

The Sheffield College

An aerial photograph of Sheffield, UK, showing a mix of modern and traditional architecture. A prominent dark skyscraper under construction with two red cranes is the focal point. Other buildings include a white building with a grid facade and a brick building with a spire. The foreground shows a road with a green diamond-patterned overlay.

**A GUIDE FOR INTERNATIONAL
STUDENTS LIVING AND
STUDYING IN SHEFFIELD**



CONTENTS

| | |
|--|----|
| Welcome | 04 |
| A student guide | 05 |
| Social programme, absences, tutorials and other college services | 06 |
| Dealing with abusive behaviour and working in the UK | 08 |
| Accommodation | 10 |
| Looking after yourself | 13 |
| Doctors, hospitals, dentists and the NHS | 14 |
| Using the telephone | 19 |
| Transport | 20 |
| Money and banks | 22 |
| Post Offices, places of worship and libraries | 23 |
| Sports | 25 |
| Travelling in Britain and accommodation | 26 |
| Food and shopping | 28 |
| Students' Union and helpful hints | 31 |
| Top attractions | 32 |

WELCOME

We have produced this booklet to help provide answers to some of the questions you may have. