo kids reading, you'll probably be glad to see the back of your parents and I expect you'll be hitchhiking your way to this Godforsaken hell-hole anyway, so you may as well skip this section. For everyone else, you've probably hijacked your parents' hearts and they'll now willingly drive their loved one and your belongings to the place which you'll call "home" for the next year.

What do you bring with you? Well, that partly depends on the size of your mode of transport and how guilty you're going to feel in a year's time when you have to ask your olds to come down to the Big Smoke and shift all of your stuff from halls into your second year flat on their weekend off work. What I mean is, you're not really going to need your entire DVD collection to fill your shelf and boost your manhood. When you're considering what to pack you'll find there are plenty of things that you feel you might use once or twice, but in reality they'll just sit on the shelf gathering dust and then just take up room in your mum's pokey little hatchback.

The **essentials** are as follows:

- **Bedding and pillows.** I highly recommend a double duvet – even if you end up with a single bed – for maximum morning cocoonness. If you forget these, you can buy some from the halls wardens or shops on High Street Kensington.
- **Towels.** You will clean and then dry yourself. That is an order from me, personally. I do not want to smell you when I walk into the office on a Monday morning. Shower gel, perfume and other toiletries are also recommended although you could buy those once you're



You're just showing off if you arrive in one of these

here. The same goes for washing powder and fabric conditioner.

- **Cutlery, chopping knives, plates, pots and pans.** Depending on how much of a wannabe Ainsley Harriott you are, I'd recommend getting some cheap but functional kitchenware. Fortunately I was sharing a kitchen with two other people in my first year so I could hone my cooking skills, but some of you will be fighting up to thirty other chefs for cooker hob space. Competition can be fierce and it's likely that some swine will pinch your vintage Le Creuset pans. Buy some stuff that will last you the year and then think about upgrading once you move into a flat. A few tea towels are essential too.
- **PC or laptop.** Personally I couldn't imagine not having a computer at hand but then I'm beyond geek and into nerd territory. There are plenty of places on campus to access a computer if you don't bring one, but with the advent of Facebook and whatever else the kids are down with these days, you'll probably spend a lot of time on one. Don't bother with a printer though. Your department should give you some print credit each year to use the university equipment.
- **Multi socket adapters.** You're going to need a power source for your PC, mobile phone charger and Transformers Decepticon™ night light.
- **Clothes and hangers.** The former is self explanatory really but you could always go to Oxford Street on a shopping spree if you haven't fully kitted out your wardrobe yet. As for the hangers, well, cupboards are the order of the day at university rather than drawers.

- **Picture of your favourite little white lion/cat Pauline.** Oh, er... that probably just applied to me.

The follow items are **less essential** to bring but will probably make you feel more homely:

- **Television, DVD and CD player.** There will be a common room in halls with a TV and likely a DVD player but it's always nice to watch the box in bed. A CD player is probably more essential depending on whether you use your PC for music or whether you tend to work in silence.
- **Computer game consoles.** Do well. Good for getting the lads/birds together after a night out on the lash.
- **Smack, weed and pills.** If you've got the balls to brave the wardens' cavity searches then go ahead and smuggle some in. I jest, I jest.

These following are suggestions for what you don't need to bring. They may seem obvious, but there is always some moron who decides to bring a rice cooker and ends up setting fire to his bed or something:

- **Rice cooker.** Right, who suggested that? Come on, 'fess up! Just don't! How hard is it to boil rice? Jeez.
- **Mini fridge.** I vaguely recall my halls not allowing me to have a fridge in my room for some reason. It might be worth emailing the head warden of your halls if you do want to take one.
- **Iron and ironing board.** A communal set should be provided in halls.
- **Furniture.** It'll all be provided. You usually get a table, a wardrobe, a chest-of-drawers, a bed and mattress, a desk lamp and a bin. The cleaners who you'll probably catch reading your textbooks/porn once in a while will do the vacuuming for you.
- **Car.** The tube and bus services are perfectly adequate. Parking in London is a nightmare too.

Hopefully that lot will give you a good idea about what you need to load into the boot of your motor. Before you get on your way to London, you'll have to pay the congestion charge (unless it's the weekend). Be a dear and do that for your 'rents at the very least. Once you're in the city, parking and unloading is going to be a problem. The first weekend that people move into halls is an eventful

experience battling with commission hungry traffic wardens. Depending on which hall you've been put into, you're either going to have an easy home match or a slog for an away goal in some European country against those nasty traffic wardens.

Beit Hall has its entrance on Prince Consort Road, which is nice and wide with a few cars tootling along it every now and then. Parking and prompt unloading should be relatively straightforward in this case. For Pembroke Hall residents, the street it lies on is a crowded street packed with parked vehicles. You'll likely have to park in the middle of the road, unload all your junk onto the pavement, get your mum to scour Notting Hill for a parking space whilst minding carefully for this country's awful road restriction signs and finally collapse in your room with a cuppa.

Halls



Man up! You're a big kid now!

Well done! You've successfully made it to Imperial. It's almost time to unpack and get settled in but before you do, give your mum a kiss goodbye, your dad a pat on the bum for luck and then have a mosey on around your halls. You're about to meet

a lot of people who, like you, want to make some friends and sharpish. It's the thing us humans do.

Breaking the ice in these situations is not quite as simple as I demonstrated in the 'Exam success' section. Firstly, my social skills are incredibly well honed and focussed at getting the best out of people and secondly I couldn't give a monkey's about what course you do and which neck of the woods you originate from.

Unfortunately though, you're going to have to suffer the inane task – and freshers tradition – of listening to each person you meet talk about where they come from, what grades they got at A-Level and what course they're studying at Imperial. Hopefully before you arrive in halls you'll have practised your own bit of spiel because you're going to need to be operating on auto pilot by the time you get to Imperial.

There's a good chance you haven't had to introduce yourself to so many new faces since primary school. However, at that point you were probably crying into your parents' groins because you wanted to stay at home and watch Sharky And George or The Gummy Bears. Back when you were four or five years old, you probably didn't know whether you really liked Timmy, Freddy and Belinda or not. You just happened to become friends with them. Now, it's a different story. You're old, wiser, likely have stubble or at least a bit of wispy-beard-bum-fluff (or a pair of bling-bling earrings if you are of the fairer sex) and probably judge people instantly just by what they're wearing. University is a time of great change in people. It's a time to turn over a new leaf and even redefine who you are. I would say that you need to be friendly, outgoing and get to know people. Yet, at the same time, don't become too clingy to people because you may find that the person you got on with in the first few days of Freshers' Week turns out to be the annoying parasite that you couldn't get rid of during the year; a person that ends up being your second year flat mate that wakes you up in the middle of the night when playing the drums! After all, you can't bog wash that person once you get to year three. That's now illegal.

I'd suggest going to hang out in the common room or the kitchens for a bit. You'll probably doss about for most of the day whilst people arrive until the evening when the halls wardens have a social event lined up for you. It's probably worth testing



Bed. Meet student. Student. This is Bed

out the various fixtures and fittings in your room during this time too. Every room has its own quirky little features, such as mice, a crack in a window which only whistles at night time or a door handle that has to be turned the other way to open the door.

Living in halls is damn good fun, especially in London. You're probably paying top dollar for your room compared to your friends who are at other universities. You'll soon get used to them moaning that they're being forced to pay £70 per week for a room in a catering hall when they wanted non-catering at 55 quid. In life you get what you pay for though. You're now part of one of the world's best cities and you have a whole host of wonderful services at your disposal, more about which will be discussed later in the book.

As well as all of the people your going to meet, whom you'll inevitably know for a very long time, the independence that comes with living in halls is wonderful. You don't have to worry about coming home late and waking everybody up, you can clean your room if you can be bothered, but Jeeves or Rosetta will be along on Thursdays to do it for you anyway. You can choose what you want to cook or eat and when you want it. You can drink as much cloudy lemonade or cider as you want without your mum asking if you've had your five litres today. You can sleep past midday without the fear of knowing that come 10:00 am, your dad will open the bedroom door encouraging the dog to jump on the bed and stampede all over your nether regions.

Wardens & Re-apps



The finger of blame. Don't worry, wardens are lovely really

When you arrive at your halls, you'll meet someone who doesn't look like a student. This is either: A) the token thirty-five year old student who is finally getting round to doing a degree for whatever reasons or B) a warden.

It's more likely to be the latter. For those of you who went to a school where you didn't wear blazers and an untucked shirt was the norm rather than a rebellion against the rules of the institution, a wardening team will be unfamiliar to you.

The head-warden is the chieftain, responsible for kicking arse if someone sticks newspapers all over the walls of a communal toilet, for instance. They will ensure everything runs smoothly and basically runs the show. He has a collection of minions, or sub-wardens, whom carry out his every wish. All wardens are Imperial College staff members.

Likewise, the Re-apps (short for re-applicants) help out the wardens and ensure a smoothly running and functioning hall of residence. However, these guys are second year or higher students. They'll often be your first point of contact as they will have recently been in your position as a daunted fresher. If you want to become a re-app in the following year, then there is a high chance that you can apply for an interview and possibly get yourself another year or more living in halls. Cynics would say that you're doing this purely for the cheaper accommodation, but re-apping can be a rewarding experience helping out students and organising fun events.

This heirarchy of authority makes the halls experience sound a bit strict, but in reality the wardens and re-apps will be good chaps and chapettes. If you do manage to get on the wrong side of the wardens, it probably means you've done something really, really stupid and you deserve what for.

Freshers' Week

Freshers' Week is an exciting time packed full of opportunities for you to mix with other students and get thoroughly bladdered if that's your disposition. Your halls will have its own timetable alongside the Union's more lavish events.

The Union's Freshers' Party will likely include the dazzling attraction of an up and coming celebrity who can be seen regularly hosting T4, someone who will inevitably wind up presenting Dancing On Pogo Sticks on ITV4 or being leered at by Terry Wogan at Eurovision in years to come. Most of the Union's events will involve jiggling your body to funky sounds whilst consuming a large baby's weight in alcohol. Check out imperialcollegeunion.org/ents for a full rundown of what to expect.

During the lighter hours of Freshers' Week, you'll need to attend a number of welcome presentations given by different figures from College and also

staff members from your department. It's a good idea to attend these because not only will it give you and your newly acquired friends a chance to poke fun at people you reckon are more geeky than yourselves, but you'll also be introduced to some important figures that you might need to contact at some point in your university life.

You also need to get yourself along to Freshers' Fair on Tuesday 2nd October where the clubs and societies – that are listed in the other half of this booklet – will try their hardest to get you to join them. You'll end up signing up to almost everything and only ever go to a few clubs regularly in the end. Keep an eye out for the *Felix* stand especially. Ahem. Freshers' Fair is a must to attend unless you don't like other people. The clubs put a lot of effort in each year to make the day a good laugh and you should also come home with lots of free stuff such as sweets, mugs, CDs, weird stress relief things and much more junk that's always good to be given. Remember to pick up a copy of

My first days...

Tom Roberts, ongoing physicist



I was a few days late checking into Pembridge Gardens. By the time I arrived, my fellow residents had started to become chummy with one another after the Freshers' bash at the Union. I was in the annexe of Pembridge, which motivated me to learn to cook (some of the recipes can be found later in this book!) because I had to share a kitchen with only two other people, compared with the unlucky souls who had to split three cookers between thirty in the main building.

I shared with one of the sub-wardens called Dylan which was fortunate because he was sound as a pound and he would become a very useful source of information throughout the year.

I've always been close to my parents but my independence is valuable to me so although my feelings were mixed upon arriving at Imperial, I

quickly settled in.

After a tour of London on an open top bus during the daytime, it was time for the annual Notting Hill Invasion in the evening. We formed groups of seven or eight freshers. Cameras were thrust into our hands and we were tasked with a list of objectives to achieve before the night was over. These included blagging free tickets at the nearest cinema, having your photo taken with a tube worker and extra points were given for any particularly amusing photos that we could take. It was a great laugh and a cracking opening night where I met a bunch of people I'm still good friends with now.

Over the course of the week I would meet most of my long-term friends in the physics building including my current flatmate whom I have been living with for the past two years and counting.

Felix with the Freshers' Fair layout in it. Double ahem. There will be a few pages dedicated to showing you where every club or society is based around campus for the day.

Depending on how much your department detests its students, some of you might have to do some work during Freshers' Week! Some lucky people will be able to kick back and chillax for the entire week whereas others of you will have to get your brains engaged after a few days of Imperial life. C'est la vie.

Alcohol & drugs

It's your first night out during Freshers' Week. There's going to be much imbibing, so now's the time to sit you down and tell you all about what's going to be swilling around in your bowels for the next three or more years. I'm about to hand you over to one of my colleagues, but bear in mind whilst you read this section that College has a zero tolerance policy on drugs. Without further adieu, I shall hand you over to Dr Feelgood Sykes.

Greetings, fellow humans. I have been asked to write a few hundred words on the various intoxicants you can get your hands on in the big bad world. Chances are, most of this will be known to you; however, it's worth noting that you're now independent young being, and as such you're no longer under the watchful eye of your parents/guardians/robot mother, which means you can get yourself in a bit of a state if you're not careful.

This section runs down from the most common things people take to the least common. Even if you're a teetotaling straight-edger, you can consider this list prime intel on the enemy.

Alcohol

Alcohol does two things. Firstly, it makes you drunk. Secondly, it is responsible for the painful experience known as hangovers. For those of you who haven't experienced one, imagine someone lining the inside of your skull with glass shards and filling your stomach full of fermented orange juice.

Now, drinking is a pretty common social activity at this place; something to do with the horribly unequal sex ratio, in my experience. Here are

some things I wish I knew about alcohol back when I was a young whippersnapper like yourself: although you may feel all-powerful, you cannot stop traffic with your iron abs; mixing types of drinks (beer, wine, spirits) may gain you the respect of your peers, but result in a disastrous hour spent regurgitating it all into the toilet (I like to call it 'talking to Ralph on the big white phone'); the inhibition-lowering effect of alcohol can mean you end up, ahem, doing the horizontal cha-cha with someone you shouldn't; and gaining a drink tolerance of 15 pints may impress rugby players, it has a horrifically detrimental effect on your wallet and your studies.

In short: drink moderately. Man, I sound like one of those Jack Daniel's adverts.

Tobacco



[four JD and cokes later] Now, y'see, the thing is... wait. What are we talking about again? Oh yes; smoking. It's likely most of you reading this don't smoke. I smoke, so I feel qualified to tell you about it. Yeah. Smoking is great. I mean, apart from the fact it costs a lot, makes you only smell attractive to other filthy smokers, and causes cancer. Oh, and it's highly addictive - much more so than anything else in this section - and most of the population have a very hard time quitting. Like myself. If you've never smoked before, and you are drawn into it by a friend, be warned: the first time, it will make you feel like barfing everywhere.

Cannabis

Ah, the green. Firstly, the legality: cannabis is a Class C drug these days, which means it's on a par with tranquilizers and suchlike. If you're caught with a small amount on you, the police will take it (and possibly smoke it, the cheeky bastards) and tell you off rather severely. If you've got a lot on you, you can expect them to arrest you and drag you down the cells.

The immediate effect: well, it makes you feel quite spaced out, rather dreamy, and often gives you ideas you wouldn't otherwise have had. In other words, you get stoned. It also makes you rather peckish - this is called the munchies. The whole experience is rather pleasant, though there are pitfalls. Smoke too much in one sitting and you'll find yourself retching into the toilet (your body wants it out, y'see). In the wrong environment, you can find yourself becoming twitchy and paranoid, which can be incredibly unpleasant.

The long term effect: debatable. In terms of smoking it, the damage is much greater from a single joint (a cannabis cigarette, non-drug-users) than a cigarette. On the other hand, no-one smokes 20 joints a day. Some studies seem to suggest a higher incidence of schizophrenia amongst heavy cannabis users. Heavy users of the dope tend to be quite lethargic, and for some reason the first casualty is always personal hygiene. Although it's not physically addictive, it can readily become psychologically addictive - that is, you can get used to being stoned.

Ecstasy



The love drug. Ecstasy is a Class A drug, possession of which can land you in jail. While it's unlikely a single pill will result in you being arrested, the police tend to take a very dim view of blatant E use.

The immediate effect: an incredibly euphoric feeling, as massive amounts of serotonin flood your brain. You tend to want to move around a lot (many pillheads chew gum to keep their jaws working) and you will talk a vast amount of crap at people for hours and hours and hours and hours and hours. The effect generally lasts about between 4 and 8 hours. Pills tend to be 'cut' with other things in them, including amphetamines (speed) which can give you rather unpleasant feelings (racing heartbeat, palpitations). Don't drink then take a pill, as you will feel very ill indeed.

The long term effect: notable. The 'come-down' (resulting from the low levels of serotonin in your brain) will make you very grumpy, irritable and depressed for a few days afterwards. Frequent use tends to make users have very erratic mood swings. Deaths while using E are rare (despite the outrage surrounding Leah Bett's tragic death).

Cocaine



A 'lifestyle' drug, as a student you're unlikely to come into contact with it, as it is rather expensive. It's Class A, and you can expect more than a slap on the wrist if the police catch you with it.

The immediate effect: a friend (who shall remain nameless) once described as 'like having a cup of really strong tea'. It tends to heighten your awareness of your surroundings, and make you feel confident, strong, and aggressive. It's often used by heavy drinkers to perk themselves up during a long night. On the flipside, it can make you very socially unpleasant (due to the reams of nonsensical gibberish coming out of your face) and is probably among the most addictive drugs on the face of the Earth.

The long term effect: ruinous. If you become addicted, the huge cost of the drug means you'll spend all your money on the damn stuff. Long term users tend to be jumpy, skittish, and aggressive, and also total bores. And we've all seen what happened to Danielle Westbrook; her damn nose fell off.

LSD, ketamine, heroin, others

The ones I haven't talked about are a ragtag bag of hallucinogens (LSD, mushrooms, ketamine to some extent) and very addictive substances like heroin and crack. You're very unlikely to come into contact with these, as they are expensive, difficult to obtain, Class A and quite, quite dangerous in some cases.

LSD/hallucinogens make you see things that, well, aren't there. I'm reliably informed LSD was invented by the CIA in the 60s as an interrogation

tool. In short, it sends you into what doctors euphemistically call an 'altered state'. Sounds become distorted, twisted, visual disturbances abound, and you find your train of thought leaving the tracks and barreling across the headlands towards Tripout City. A 'good' trip can feel like inner workings of the cosmos have been revealed to you, whereas a 'bad' trip can be a waking nightmare, with no escape until 6-8 hours later when it wears off. If you must take it, take it with someone you trust, and who remains sober throughout the trip. That way you can be sure of support should you suffer a bad trip.

Heroin is an opiate, and as such is horrendously addictive, as it mimics your brain's natural painkilling mechanism. Dangerous doesn't even come into it; users who inject and share needles can contract HIV and any number of diseases. In short, don't. The same goes for crack, which is supposed to be addictive from the first hit (though I am not qualified to speak on such matters).

There's a great deal of this going on in the real world. However, Imperial is not the real world, and ratio of the male sex to the fairer sex is far lower than in the real world. As such, do not expect sex to play a large role in your university life.

I am reliably informed that the mantra among the female population (who are in the minority, making up only about 30% of the population on average) is: "The odds are good, but the goods are odd." You'll understand when you get here. In some subjects (for example, maths and engineering) there are very, very few girls. It's good for the ladies, but very bad for the blokes.

Anyway, I'm sure you all know the tenets of modern sex lives: use protection (and by that I don't mean a hard hat), try not to flit from one sexual encounter to another (as it is rather tiring), and don't do anything you're not comfortable with.

My first days...

Alice Rowlands, ongoing mechanical engineer



When I found out I was going to live in Garden Hall, Princes Gardens, in South Kensington I almost cried with joy. My room was less than five minutes walk from my main lecture theatre and I was living in one of those beautiful, five storey white buildings with the big pillars at the front that are so South Kensington darling, not to mention the SW7 postcode!

My halls had its flaws; six flights of stairs to get to my room, a kitchen smaller than your average bathroom shared between eleven and a short trip (in a towel) to the next hall whenever I locked myself out of my room on the way to the shower. But it definitely had its virtues; a beautiful back garden, big rooms with and even during quite holiday times there was always someone around to watch a film with.

Out of all the clubs I signed up to at Freshers' Fair, I ended up joining none of them! However,

through a friend, and some shady types in the bar, I ended up being dragged along to an RSM hockey match. It poured with rain and we were beaten horribly but it turned out to be one of the best things I did at College. I continued to play for them and thoroughly enjoyed it, especially the social side, meeting people I would never have met simply through halls or my course. It always helps to have friends in older years who can help you with coursework or tell you which of the Rugby boys to avoid!

From joining one club I met people who encouraged me to join other clubs such as IC hockey and Felix. I've somehow ended up becoming a member of the RCS motor club and the University Royal Naval Units all of which are a far cry from my high school interests: dancing, art, music, shopping and avoiding running at all costs (some things never change though)!

Getting around

Assuming you made it through the opening night's activities, you're might want to have a look around the sprawling metropolis that you now inhabit. There are a number of methods of getting your collection of bodily parts from A to B in London, some far more dangerous than others. In fact, we're going to run with the danger analogy throughout this next section I like it so much. So, sit back and enjoy the ride! Ha! Puns. I make me laugh.

But before we get started, one thing you really must do is get yourself an Oyster card. For those of you not in the know, this is a small piece of plastic with a chip in it, similar to a credit card. You top it up like a pay as you go mobile phone and simply touch the yellow blobs on buses and in tube stations to hitch a ride on your favoured mode of transport. Back to the topic at hand: in increasingly dangerous order and with a H.L.A.Y.T.M.A.N? ('How likely are you to meet a Nutter?') rating, here's the lowdown on London travel:

Tube



The London Underground

The transport of choice in London. The colourful spiders web maps allow even the dumbest of idiots to get from one side of London to the other. A journey costs from £1.50 with an Oyster card depending which zones you are travelling between. It's worth getting a student Oyster photocard if you're travelling everyday on the tube. With this you can get weekly and montly travel cards which can save you some greenbacks. Forms for these

can be obtained online or from the Registry.

As the metal box clatters along through the dark tunnels beneath London you'll find yourself joining in with the obligatory game of 'Do Not Make Eye Contact'. Personally I recommend counting how many stations till your stop, even if you know full well it's only five. Other places to avert the gaze of your foes is to look at the floor, the interesting seating decor or my personal favourite: other people's shoes. Bonus points can be gained for checking out hot chicas/chaps on summery days.

Safety wise, unless you decide you want to uncover the secret laboratories hidden within the Underground complex, on foot, then you can't really go wrong with the tube. Beggars hopping from carriage to carriage are probably going to be the biggest weirdos you encounter here.

Danger:
H.L.A.Y.T.M.A.N?:



Taxi

An expensive option of getting round London, but very convenient. Hailing a black cab should take you no time at all. Prices depend on the traffic and whether the cabbie can see up your skirt in his rear view mirror. It's highly recommended to take at least one taxi journey during your stay in London, just so you can leap into the cab whilst it's still moving shouting, "Drive! Drive! Just drive!" all the while pretending to duck incoming machine gun fire. For second timers, a more sinister approach is advised whereby you shuffle onto the back seat and request the cabbie to follow the vehicle in front, keeping at least five car lengths distance between you and the 'informant'.

You should be pretty safe jumping into most taxis. The drivers are often geezers, but they're pretty harmless if slightly off their rocker's. Those off you so wasted that you succumb to the offers of unlicensed cabbies at 3am in the morning as you stumble out of a night club may find your personal space significantly invaded however.

Danger:
H.L.A.Y.T.M.A.N?:



Walking

Walking costs from 25p per kilometre in London...



Avoid

No, I jest, I jest. You'll probably be walking from halls to campus so get yourself a sturdy pair of white pumps.

There is an imminent threat of cars, buses and muggers which will endanger your existence but unless you never saw those adverts with the hedgehogs when you were a toddler, you should be able to cope.

London's diverse population means the streets are littered with morons. Expect to come across plenty of people that still think Reebok Classics and Adidas "popper" trousers are still in fashion, people who'll shout two syllable words at you because they heard 50 Cent say something similar and also keep an eye out for the South Kensington tramp who makes his journey from Earl's Court to somewhere over the rainbow each and every day without fail. There is even a small chance you'll meet someone with a knife that they don't intend to spread butter with.

Danger:
H.L.A.Y.T.M.A.N?:



Bus

Ahh, London buses. The butt of so many old jokes. Whether they're as bad as the ancient phrase suggests is debatable. The potential for meeting nutters is not up for argument however. Being 50p cheaper than the tube, they attract London's finest.

Juvenile delinquents with their under-18s-go-free cards can be regularly found hounding grannies for their pennies and Werther's Originals. Binge drinkers, far too hardcore to go home before

the tube shuts can be found spewing over the backseats whilst raping nubile GCSE students and people who decide to slit your throat without cause or reason are also to be reckoned with.

Danger-wise, you might as well be in a tank, so you'd think you have little to worry about. However, London bus drivers have optimism in abundance and frequently try to fit through spaces intended only for Smart cars.

Danger:
H.L.A.Y.T.M.A.N?:



Cycling

We're almost at the most dangerous mode of transport available. But before the winner is revealed (if you looked ahead, well, that's your own fault for spoiling the surprise), coming in at number two is the humble bicycle.

If you're the kind of person that likes to hop on two or three metal bars and and push yourself along roads bustling with speeding drivers, this is the choice for you. What better way to get the adrenaline pumping before a hard days work than to be at the mercy of the city's rush hour traffic. The fun doesn't end there though – once you've played the morning's game of roulette it's time for you to take on the thieves.

Let's be frank, it's only a matter of time before A) you're introduced to the tarmac with a hearty thud on the back or B) you end your day discovering your devoured bike, wheels ripped frame-from-frame.

Danger:
H.L.A.Y.T.M.A.N?:



Moped

Here it is! More dangerous than sailing a boat *outside* of Iranian waters, it's the moped!

So dangerous that you're required by law to wear a helmet that meets regulation standards, moped travel ups the ante by being as dangerous as cycling, yet even faster. Not only are the psycho lorry drivers speeding at 50 mph, you're now doing 45 too resulting in massive damage.

Danger:
H.L.A.Y.T.M.A.N?:



Out and about

London is teeming with things to do. Now that you've been taught how to venture safely from the confines of your room, it's time to check out what's on offer; from must see tourist attractions to gems that you might not have considered unless you'd spent a good deal of time in London.

Star attractions

If you go to Rome, you see the Colosseum. If you head to New York, you visit the Statue of Liberty. If you go to Liverpool, you come straight back home again. These are the capital's main attractions:

The London Eye



I'm gigantic, white and spin very slowly. What am I? Vanessa Feltz standing on a record player. I'm here all year folks: weddings, baptisms, executions – you name it, I'm there.

Er... no. The Eye is located on the Southbank. The elegant giant ferris wheel towers above most of London allowing for views of the urban jungle for miles to see. Each "flight" lasts about thirty minutes and you share a pod with around ten other people.

Personally I was slightly unimpressed when I took to the skies. I expected to be left picking my jaw up from off the floor, but instead I was left

thinking how grotty a lot of London really actually is. I'm clearly just a grumpy sod. At around £15 for a ticket, The Eye is certainly worth a punt though just so that you can cross it off your list of things to see.

Tower of London

My mate Roger says they went downhill after their third album. I told him to shut up.

The Tower of London is famously remembered for its list of high profile prisoners and a number of executions throughout the centuries including Anne Boleyn, one of the many wives of Henry VIII. It is also home to the crown jewels.

Nowadays though, the fortress is a huge draw for tourists so beware if you venture to see it yourself. Tickets are around £15.

Madame Tussauds

If you enjoy queuing, things don't get any better than this. You will be in heaven, standing in line for hours and hours. If you're an international student, you might have heard that queuing is a British person's favourite pastime, in which case, get yourself down to Madame Tussauds for the nation's grandest display of our beloved sport.

The exhibition consists of many waxwork figures of famous people from the UK and around the world. Tickets begin from £10.

Buckingham Palace



You don't get any more quintessentially British than royalty. With royalty comes security though and if you travel over to see old Elizabeth, don't expect to be sharing tea and scones with her. Guided tours of some areas of the palace are given, but unless you enjoy watching men dressed in red with fluffy hats on standing still all day this might be one to leave for the bus journey home.

Jean Cocteau: "Art is science made clear."

Museums

Imperial is perfectly located within the vicinity of two world famous museums: The British Science Museum and The Natural History Museum. Both are free to enter with a few specific areas that you will have to pay to enter. They're both places you really should visit considering that they're pretty much on campus in South Kensington. Equally close is the Victoria & Albert Museum (V&A) on Cromwell Road, a museum exhibiting photography, fashion and paintings.

Further afield is the The British Museum in Russell Square which holds a collection of historical pieces from many cultures around the world and throughout the years. This is also free and well worth a visit.

Other places worthy of a google to massage your museum buds are The London Maritime Museum and The Imperial War Museum.

Galleries

The most obvious place to recommend is the Tate Modern on the Southbank although this comes with a word of caution from myself. The Tate Modern houses a literally enormous exhibition inside its main entrance that changes every few months. Previous displays have included a collection of giant "sugar cubes"; the Sun and some towering er... towers which visitors could scale and then take a seat at the top of and ponder their existences.

This is always free. I coughed up the cash for the rest of the gallery a few years ago and my eyes will never be the same again after seeing one piece of "art"; an old man dancing in his birthday suit, jiggling *everything* about. David Beckham was also sleeping in one video. A complete waste of time.

Take a look at the Tate Britain too along with many other smaller galleries dotted around London.

My first days...

Matty Hartfield, graduate mathematician



Being left at the entrance to Linstead Hall, I was feeling immensely giddy as my parents drove off. This is university! My first taste of independence! Even though I was fuelled by this new-found sense of excitement I was surprisingly nervous. I see myself as a sociable chap, but this didn't show as I started my evening meekly sipping my beer, neglecting everyone around me.

Luckily this shyness was short-lived; friends came and introduced themselves and I was soon integrating with fellow freshers and relaxing into the first day of the rest of my life. The re-apps (older students who help you fit into hall life) made us feel truly at home, setting up a party and providing a barbeque over the opening weekend.

Before I had a chance to catch my breath, even more events came by at an alarming speed

to help integrate freshers into student life. We were given a tour of the local area, with all the important places pointed out to us. There was the main Union event, and our hall had our freshers' ball; all within the first fortnight. Even my department got in on the act, organising a party so we could meet the people that we would study with for the next few years. Who said mathematicians were boring? Heck, I haven't even mentioned what medics get up to in that time, you lucky lot. (Here's a clue; you won't have much time for sleeping. Or anything important, come to think of it, such as eating biscuits.)

Before I knew it the first fortnight was over. Time sped by despite doing so much with it. Make no mistake, upon arriving at Imperial you will be well looked after and you will have lasting tales to tell of a terrific time.

Wayne Gretzky: "You miss 100 percent of the shots you never take."

Theatres

With the best theatre scene in the world, you're spoiled for choice in this city. Not only is there the famous West End theatre scene, but also the vibrant Fringe and new writing theatres. You can see anything from the most spectacular of musicals (it's not all leotards and butch men with squeaky voices and waxed chests), to the most adventurous new plays (most of which will not feature a man with a flower on his head counting grains of sand whilst weeping). This town has a production for everyone.



Editor's choice: Shakespeare's Globe on the Southbank

The aforementioned West End (vaguely centred around Covent Garden) is home to the biggest shows and musicals such as *Les Miserables*, *The Phantom of The Opera* and *Monty Python's Spamalot*.

The big-budget plays are here too (yes there are plays here other than *The Mousetrap*) with massive stars (such as Patrick Stewart, Dame Judy Dench, Alan Rickman and Daniel Radcliffe) appearing regularly on the stage. Most of the plays are well known, or by famous authors, but even if you haven't heard of the play you're pretty much guaranteed an impressive performance. Without a doubt, the most prestigious theatre here is the National Theatre. At the National, you will regularly see the calibre of performance and artist, at which the rest of the world can only dribble.

Outside of the West End, the best places to see exciting new theatre are the new writing theatres such as the Soho theatre, the New Vic, and our local theatre: The Royal court in Sloane Square. These theatres have international reputations, and are a great place to see modern plays. Often, these

plays end up transferring to the expensive West End theatres (such as Tom Stoppard's *Rock And Roll*), so it can be a chance to see some future classics.

Last but not least, you don't even have to leave campus to see productions ranging from Shakespeare to Shaffer. Imperial's Dramsoc and the Medics' Drama Society produce at least 6 or 7 plays a year and whilst they haven't got as big a budget as any other theatre, university drama is as close as you get to professional without being at the Gielgud. They will probably impress you. You'll see their posters around the campus, and may even find one of your friends is involved.

Cinemas

Whether you're a complete film aficionado, you know your Ringu from your Rasen or you just love seeing shit get blown up, London caters for everyone's needs.

Within the vicinity of campus there are a number of multiplex cinemas: Vue in Shepherd's Bush and Fulham Broadway, Cineworld on Fulham Road and Odeon on High Street Kensington. Notting Hill is also home to The Gate cinema which shows many independent films and even has seats specially for couples!

For the arty-farty amongst you, the Curzon chain of film theatres are dotted around London with the nearest being the Chelsea cinema on Kings Road. Showcasing many independent films from all over the globe, this is a wise alternative to catch a more intellectually stimulating flick than you might find in one the Big Three.

Unfortunately, with this being London, cinemas take great pleasure in shafting us when it comes to ticket prices. Student tickets are available in most cinemas, but you might have a spot of bother because Imperial student ID is not emblazoned with an NUS logo. You'll need to get yourself an NUS card unless you don't mind assuring cinema attendants that Imperial College isn't a made up university. Also be aware that cinemas in and around Leicester Square don't offer student tickets and in fact take it upon themselves to up the price even further because they hold film premieres every now and then.

Incidentally, if standing outside waiting for D-list celebrities, screaming whilst being crushed against a barrier sound like your idea of fun, then get yourself down to one of the Leicester Square film premieres where you can catch a glance of Jodie Marsh's spider as she pours out of a limousine.

Cinema membership is a good way of saving yourself lots of pennies if you're a regular film-goer. The big cinemas offer monthly passes to see as many films as you like and Curzon offers a one off fee of about £30 which then gets you discounts and priorities to their showings and events.



The NFT: also on the Southbank where everything good is

You should really check out the National Film Theatre (NFT) located on the Southbank. Run by the British Film Institute (BFI), the NFT shows films from all over the world, runs different film seasons and generally celebrates cinema. If you become a member you can gain access to their huge library, get discounts to cinema showings and can also book yourself into some of the lectures they run which are often given by cinema industry figures. Also look out for the annual London Film Festival (LFF) in November which showcases new films of every kind, many of which won't be appearing in cinemas for months and months to come.

Finally, also located on the Southbank is the IMAX cinema. The idea is that the screen is so enormous that you cannot see anything else but the film. The cinema also shows 3D films or blockbusters that have had a number of scenes recorded in 3D. One of the most recent mainstream pictures to utilise this effect was the newest Harry Potter film which had its 20 minute finale 3Dorised. Many people were disappointed however, because although Harry was within touching distance, it was no easier to punch him in the chops or nipple cripple the other one.

Live TV recordings



The ITV studio situated on the you-know-what-bank

Live television recordings are perhaps the most underused opportunities to have a good night out for the cost of a tube journey. Simply by going on the internet or by keeping your eyes peeled when reading the freebie newspapers that you'll find yourself being almost assaulted to take when trying to get into a tube station, you can book yourself some free tickets to be in the audience at a number of shows. All the producers ask of you is that you can clap and cheer on command or when someone tells a funny. American style whooping is optional.

Some shows such as *Have I Got News For You* dish out their tickets within minutes of going on offer, so you'll need to be ready on the internet to bag yourself a place to see Ian Hislop's ugly mug. Other shows remain available for a few weeks.

The first time shows are usually desperate to fill the audience so they're even easier to get tickets for. These can be hit and miss though. If you're lucky enough to watch the first recording of the next QI, then good for you. If you turn up to the first recording of something like *News Knight*, then you have my utmost sympathy. That was 3 hours of your life that you could have spent picking liquorice allsorts out of a bucket of glass shards and had more enjoyment.

The ITV studios are located, once again, on the Southbank, the BBC centre is in White City and there are other recording studios around London.

Live TV recordings are one of the best ways of seeing live comedy without forking out for a theatre gig and you can really get a feel for how the television industry operates.

Shopping and markets



The start of Oxford Street. Or is it the end? You decide

Ahh, retail therapy. The only therapy that will make you worse off than you started if you keep on going and going. London sells everything you could ever need and a whole lot more that you don't.

Small bronze model of the Eiffel Tower? Yes please. Postcard of Prince Harry? Put me down for five of those! Recycled cardboard teapot from Liberty at a bargainastic 45 nicker (I'm not even lying)? Oh hell yeah! I loves me darjeeling.

The most obvious place to start is Oxford Street. Famous for being Europe's longest shopping street, it's home to every multinational you could think of along with animal rights activists' favourite: Selfridges. You can't really go wrong shopping on Oxford Street with such a comprehensive selection of retailers vying for your hard earned. It can be hell on a Saturday or during the holidays though as you play dodgems with the tourists. Or bumper cars, as I prefer. High Street Kensington is the nearest and best alternative to the almighty Ox.

Other than those two, it's really a case of having a mood around the city and seeing what's up your street. There are hundreds of streets chock full of specialist retailers so I suggest you get out there and find yourself some bargains.

My first days...

Andy Sykes, graduate chemist



As the token Northern person, I probably had further to come than most. My dear ma und pa drove me down, accompanied by a colossal amount of luggage that had resulted from a severe outbreak of worrying on the part of my mother.

Anyway, I arrived, unpacked my stuff into the now thankfully rebuilt Southside halls with the help of an enthusiastically camp re-app. Suitably ensconced in my new abode, mater and pater took flight up the M1 complete with a few parting tears. At this point, I was feeling quite adrift; I'd never lived away from home before. Thankfully, my nextdoor neighbour turned out to be a somewhat scary fourth-year named Carina who burst in with only a cursory knock, and did her best to make me feel welcome, and admired my CD collection (get in!). She turned out to be one of the most helpful people I met on my first

day, nay, in my first year. If you're reading this, my dear, thanks for making me cheese toasties when I was broke and for listening to me whine about my (now ex) girlfriend.

I headed downstairs for a meeting, and found myself in a crowd of a few gentlemen. We decided the best course of action was to adjourn to the pub downstairs for some beverages. Fast-forward five hours to find myself (a life-long no-dancing kind of guy) and a number of other drunken individuals swaying in the Union, pints of low-grade wine in hand. Oh, the halcyon days of youth! Come the witching hour, we traipsed back to halls to watch Formula 1 on the telly, and fall into a happy drunken slumber.

And so ended my first day. It was terrifying but also weirdly liberating. All of a sudden I was my own responsibility, and that was bloody marvellous. I haven't looked back since.



Apples and pears

Alternatively, if you fancy yourself as a bastard child born from the cross bred juices of fruition belonging to David Dickinson and Jamie Oliver, take a look around the various markets in London where you can haggle yourself a pucker, cheap-as-chips bargain.

Portobello Road market is the closest market which runs on weekends. It stretches as far as the eye can see and is full of allsorts. It's worth a look, but beware of the tourists once again. Better markets are in Camden, Spitalfields, Covent Garden and Borough.

Confidence is required if you're going to haggle with the stall owners but you could blag yourself a cheap dinner. Another tip is to coincide your trip to the market with closing time when the sellers will be eager to get rid of their stock for much cheapness.

Parks

Beautiful. That's what I think when I look in the mirror in the morning and also what came into my head when I used to walk through Kensington Gardens on my way to university.

In such a bustling place as London, chock full of people it can be difficult to get away from it all. When I feel the need to do this, I lock myself in my room, fire up the interweb and assume the personality of Freya de Knickers. My friends who don't know about grooming forty year olds like to go to a park, to 'find themselves' or 'do some soul searching' or some other flowery and vague term that you'd expect a poncey English Literature

student to come up with. Going by their advice though, Hyde Park and Kensington Gardens are lovely places to relax; vast areas of lush green grass, cute little squirrels and plenty of hulking trees to duck underneath away from the harmful rays of sunlight that might tan our otherwise pasty Imperial complexions.

On campus we have a small selection of green pastures too. As long as College doesn't build another department for people to work in and push paper all day, Queen's Lawn will remain a popular area for students to chill out. Beit Quad also has its own patches of turf specially imported from the mountains of Greenland as does Princes Gardens where Ethos is.

Cafés



A frightfully good cup of the old chai

We live in an age of mocha-joker-boker-reefer-smokerchinos, wireless internets and wannabe Rowlings who think that sipping Starbucks will get them published.

I can't deny that the caramel hot chocolates and Rocky Roads these overpriced corporate coffee shops sell aren't delicious, but spare a thought for the humble greasy spoons and cafés when out on your travels.

Often much cheaper than the multinational coffee shops, they offer a cosier atmosphere free from the trappings of suppressing American commercialism. Grab yourself a lovingly prepared mozzarella and sun dried tomato panini with a freshly squeezed orange juice to wash it down with and you'll be loving it.

Nights out on the tiles

By now you'll have had a wander around a fraction of the city. You might also be thinking about nights out once Freshers' Week is finished and you've stopped going daaaan toot Union. I refer you to Ms Finedandy Rowlands who will now give you a day-to-day guide on London's nightlife.

Mondays: Durrr at The End, Camden. This is a great night for indie/electro, ie: if you're definitely too cool for school, think Peaches Geldof is behind the times and Skins came a year too late – this is the club night for you. If this isn't you, it's still worth a try but go with a disguise of skinny jeans and neon accessories. If you think boys' hair should be no more adventurous than a short back and sides this isn't the night for you.

The Gardening Club is a small club in Covent Garden where students get in free on a Monday. There are cheap drinks and chart type music.

Get there early unless your favourite pass time is queuing.

Tuesdays: Panic at the Roxy. A small cool indie venue in Soho. The Roxy has a slightly less pretentious crowd than other indie clubs. This is somewhere to take friends as a first taste of the indie scene. There's some great drinks offers but be prepared to wake up with one hell of a tequila induced hangover (trust me)!

Wednesdays: Cheepskates. Less than a quid a drink – 'nuff said!

The Sports Night called **Sin City** at the **Union** promises to be the best night of the week at ICU. This is a must if you're part of a sports club. Look out for ACC bar nights too – £5 all you can drink; who could complain?

Opal is a strange cave on Gloucester Road, often inhabited by stranger people. There's free entry on a Wednesday when they make an effort to be a little more normal and drop the prices a bit. If you're stuck for something to do after the Union chucks out, head down here to be squashed in

My first days...

Adam Dennis, second year medic



My first few days at uni were amazing and it was one of the best weeks of my life. I did of course have all the usual worries about new people, new places, finding friends and stuff like that but have no fear because you'll soon be too busy enjoying yourself to worry! First impressions of being in London and being around so many new people was certainly intimidating. There was loads of stuff to take in and new things to worry about. I was in Fisher Hall in Evelyn Gardens which although is initially not that pleasant, has a great atmosphere and an awesome bunch of people and was a place which I grew to love over the year.

My first night was at The Mingle at the Union, followed by the Medics' Boat Party. These were followed by the Freshers' Roadshow and pretty much all the subsequent medic events. All the events were great and much fun was to be had

partying the nights away, but make sure all you medics come to the Roadshow! I met loads of great people throughout the first couple of weeks at Imperial, especially at the Reynolds Bar which is also another place I have come to love.

My advice to everyone would be to get involved with everything you can. Make sure you enjoy every moment of it, meet as many people as you can, approach things with an open mind, with enthusiasm and you'll quickly find yourself settling in with a new bunch of friends in no time at all. Just be yourself! You're sure to find someone with similar tastes as you.

I'm now working with the chaps in the ICSM Union, so feel free to come for a chat if you need any help or advice (or drop me an email: adam.dennis06@imperial.ac.uk). If I'm not there, you will usually find me sipping a cold one in the Reynolds Bar!



Hella mash-up was on last night's menu for this reveller

with other like minded IC students. Cosy!

Thursdays: Candy Box which is actually Cheepskates. It's the same place and same prices, just different DJs. Candy Box is just on the cool side of cheese which brings in a slightly more indie crowd.

Belushis has become a bit of an IC hang out on a Thursdays ever since the Links club were looking for a cheap place to meet (they're the guys in the ties). With pints from £1.50, cheesy music and being within stumbling distance of South Ken' this is a great place to go.

Slightly off the well beaten student track is **Bar Rumba** on Shaftsbury Avenue. This is a great place to check out big acts and up and coming DJs on the drum and base scene. Whilst it's not too cheap there is an immense array of good cocktails and lots of seats and leaning areas for those who like to be seen but not seen to dance!

Fridays: Koko (formerly the Camden Palais) is worth a visit just to see the venue! A converted five tier theatre with balconies over looking the main dance floor and stage. This is club NME run so there's always the potential for good live music. On my last count I found about 15 bars and about 30 dance floors. Prepare to get lost in a surreal mixture of plush interiors, cool kids, indie kids and new music. My advice to experience Kokos in all its glory: run to the centre of the main dance floor, throw your head back and play dizzy dots staring at the massive glitter ball!

Another alternative especially if you like new live music is the **Carling Academy**. If you're really keen, test your karaoke skills (or just take a look for a giggle) in one of the smaller rooms.

Fabric is the super club to go to in London.

Everyone knows this so get there early to avoid a two hour queue or think about getting tickets in advance. A friend of mine went there part way through the first year and declared: "I never want to go clubbing anywhere else again!" Prepare to party all night in three massive rooms with headline acts such as Pendulum, DJ Yoda, 2manyDJs and Stanton Warriors.

I'm probably the only person starting their third year at IC who's never been to **King's College Union**. However, I am assured by half of my hall mates that on a Friday this is a fabbo place to go. Think about buying tickets in advance or get there très early. Union prices and massive dance floors full of students boogieing on down to a wide selection of music makes for a fantastic night. Look out for the shots bar and some great views over the river; just don't be tempted by a night time dip.

The **LSE Union** is a pretty similar deal to King's Union. There are regular raging debates over which one's better so you'll have to go to both to decide for yourself. LSE Union is great for large groups.

If the weather's good, look out for chill out tunes, shisha and a nice relaxed atmosphere in the **Beit Quad**. This is a good place for students of dossy departments such as Materials or Medicine to wait around for their engineering friends!

Saturdays: Neon at Scala. Here the fun game is to try and bed Peaches Geldof or Cassy from Skins. If you're above that (or not that way inclined) there's some great up and coming electro worth a visit if (oh my God, a mouse just ran across my kitchen) there's a group of you up for a good time and somewhere a bit different.

Pacha in Victoria is a bit pricey but well worth it for the music and a stunning venue dressed up specifically for a night.

In general Saturday night is probably the worst for students. Some of the Students' Unions will have an event worth checking out, but in general it's a good night to recover from a heavy week.

Sundays: I'm reliably informed by my Aussie friends that the **Shay Boo Walkie (Shepherds Bush Walkabout** to you and me) is the only place to be on a Sunday. There are Walkabouts all over London and they're not bad if a group of you fancy a cheap night out where you won't feel the need to dress up. Go on a Wednesday and students get free entry and drinks start from £1.50.

Cooking

So, you've been at Imperial for several days now. You've probably got a bit of a swagger like you own the place, maybe you're even leaving your shoes untied! Well, don't get too big for your Converse yet sonny Jim – you can't cook, can you? As hard as you might try, if you don't learn to cook, you're not going to live long enough to make that job in accountancy, consultancy, business projection management or whatever dreamt up title you've got lined up in your sights.

For the love of all things holy, learn to cook when you're at university. You're not going to have more free time than you do now. Food is the way to a person's heart, it's good for showing off, it's therapeutic and putting in a bit of effort produces some very satisfying results.

Cooking decent meals on a student budget is entirely possible too. Moreover, it's actually cheaper than buying a stroke inducing ready meal from the supermarket.

The next section is geared towards the cook who possesses a bit of enthusiasm, but not necessarily lots of skill. I only started cooking myself when I became a student which is proof enough that you can too. Recipes that appeal to me are ones that contain ingredients that I'm likely to have in the cupboard, or would contain similar ingredients to other recipes so that I can buy a quantity of stuff from the supermarket and use it through two or three different meals. They should also take at least less than an hour of standing in front of the stove. Here's what I reckon you should have in your kitchen cupboards:

- Knives and forks
- Two chopping knives
- Chopping board, one for veggies and one for meat if you care about hygiene at all.
- Set of three pans
- Small (non-stick) frying pan
- Colander
- Tin opener
- Vegetable peeler
- Whisk
- Potato masher
- Two oven proof dishes for individual pies
- Tupperware or pyrex bowls with lids for storing second and third portions of food
- 9 inch diameter cake tin

- Baking tray
- Olive oil
- Salt and pepper

It's worth your while picking up a small student cooking book too if your yummy mummy hasn't already. The recipes below come from a combination of areas. I'm a bit of a freestyle cook (or something) so I tend to estimate the quantities required once I know a recipe which will explain any slightly odd descriptions. This also means if you have slightly too much or too little of something you should be ok, so dry your eyes. Without further ado, it's time to get those tummies rumbling. These should keep you going for a bit.

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

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 get one 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 the apples in the pan of sauce. too. Simmer for another 20 minutes.
5. Serve with the following...

Perfect Rice

This is why you don't need a bloody rice cooker. Simply using a pan, you can get as damn near to steamed perfection as possible.

Serves 1

1/2 cup of Basmati rice

1. 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.
2. 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.
3. 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.

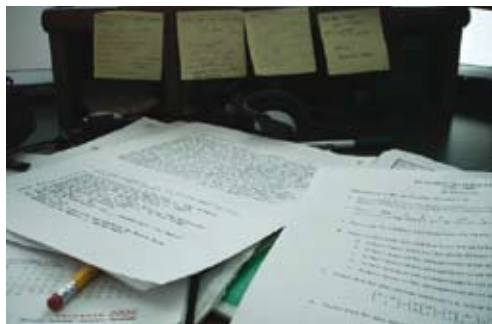
Ice Cream

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

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

Time to work



Get used to the sight of this. Sigh

You've settled in, you've got a few chums already and you're beginning to get a feel for life in the big city. Already there are several stories floating around: one about Abigail and the incident with the tumble drier and the cucumber, another about Taj "The One-Armed Ploughman" Singh and even your own alleyway escapade with someone called Tyler who you could've sworn said he, sorry she, was called Tania.

Like a bout of enjoyable, bowel liberating flatulence interrupted by the presence of one you doth desire, this casual behaviour must stop. You're going to have to work at Imperial and there's no avoiding this situation. A good amount of your time will be spent on campus and over the next handful of pages there will be plenty of information helping you get a grasp of the various locations on site. Never fear though, life's not always dull from this point onwards. You'll find plenty of time to wolf down the baked beans, carbonated beverages and turn the brown noise speaker way back up to 11.

Your department

The most likely place for you to end up in on your first day of working life at university is your department. For some, you'll spend a lot of time in your respective buildings. You'll soon become part

of the decor yourself. Others, like the medics, will be travelling back and forth between campuses.

You'll spend your first few days learning about the department, where you can find various people and all about your course. Introductory lectures will be held to cover all these aspects.

If you're still a Billy-no-mates at this point in your university life, you'll be given another opportunity to form new social ties. Roughly speaking, you'll find that you form two groups of friends at university: your halls mates and your course chums. If you become a member of any societies then you'll likely find another set of buddies there.

Course life



A glorious lecture theatre awaiting your arrival

Twenty hours a week. Twenty. Wait for it... Wait for it. Good. Right, now you've got your composure back I can tell you more about what to expect on your course. You're probably going to have about twenty hours of lectures and laboratory time each week. There will of course be homework on top of this. "Work hard, player harder" is the line you most likely to be fed, no bludgeoned with, during your first few introductory lectures.

You'll be given a personal tutor who will be a point of contact throughout your time at university and you will probably be given a number of academic tutors who will change each year too.

You should meet your personal tutor every term. He or she will sit down with you and generally

have a good natter about your course and how university is going in general. The amount of quality time that you'll spend with your tutor largely depends on how approachable you find your him or her. Issues that you might feel you need to raise could be course related ones, so for instance, if one of your lecturers is a bit cack, or if you need advice about applying for a summer placement. Whilst they can help with *personal*, personal issues to some extent, it would probably be better to approach some of the people listed in the Welfare chapter for further help and advice.

Your academic tutor will meet with you regularly, and together with three or four other students, you'll all go over some work. This often involves standing in front of a white board, "umming" and "aahing" whilst your fellow class mates try to attract as little attention to themselves as possible for fear that they might be asked for the answer. Tutorials are a useful tool for learning because they allow you to ask questions that you might be too embarrassed to shout out in a packed lecture theatre. You'll be required to go to tutorials too. A register is taken and there is a small possibility that your degree mark can be changed if you're deemed to be a dosser.

Bunking off lectures, on the other hand, will become a natural progression. When you do turn up to a lecture, you'll need to equip yourself with a pen and paper. Often you'll need to get ready to write very quickly. I suggest a few pre-lecture finger flexing exercises to get yourself warmed up. Don't worry if you didn't understand a word of what was said or written in the lecture. This happens quite a lot and although it might seem that you're the only person in the lecture theatre that doesn't understand, there will probably be quite a few other people concealing their worries.

Do the problem sheets and put a *bit* of work in at the very least. You might find that you're overwhelmed by the amount homework that is thrust your way, but the idea is that you have too much to do rather than too little. By the time the Easter break comes round, you should have finished most of your lecture courses and this is when you'll really need to knuckle down and get studying.

When it comes to exam time, if you're anything like me, you'll think that you've failed miserably. The step up from A-level came as a bit of a shock to me. However, when my results came out I

found that I was pleasantly surprised. University marks are scaled so that not everybody gets a first, basically. It distinguishes the cream of the crop. It separates the wheat from the chaff. This often works in your favour too, because if you found an exam horrendously difficult, chances are, so did everyone else and that means the pass mark will be lowered and your grade will effectively go up slightly.

Phew! Plenty of food for thought in that section, which leads us to...

Places to eat

After all those introductory lectures, you're probably going to be feeling a bit peckish. Helpfully, there are plenty of places on campus for you to chow down in.

The following list of places are given a Mitchell & Son Star rating. Far, far more prestigious than any other star rating out there, Mitchell & Son Stars are awarded according to how likely you are to meet Grant Mitchell, Phil Mitchell and the little Mitchell, Ben Mitchell (Grant's son) enjoying food in one of the listed establishments.

The Mitchells' criteria for what's fine dining and what's not is surprisingly similar to that of a student. If it's cheap, tasty and resembles the grub served in Kathy's Cafe just off of Albert Square, then it's right up the Mitchells' street.

Look, run with me guys. Trust me, this *is* funny. Nod, smile, maybe even let out a muffled laugh, just be polite and let me have my moment. Here we go:

Main Dining Hall



Located at the base of the Sheffield Building, the MDH attracts a lot of customers with its alluring wafts promising hot food that seep through the rest of the College. The grub is actually very good and it's certainly reasonable for cooked food, coming in at around £3.00 for a meal. Hot food is not everyone's cup of tea though at lunch time.

The MDH is prevented from being awarded three prestigious Mitchell & Son stars because the prices are not quite as cheap as a few other places on campus and also because it's not possible to sit

down and have a peaceful chat to your mates since everyone else does exactly the same thing, only ten times louder.

Junior Common Room

This has improved greatly over the last year, so much so that my grey matter can't muster up any memories of the JCR before its refurbishment and subsequently I can't fire any hilarious criticisms at how it used to be. Nowadays though, the JCR offers four different places to buy food or snacks of varying quality. Nobody actually knows what they're called, so we'll go by their colloquial names.

JCR shop



First up on your right hand side when you enter through one of the main doors is the JCR shop, not to be confused with the Newsagents outside on the walkway. The JCR shop sells a selection of premade baguettes and sandwiches along with the usual selection of chocolate bars, crisps and drinks you'd expect to find.

Everything is pretty standard issue but the tasty, cheaply priced baguettes, especially the chicken and bacon one, are just enough to award the JCR shop two stars.

JCR sandwich bar



Now we're talking. The JCR deli or sandwich bar is the best eatery across campus. Located right next to the JCR shop, this allows for maximum convenience. You can simply pick up a delicious, freshly-made-in-front-of-you baguette from the JCR sandwich bar and then walk to the JCR shop and grab yourself a Double Decker to wash said baguette down with. Genius.

The sandwich bar also serves a different soup every day, of which about one is rubbish amongst

all seven or so varieties. There is even a selection of fruit salads so that little Mitchell can get some of his five-a-day! Super!

JCR café



On the opposite side of the JCR is the café. Now, this isn't exactly what Phil and Grant would call a "caff". Instead it's the College's idea of ripping off a Starbucks. It's reasonably priced but you're not really going to grab lunch from there unless you're obsessed with chocolate brownies or muffins.

JCR burger bar



Next to the café is the JCR burger bar, this time inspired by MaccyDs and KFC. A burger meal comes in at about £3.00 which is pretty good. The food is tasty and whilst Phil and Grant would regularly wolf down eight of nine patties of man meat, they can only award the JCR burger bar a solitary star because they don't want to set a bad example for ickle Ben, otherwise Sharon will be round threatening to chop their gonads off. Or something.

SAF café



The SAF café is home to many hungry aspiring doctors and biologists although anyone is allowed to eat there. It's more like a buffet sort of thing than a café, where you pick your food up, put it on a tray and pay at the till once you're done. Food served includes sandwiches, pastries like sausage rolls and pies, pizza and more. This was given last year's nonsensical award of brillianthness but has since been knocked of its perch by the JCR sandwich bar.

da Vinci's



da Vinci's is the bar on your right as you enter the Union through the main entrance. They serve food at lunchtimes and into the evening. The infamous chilli con carne has to be experienced at least once in your Imperial lifetime. It'll put hairs on your chest. For a hot meal, there is nowhere cheaper on campus and with drinks at Union prices and a television to watch da Vinci's is a good alternative to the hustle and bustle of other establishments.

The Sandwich Shop



Moving off campus now, we come to a place renowned for having food so cheap it's probably illegal as well as a group of staff comprised almost entirely of Eastern European women. Located on Gloucester Road "THE Sandwich Shop," as it's pronounced, is a five minute walk from the centre of campus.

The shop serves a vast range of sandwiches, baguettes, cakes, doughnuts, pizzas, pasta dishes, chicken and other cheap grub. The shop often has queues of builders and students stretching outside of it during lunchtimes. However, you'll never be waiting more than five minutes because of the unique sales method The Sandwich Shop has.

You order from one of the lovely ladies and they thrust a slip of paper in your hand with the total price of the order on it. You then barge your way to the till to pay, whilst picking up a free piece of fruit or can of Mecca Cola and then barge your way out of the shop again.

Phil and Grant find this particularly entertaining because it gives them a chance to land a sneaky elbow into someone's gut and start brawling with the local labourers. Hence this is a three Mitchell & Son star establishment.

Places to drink

Ok, so we've covered the places where you can fill your faces' to your hearts' content, but when it comes to a place to sit down and sip a brewsky, where can you go on and around campus?

The Union has three bars: da Vinci's, dB's and the Union Bar. Aside from serving food, da

Vinci's sells ridiculously cheap drinks and lots of them. There are a bunch of massive tellies and a projector too so that you can watch Chelsea conquer whoever dares step in their path. Or whichever other rubbish club you support from whichever sport you follow.

dB's is home to clubnights, live music and society nights run by the clubs of Imperial. There is a stage in dB's which has been graced by many external bands that have come in and played to the Imperial massive, so look out for posters advertising special nights in dB's.

Finally on campus we come to the Union Bar which is a more traditionally themed pub. It's a more relaxing venue than either da Vinci's or dB's and tends to attract a slightly older crowd.

A short walk from campus there are a number of popular pubs, notably The Gloucester Arms and The Queen's Arms. Both are frequented by staff and students alike and they are proper pubs which means proper London prices, unfortunately. They're both worth a visit though and they also serve food. The Gloucester Arms is the cheaper of the two, but the nosh served in The Queen's Arms is fit to feed a, er... King.

Campus shops

The Union runs two shops on campus that stock allsorts of stuff you need. They are the Union Shop and the Union Newsagents.

The Union Shop is primarily a place for you to buy your stationary. They sell pretty much everything you need apart from exercise books whenever I want them. I'm never bitter me. Sorry, back to the waffle. The Union Shop sells pens, pencils, paper, folders, more pens, blank CDs and DVDs, network cable so you can use the internets in halls and much, much more. If you fancy dressing yourself in the College regalia such as Imperial emblazoned t-shirts and hoodies this is the place to go to become branded up to the nines.

The Union Newsagents functions as you'd imagine it would. It sells magazines, crisps, chocolate, drinks, tobacco and even things the College believes students should utilise such as shampoo, soap, washing powder and facial cleansers.

The Blue Cube & Co.



As you can see, I suck at Tetris. Nah, it's the Blue Cube

Strolling around the College, you'll probably wonder what the hell that massive blue building is and who came up with idea of creating a pink entrance opposite it. I mean, that's like, so totally not what my colour wheel says. Like, duh, engineers, duh.

'The Blue Cube', as it's affectionately known, is in fact a giant freez... er, it's the Faculty Building to name it more formally. This is basically a posh title for 'Staff Room (Full-of-important-people)'. Here'll you'll find people such as the Rector, Sir Richard Sykes, and his dogsbodies. The glass walls are actually made of magic too, anyone inside can see out but you can't see in! Amazing! And yes I have been in there; you may touch me.

The pink building, well, it has a pink entrance and a small section on the top is pink, is the Bessemer Building, home to the Bioengineering department.

You should be aware of the Registry, where you can pick up a number of forms such one for a Student Oyster Photocard. The Registry knows all about you, your every move and action and it holds your grades and issues them when required.

The main place you're likely to venture to outside of your department is the library. They have a comprehensive selection of science books, including some course texts; you won't need to buy hundreds of textbooks when you come here. Well, I didn't and the ones I did buy ended up being used as doorstops and a trouser press.

The library is notorious for being baking hot, especially in the summer when everyone descends upon it during exam time. There is plenty of study

space as well as areas designated for gentle flirting, although they're labelled as 'Group Study' areas. Studying what? Biology! Snort. Er, you can also try your luck at the old "I-was-going-to-take-that-book-too-but-your-hand-just-happened-to-get-there-first-and-oh-er-um-well-I-didn't-mean-to-clutch-your-hand" line. Bear in mind the 7:3 boy-girl ratio though. Unless you're a vixen of course! Go forth and multiply!

Ethos

Ethos is the Imperial College sports centre. It's quite a wonderful place at the moment and as such deserves its own section. Having only recently opened in 2006, the sports centre is full of brand *sporting* new equipment. Ha! See what I did there? Anyway, there is an impressive gym, a vast sports hall, a swimming pool, saunas and spas, a climbing wall and three squash courts. There is even an obligatory over-priced café.

At the moment, access to the gym and swimming pool is free! Hopefully it will stay this way for a long, long time.

The swish building is located in Princes Gardens with a crazy wooden/dark blue mix going on inside. Sign yourself up for the gym ASAP but watch out for the massive queues at the start of term.

Other campuses

Most people will spend their days on the South Kensington campus, but for those of you that took the games of doctors and nurses in playgroup too seriously – and I'm not talking about underage groping – you've probably grown into a medic. As such, you get special treatment from College and shunned by every other department on campus.

This special treatment manifests itself in an obscenely large stair case in the swanky SAF lobby and also a number of other campuses for you dotted around London. The campuses are basically hospitals where you can continue to play with your stethoscopes and 10 CCs of Ribena.

There are a few other campuses much further

away from central HQ, deep in the countryside. These are the Wye and Silwood Park campuses and members of their Unions will have another handbook to enjoy, packed full of information.

St Mary's



The entrance to St Mary's Hospital in Paddington

Situated right next to Paddington Station, St Mary's Hospital is the first of three medic campuses that you can find out about in this handbook. There are eight in total across London that medics may have to venture to.

If you want a bite to eat, there are are a number of places close to the hospital. Pread Street is home to a plethora of fast food restaurants, coffee shops and sandwich bars. For something cheap and easy that goes almost all night baby, you'll be after Sainsbury's where you can chomp into a tasty sarnie or whatever you fancy really. There's a Marks And Spencer's Simply Food store if you prefer something a bit more upmarket. Nudge, nudge. Wink, wink. Say no more, say no more.

For those of you who enjoy a tippie, the Royal Exchange is a cosy local pub which is particularly popular with the rugby team. Other boozers you are encouraged to socialise in are the Fountains Abbey opposite the hospital's main entrance as well as The Rob Roy and the Sir Alexander Fleming pub.

St Mary's Hospital itself offers a range of facilities for you to enjoy in between cutting people open. There is a common room in the basement, a swimming pool and a student run gym. Wilson House which is a hall of residence nearby also has

a sports hall which is the home to the medics' musicals, plays and concerts and a couple of squash courts too. Paddington is a short walk from Hyde Park if you need some "fresh" air. St Mary's holds its own library as well.

Charing Cross



I live and breathe for architecture this awe inspiring

Here's where the games begin. Some bright spark, decided that it would be hilarious to situate the Charing Cross campus in, get this... Wait for it... Hammersmith! Superb! Oh, ok, perhaps that's not entirely true. No, what in fact happened was that some tool decided to name the hospital in Hammersmith, 'Charing Cross Hospital'. You following at the back there? Good.

You'll find the best places to eat nearby are The Whole Hog where you can get a tasty sandwich. For those of you with eyes too big for your bellies, pub grub can be bought from The Puzzle and the Old Suffolk Punch on Fulham Palace Road.

The medics' version of the Union bars is The Reynolds Bar which is open most nights of the week, full of rugby players out on the lash. In the area there are two Wetherspoons which cater nicely for students by definition.

Charing Cross Sports Centre is home to the local gym and it now offers free membership. You can also go swimming in the pool there or have a game of squash if you fancy.

Looking after you!



Kirsty Patterson, Deputy President (Education & Welfare)

“Deputy President (Education and Welfare).” That sounds important doesn’t it? But, save going round and physically cooking every student baked beans on toast and sitting down to take every students’ end of term exams, how is one Sabbatical supposed to look after the Education and Welfare of 12,000 students? I’d like to say “It’s a gift” but quite frankly I’m no Gordon Ramsay and Chemical Equations scare the hell out of me. What I’m really here for is to listen, to care and to have a big gob (many people can vouch for the latter).

With the greatest intention in the world, Imperial College London is a vast and complicated institution and will not be able to turn its ear to the day to day trials and tribulations of its individual students. The Deputy President (Education and Welfare) is here to take on board issues that you have with your course and exams, your lecturers, your accommodation, even the facilities available in the library and try to sort them out on your behalf. This usually involves simply asking someone nicely but it is sometimes necessary to kick up a bit of a fuss. The Representation and Welfare Network includes reps in every Faculty, Department and Year and all students can feel free to pop into my office at any time to take advantage of a good cup of (Fairtrade) tea, a comfy pink sofa and an

unequivocal desire for gossip.

It is partly my responsibility to uphold the Colleges Equal Opportunities Policy, to ensure that all students have access to the same standard of education and can all expect to enjoy their uniquely different experience of life at Imperial College. Whether this is through specifically targeted events and campaigns for Student’s at Work, Women in Science and Engineering, LGBT and International Students (to name but a few) or through individual casework. The Union provides a confidential and friendly Information and Advice Centre with a full time Student Adviser, Nigel Cooke, who is able to work through cases on an individual basis covering a multitude of different problems from tenancy disputes to exam complaints (read more about him and where he can help you out over the following pages).

Aside from all the academic and representation issues I do get some chance to have fun too. It’s part of my job to coordinate the Union’s Welfare Campaigns along with a team of excitable and passionate individuals on the Representation and Welfare Board. We have a lot in store this year from S.H.A.G (Sexual Health and Guidance) Week in November to Green Week and Fairtrade Fortnight in the Spring Term. You can also expect to see cycling safety on the agenda as well as regular opportunities to give blood on campus and get involved in volunteering in the community. With so many worthy causes to support there are thousands of ways to get involved and there will always be other people willing to help you bring an issue close to your heart to the top of the agenda.

This section is dedicated to predicting some of the issues that may arise during your stay at Imperial. There are a multitude of contacts that you might possibly need and every one of them will help you as much as they can. Clearly, things may occur that aren’t covered in this section and you are welcome to contact me (my details are below) or Nigel Cooke and we will put you in contact with the relevant people. Welcome to Imperial and enjoy your time here!

Deputy President (Education & Welfare)
Kirsty Patterson

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Spike Milligan: “Are you going to come quietly, or do I have to use earplugs?”

IAC



Nigel Cooke, Student Adviser

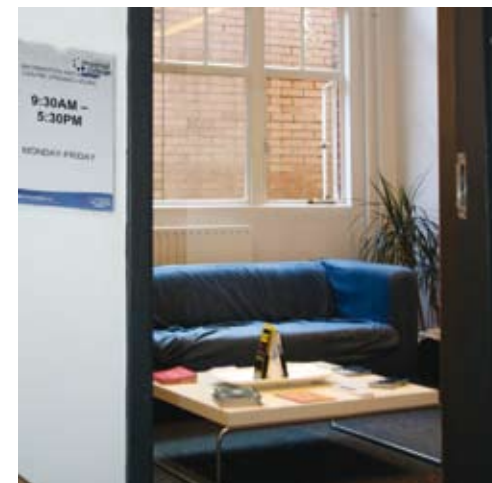
The face of the Information and Advice Centre (IAC) is Nigel Cooke. He is the Union’s full-time student adviser. Nigel (first name basis – more personal, less formal is how they do it in the IAC) and the provides free, confidential and impartial advice service for all students across campus.

The centre itself is located in the Basement of the East Wing of Beit Quad, next to the Chaplaincy, on the South Kensington campus. Here, students have access to a broad range of information and contacts, in the form of either written documents and leaflets or human beings! You can gain help advice on legal, financial, housing, employment, health, welfare and many other issues that will feature in the Welfare chapter.

The IAC really is your first point of contact should you need them. There will be a multitude of people mentioned to you in your first week of university that you can contact should you need them, and that is great, but remember to keep in mind that the IAC is there for you always, to help on a wide range of issues that other people might not have an expertise in.

The advice is independent from the College. The team can help you launch an appeal, make an academic complaint as well as give you information on disciplinary procedures. The IAC will always give you impartial advice but this doesn’t mean that they’re just independent from the College;

Suzanne Necker: “Fortune does not change men, it unmasks them.”



The IAC office with its welcoming blue sofa

they are independent from you too and if you enter the office screaming that you’ve been fined £100 for urinating in your wardens morning cup of tea, you’re not going to get away with it! The point is, they will give you the best expert advice they can, fairly.

Student Adviser
Nigel Cooke

advice@imperial.ac.uk
020 759 48066

Welfare Officers

Every year students are elected to help keep an eye on the welfare needs of students at Imperial. These volunteers run events and initiatives to help students and they are also a point of contact for specific issues.

Each department has its own welfare officer who will know about the procedures in place in your faculty. These officers should introduce themselves to you at the start of term or you can contact them through the Deputy President (Education & Welfare).

College counsellors



College's counsellors offer an in depth service

The **Student Counselling Service** is a College run team consisting of four qualified counsellors who are there to help students out. They offer help for concerns that you might find embarrassing or difficult to talk about with your friends and family. Topics cover a wide range of things including: homesickness, work and study anxiety, bereavement, sexual issues, abuse, depression and suicidal feelings.

The group is led by David Allman. The Student Counselling Service offers longer, more in depth sessions about your problems than you might find elsewhere. They specifically deal with any emotional problems that you might have, whereas the IAC is geared more towards helping you with practical issues. Sessions run by the Student Counselling Service last around forty-five minutes and they are free. After an initial meeting, the counsellor will assess how many times you should meet again in the future.

Student Counselling Service Reception

counselling@imperial.ac.uk
020 7594 9637

Possible issues

Over the course of the next several pages, you'll find a selection of frequently asked questions and problems that people have at university. Each question is accompanied with a suggestion about

how the issue might be solved as well as a point of contact that can offer you thorough advice.

"I haven't made any friends!"

If you've made it to the other side of Freshers' Week and you're feeling a bit lonely, then try joining a club or society. You might find that the people you share a common interest with are far easier to get along with and talk to. Check out the Clubs & Societies A to Z attached to this booklet.

Alternatively, you might find it useful to talk to the wardening team in your halls. As with all these issues, you can talk to Nigel Cooke, or you might want to give **Nightline** a call. Nightline is an external organisation, that you can phone for support and information or just someone to talk to in confidentiality. Lines are open between 8pm and 8am when other advice services might be closed.

Nightline London

www.nightline.org.uk
020 7631 0101

"My student loan hasn't come through."

At the beginning of term, there can sometimes be a few problems with students' loans. If yours doesn't come through, you should contact your relevant funding authority first to try and resolve the problem. If progress can't be made there, you can contact the **Student Funding Officer, Philippa Worley** or Nigel Cooke. The College has pot of gold set aside for incase this kind of thing happens and they can give you an emergency loan.

"I've spent all my student loan!"

For a lot of you, having such a vast sum of money dumped into your bank account so suddenly will come as a very welcome surprise. London isn't cheap though and even the best of budgeters may be surprised at how quickly their money diminishes.

Try allocating a budget to things like nights out and whatever hobbies you have. If you manage to spend most or all of your money, you can get in contact with Philippa Worley once again.

There is also an Access to Learning fund which is available to students who have exhausted their income depending on whether you are eligible or not. Similarly, there is a Hardship fund in place to help out students whose financial circumstances have changed since they applied for their loan.

Philippa Worley

student.funding@imperial.ac.uk
020 7594 8130

"I've just arrived in the UK. Help!"

University is a time of massive change for most people, no more so than for international students. The main point of contact for overseas related issues is the **International Office**. Here they can help you with immigration questions as well as issues related to finance and living expenses.

One of the most frequently asked questions asked by international students is whether they are allowed part-time employment whilst studying. Non-EU students may work for up to twenty hours per week during term time and full-time during the holidays. Longer working hours may be granted if you get special permission to do so.

International Office

www.imperial.ac.uk/international
international@imperial.ac.uk
020 7594 9600

"What are those injections I need to get I seem to remember hearing about?"

You should have already been dosed up before you got to university, but if not there are two vaccinations that you need to take. These are a single dose of a meningitis C vaccine and also two doses of an MMR vaccine. These are administered by the **Imperial College Health Centre** so sign yourself up as soon as possible if you haven't been immunised. If you can't remember whether you've had the injections or not, ask your parents if they know or consult your doctor from home.

"Tell me more about the Health Centre."

Ok then. Well, the Health Centre is located in Princes Gardens. It is home to an NHS General Practice, complementary practitioners and dentists. Students living in halls and the local area are allowed to register. The Health Centre is open on most weekdays from 8am to 6pm except Tuesdays when it is only open until 1pm.

Imperial College Health Centre

www.imperialcollegehealthcentre.co.uk
020 7584 6301

"I smell like a brewery."



I hope you're going to share those

Whilst it is perfectly acceptable to have a drink and even actively encouraged, go steady. With the student friendly prices on alcohol in the Union, it's easy to consume excessive amounts of booze. Just remember that drinking copious amounts is expensive and can be addictive. It can also be very dangerous to your health as well as other people around you. If you find yourself in a position where you think you can't limit your alcohol intake, get in contact with Nigel Cooke or contact **Alcoholics Anonymous**.

Alcoholics Anonymous

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

"I'm hallucinating. There are little green men walking up and down my walls."



You shouldn't look like that in the mirror

Whilst the Union does not condone the use of drugs and will report you to the police if you are caught in possession of drugs, it will help you out if you are a previous drug user. Call into the Union office or the IAC if you would like further information about the effects and the consequences of drug use or if you are worried about someone you know who is taking drugs. The College Counselling service mentioned earlier gives counselling for people who have been affected by drug use.

Another source of help for you is your GP who can give you confidential advice and offer you treatment programs. If you feel uncomfortable talking to someone from the Union, your GP is a good person to seek help from.

For even greater anonymity, you could call **FRANK** which is the national drugs helpline. Their website also offers a lot of information to drug users, people considering drug use and also friends of drug users.

FRANK

www.talktofrank.com
0800 77 66 00

"I'd like to get physical with my girlfriend/boyfriend/acquaintance."

Steady! Before you get ahead of yourself, think about whether this is really what you want to do. If things are moving too quickly and you feel pressurised into having sex because of something your friends said, for example, then it's a good idea to have a rethink.



I'll have a Trojan please

If you are sure that this the right plan of action, then make sure you use contraception to help protect yourself against STIs and unwanted pregnancies. Condoms are at least 95% effective and you can get them from toilet vending machines. The IAC dishes them out for free, as do the Health Centre and the Genito-Urinary Medicine (GUM) clinics. Don't feel embarrassed for asking for condoms either; you'll potentially save yourself from a lot of regret and the person giving you them will have dealt with people like you plenty of times. Ladies registered with the Health Centre can be provided with contraceptive pills if they so desire.

If you are sexually active, it's worth having a regular health check up at a GUM clinic. The nearest one is the **John Hunter Clinic** based at the Chelsea & Westminster Hospital on Fulham Road. For free advice on sexual health you can contact **Brook** which is a charity set up to help young people under 25. They have centres across the UK too.

Brook

www.brook.org.uk
0800 0185 023 and 020 7950 7700 (24 hour)

John Hunter Clinic

08458 11 66 99

"I think I've transmitted something and not via satellite."

Firstly, well done for admitting this. As soon as you have a suspicion that you might have an STI, you need to get yourself checked out right away.

Woody Allen: "I am at two with nature."

Catching an STI is not a pleasant experience, but in the long run you will be doing yourself a lot of favours if you get yourself to a GUM clinic sharpish because the infection may be preventable if discovered early in its development. The nearest GUM clinic is the John Hunter Clinic; contact details are listed above.

If you do contract an STI, namely HIV or AIDS, then the **Terence Higgins Trust** can be of help to you. The charity offers support and a wide range of services for HIV and AIDS sufferers.

Terence Higgins Trust

www.tht.org.uk
0845 1221 200

"I'm in a long distance relationship."

University life is time consuming. On top of work, you'll probably be involved in a society or two, you're going to make a bunch of new friends and you're parents would like to see you once in a while. People will be wanting your attention and at times it can feel like you're being pulled in all directions. This can mean that you don't have a lot of time to spend with your loved one, especially if he/she is under similar circumstances somewhere in Scotland.

Long distance relationships are about balancing your time and having patience. They can be a joyous experience if you can cope with seeing your other half every few weeks, after all absence makes the heart grow fonder and all that jazz.

However, if things do take a turn for the worse and you split up, it's not the end of the world. You're young, you're free and after the initial hurt which you will go through, you can pick yourself up again and meet someone else when you're ready to. For further information contact Nigel Cooke or the College Counsellors for an longer one-on-one.

"I think I might be pregnant."

If you've missed your period and you suspect yourself of being pregnant, you can take a pregnancy test one week after missing your

John Atkinson: "If you don't run your own life, somebody else will."



This is the pregnancy photo, not the beer guzzler photo

monthlies. Bear in mind that these tests are not 100% accurate so it is worth getting the result confirmed by your GP. If you are pregnant, your GP can offer you plenty of advice on what your options are. You can also seek confidential advice from the **British Pregnancy Advisory Service**.

British Pregnancy Advisory Service

www.bpas.org
0845 730 4030

"I need advice about my sexuality."

Most of you will be at the age where you are beginning to explore sex and your sexuality. This is compounded at university by the diverse array of people you will meet who are in a similar situation, whose different backgrounds and experiences combine with each others' to form a mixture of sexual confusion, wonder and discovery.

If you are questioning whether you are homosexual, heterosexual or whateversexual, you can get in touch with the **London Lesbian & Gay Switchboard** for advice on overcoming social problems and any difficulties you might face. The Student Counselling Service offers counselling and the Lesbian, Gay, Bisexual & Transgender (LGBT) society is very active within the Union too.

London Lesbian & Gay Switchboard

www.llgs.org.uk
020 7837 7324

"I've eaten take aways for the last three weeks."



Imagine this swilling in the depths of your bowels

Not only is this going to have adverse effects on your waist line, your wallet is going to be suffering too and then I'd have to refer you to one of the other problems in this chapter.

You're going to need to learn to cook at some point in your life so get yourself a student cook book and a few pots and pans. Turn to the cooking section earlier in this booklet for further ideas too. If you can't cook, won't cook, perhaps you could try eating some beans on toast or something similarly easy. Some freshers cook batches of food together to save money and cooking time. Getting a rotation system is a good idea where one of you cooks the food and the other washes up. Then the following night you can swap over.

"I haven't done any work."

With all the attractions of living the high life in London, some people forget one significant point about university life: work! If you do fall behind, think about reorganising your time spent partying or socialising. Try allowing yourself only a certain amount of time out each week.

If you are finding it difficult to cope and need some advice, try contacting your Personal Tutor or the Senior Tutor in your department if the former isn't as easy to approach or not as useful.

"I'm hate my course!"

This situation crops up every year. Often students realise that the course they thought they were going to enjoy studying actually turns out to be something they weren't expecting. If you find yourself in this situation you need to make sure that you think long and hard about whether leaving university is the right thing to do. Talk to your

family, your friend, your tutors and your Local Education Authority or whoever is giving you funding. If you want to switch courses rather than universities you will probably have to wait until the following academic year.

"I've got accommodation issues."

If you have a problem in halls such as a defect in your room or issues with your neighbours, you'll need to talk to the wardens to sort the problem out. For other halls related issues such as rent payment enquiries you'll need to get in contact with the **Student Accommodation Office**. The IAC also offers information on your housing rights and the Union is signed up to a national code of practice which governs acceptable standards in halls. Visit www.universitiesuk.ac.uk/acop/ for more information.

If you are not living in College accommodation the **Private Housing Office** will be able to help you out if you have any issues with landlords, paying rent or getting deposits back. Most of you won't need to worry about the this office until the end of the year when you go flat hunting. They have long lists of places to rent too so keep them in mind.

Student Accommodation Office

student.accom@imperial.ac.uk
020 7594 9444

Private Housing Office

private.housing@imperial.ac.uk
020 7594 9428/9484

"I can't cope with the stress of it all anymore!"

There can be any number of things happening all at once at one point in your life that culminate with you becoming very stressed. If you need to talk to someone about everything you can approach Nigel Cooke, your tutors or the College counsellors. Their details are given earlier in this section. For further help, outside of the Union, you could get in touch with **Mind** which is an organisation set up to help people with mental health issues.

Steve Jobs: "It's better to be a pirate than to join the Navy."

"I think I'm suffering from depression."



The calm before the storm

If the stress of everything overwhelms you it could lead to depression which is quite common amongst students. The best thing to do if you're suffering from it yourself is to contact one of the people or organisations in the paragraph before this one, including Mind.

Another national service available to you is **SANE** which will give you plenty of information and advice to help you cope through your depression. Make sure you contact somebody though, even if it's just one of your friends, because then you won't be alone in your situation.

MindinfoLine

www.mind.org.uk
0845 766 0163

SANE

www.sane.org.uk
0845 767 8000

"Is there someone I can talk to about my faith? Where can I pray on campus?"

The **Chaplaincy** exists for students of all faiths and offers support for people wanting to explore their religion. The team consists of mainly Christians, but they also support the different faith societies around campus. Should you have any questions or issues regarding your faith, the Chaplaincy is the place to visit.

It provides prayer rooms located across campus. In the Chaplaincy Centre itself, which can be found

in the East Wing of Beit Quad, there is a prayer room where you can pray or meditate. For the large Muslim community at Imperial, there is a prayer room located on the north side of Princes Gardens. The Islamic Society should be contacted for opening hours and prayer times. Similarly, the Jewish Society holds midday prayers near campus. Contact them for more information (see the Clubs & Societies A to Z).

Chaplaincy

www.imperial.ac.uk/chaplaincy
chaplaincy@imperial.ac.uk
020 7594 9600

"I've been mugged, beaten up and had my wallet stolen!"

Along with the fast times and the dazzling lights of the city comes crime. The most common problems students face are theft and assault but there are ways of reducing the risks you face. The **Suzu Lamplugh Trust** provides plenty of information on reducing the risks of being a victim of crime. Remember to lock your rooms when you leave!

Suzu Lamplugh Trust

www.suzylamplugh.org
020 7091 0014

"My disability is hampering my university life."

The **Disabilities Officer** is located in the Sherfield Building and is available to students to discuss issues concerning accessibility, accommodation, financial entitlement. Those of you who are eligible to apply for the Disabled Students Allowance and for Government funds administered by Local Education Authorities can seek help from the officer too.

Disabilities Officer

020 759 48935

Thomas Fuller: "Trust thyself only, and another shall not betray thee."

Your Union



Chris Larvin, Deputy President (Finance & Services)

I'm wondering why I was picked to introduce possibly the most boring section in the handbook... actually don't answer that [*Ed - He is the odd one out!*]. If you're wondering what the Union actually does then carry on reading, though you're already probably thinking "I'll just move on to the Clubs & Societies A to Z, methinks."

The Union is not just a red-brick building on the South Kensington campus, neither is it a couple of bars and shops. Nor is it just an amalgamation of random staff members that work/live inside said red-brick building. And despite first glances, it is not a bizarre arrangement of committees and acronyms. In reality, it is a collection of 12,000+ students spread across a number of campuses, enjoying their lives and getting a degree while they're at it.

At Imperial, there's no denying that we work hard, that's why we're here. Also at Imperial are many advocates (including myself) of the "work hard, play hard" ethic. How hard you play will probably depend on your alcohol tolerance and your degree. Imperial College Union is here to help you play hard, as well as supporting you and representing your views to Imperial College. We

achieve this in part through supporting clubs and societies and investing in services to enhance your extracurricular experience. Representation for students is achieved through our presence on a number of important College committees as well as our departmental societies and representatives. Our services are run by students (supported by a team of professional staff), for students and are accountable to the student body.

So... my job fits in there somewhere. As Deputy President (Finance and Services), I look after all the money, trading and services of the Union. Each year the College gives us a large lump of taxpayers' money to spend, around £1.25 million this year, and a large part of my job is allocating and ensuring that this money is spent correctly. Having that large sum of money is quite nice, however it's not nearly enough to run the entire Union, so we run additional services to turn over around £5.5 million a year. As we are a charity, we are a "not-for-profit" organisation which means that there is an enormous money-go-round where any profit we make is ploughed back in to enhancing services to our members. The services we run include a minibus fleet, various forms of entertainment, bars, catering and retail outlets which all tread a fine line between being value for money for students and cover the running costs of the Union. I also spend a lot of time helping clubs and societies spend their money as well as helping them organise events and tours. If you have an issue (praise/criticism) regarding the Union's bars, catering, retail outlets or events, then don't hesitate to drop into my office or give me an email, I'm quite fluffy really.

As a Sabbatical I've taken a year out of my studies/life; I was supposed to be finishing my geology degree but somehow I was elected which means I'll be spending the next year working full-time for the Union. Remember that you're essentially paying the wages of the Sabbatical officers so make sure you get your money's worth and harass me lots!

Finally, welcome to Imperial and enjoy your time here; you'll be surprised how quickly it goes.

Deputy President (Finance & Services)
Chris Larvin

dpbs@imperial.ac.uk
020 759 48060 (ext: 58062)

Jessie Sampter: "Simplicity is the peak of civilization."

Structure

The Union is a democratic, membership-led organisation run by student elected Sabbatical Officers (or "Sabbs") and a team of full-time employees. The Sabbatical Officers are employed for 13 months at a time and they are the President and the three Deputy Presidents. The Medics' President and the Felix Editor are also sabbatical officers but they hold a degree of independence from ICU. An election is held every year in January/February time to choose which students will be paid to help run the Union for a year, or possibly longer. If you like, the Sabbatical Officers are supposed to represent, and to some extent share the interests of the whole student body whereas the full-time staff work behind the scenes to help get things done and ensure the Sabbs don't run amok in the Union.

Although the Union is spearheaded by the faces you'll see throughout this booklet, the President and his cohorts cannot make decisions without reporting to one of a number of committees. So, for instance, if one of the Sabbatical Officers wants to erect a massive statue-come-lactating-fountain in Beit Quad, he or she will have to get permission from one or a couple of the following committees.

Council

"Policy" is the buzzword you need to remember here. Council is where policies are passed or renewed. A policy is a proposal by any full member of the Union which is then voted on by Council. So, Council would vote whether to allow the fountain to be constructed. A real policy passed last term was an environmental one which promises to make the Union greener. Some policies need to be decided through a College wide referenda, where the entire student body gets to vote, such as our recent inclusion into the NUS.

All of the major elected representatives and officers of the Union sit on Council. There are also sixteen places for non-officers, in other words, any old student. You're encouraged to join Council and there is more information on representation later on in this chapter.

Whoopi Goldberg: "I am where I am because I believe in all possibilities."



Coming soon to a union near you!

Executive

Executive (or "Exec") holds a fortnightly meeting to discuss the management issues that arise throughout the year. If Council decides which things are done, then Exec decides how things are done. Returning to the delightful Beit fountain, if Council was cool enough to allow for it to be built, Exec would discuss which company should be brought in, how much money should be spent on it and where the money comes from. The Exec Committee consists of various important people from the Union once again and anybody can attend the meetings except during closed session when you will be kindly asked to leave because of confidential issues.

Trustee Board

This is a new committee that is coming to power as you read this. The purpose of the Trustee Board is to act 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.

Court

Union (ICSMU), the Royal College of Science Union (RCSU) which represents the Natural Sciences departments and the City and Guilds College Union (CGCU) which represents engineers. For more information on them, you should have been sent a handbook from the Faculty Union which you belong to. For now, you can look at their snazzy crests.



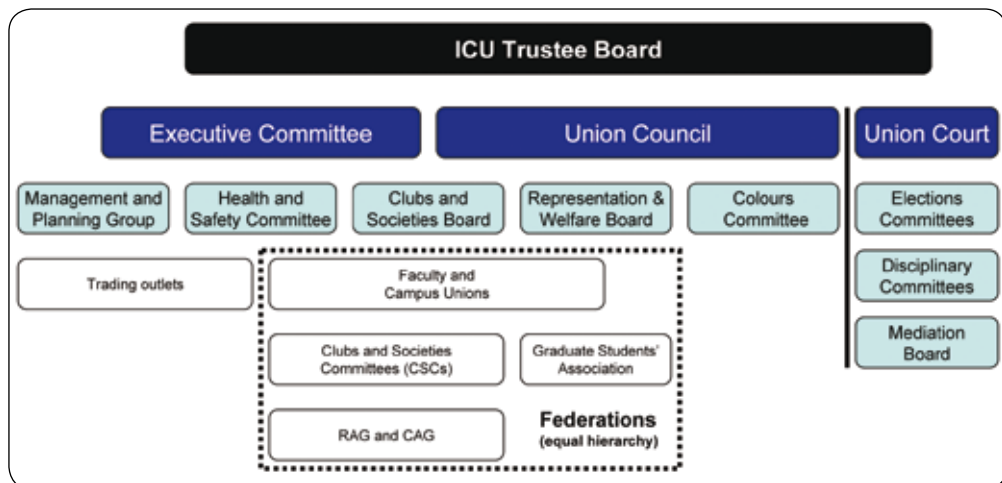
From top to bottom: the Royal College of Science, the City and Guilds College and the School of Medicine

The final committee that you might hear about in *Felix*, Live! or another media publication is the Union Court. It's role is to ensure that the other committees follow the rules and regulations of the Union. Basically, it functions to resolve any disputes there might be within Council or Exec. It was formed a year ago and is a first point of resolution before a problem is elevated to the lofty heights of the Trustee Board. Whereas the Trustee Board might also decide on policies, the Court tends to resolve only judicial or legal issues.

Faculty Unions

Underneath the big four, there are many sub-committees that deal with specific areas of Union operation. There are far too many to deal with in this tome. If you fancy learning everything about the structure, head to the Union website. For now though, we'll concentrate on the ones you're most likely to hear about or get involved with.

Firstly, we have the three Faculty Unions which are there to represent the students which fall under their titles. We have the School of Medicine



The infamous Governance slides by ex-Prez John Collins. In other words, here's a rough outline of the Union structure

Campus Unions



How this prisoner got a camera, Wye'll never know

You're also likely to hear about either Wye or Silwood Park campus.

Wye is situated in the glorious countryside of Kent and is home to a number of Imperial students studying subjects such as business, that are not offered in South Kensington. Since the beginning of this year though, Wye has become a part of the University of Kent and in a further two years time, all the students enrolled on an Imperial degree will have left meaning the campus will no longer be a part of Imperial.

Silwood Park campus is situated in the Berkshire countryside and it is a mainly research based campus, home to postgraduate biologists.

Undergraduates are welcome to visit Wye and Silwood Park and both campuses have their own union although as a fresher, you're unlikely to venture to either in your first year or during your university life.

get the most out of their time here at Imperial. So as well as helping new postgraduates settle in, the GSA also provides guidance and advice on any academic or welfare problems.

The ultimate aim of the GSA is to represent the views of postgraduates at Imperial. The GSA presents these views to the Union, to College, and nationally through bodies such as the National Postgraduate Committee. This means that if you have a problem or want to see a change the GSA can raise it at the appropriate level and get results.

Throughout the year the GSA will be organising social events just for postgraduates. In the past this has been anything from networking and careers events to gig nights together with the Royal College of Art and Royal College of Music. But at the end of the day it's up to you; if you have a great idea let the GSA know and it can help turn your idea into a fantastic event. If you would rather represent your department or help edit the postgraduate publication *Postscript*, you can do both of these things too. For more information and contact details go to the GSA website at www.imperialcollegeunion.org/gsa

Representation

The Union is in place to represent you, the students. Therefore you are welcome to, and certainly encouraged to take part in the Union and its activities.

The Union needs the involvement of its students so that it can make progress. The best way for you to bring about a change in the Union is to stand for election in one of the many positions. Whether you want to become a member of Council or you fancy going for President, you can stand in one of the many elections that go on throughout the year. The major positions are elected during the Spring term. There are over 1000 students elected to new positions each year, so there is plenty of opportunity to get involved.

Any student can make a formal change by bringing a "paper" to Council which contains a proposed change such as the earlier fountain example. For in depth information and advice on this, elections and representing your Union, head to www.imperialcollegeunion.org.

The GSA

Do you ever get the feeling that this handbook, Freshers' week and this Union are all about undergraduates? Well if you're a postgraduate and you feel left out, fear not and keep reading.

Whether you are doing a PhD or are studying for a Masters you are automatically a member of the Graduates Students' Association (GSA). Great I hear you shout, but just what does that mean? The GSA is here to be the voice of all postgraduates at Imperial; supporting them and helping them to

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movement

THERE'S ONLY ONE PLACE TO BE ON A THURSDAY NIGHT, MOVEMENT, BAR RUMBA. EVERY WEEK SOME OF THE BIGGEST ARTISTS IN DRUM 'N' BASS AND JUNGLE ATTEND THE WEEKLY RUMBA SESSIONS. ONE OF LONDON'S MOST RESPECTED AND POPULAR CLUB NIGHTS IS THE RIGHT PLACE TO START THE WEEKEND. DJ'S AND MC'S PASSING THROUGH INCLUDE, SHY FX, RONI SIZE, GOLDIE, BRYAN G, MARKY, ANDY C, DJ ZINC, FABIO, GROOVERIDER, NICKY BLACKMARKET, SKIBADEE, DYNAMITE, ICS EKSMAN, AND MANY MORE...



For group guest lists contact jordan.movement@gmail.com

LADIES FREE BEFORE 11PM

Address: Bar Rumba, 36 Shaftesbury Avenue, London, WC1
Nearest Tube: Piccadilly Station

8pm - Late • Dress code: As long as you like it, we like it. Anything goes.

www.movement.co.uk • www.myspace.com/movement1
or barrumba.co.uk 020 7287 6933

FREE before 9pm, £4 B4 10pm, £7 After/ £6 NUS/ £4 Members

Due to new licensing laws, drivers license or passport may be required

Tune into Bryan G on the Sound Of Movement every Thurs, 20.00-22.00 (GMT)

on www.ministryofsound.com

Room 2 is the switch up, playing the finest in R'n'B, Hip Hop, Funk, Reggae, House and Dubstep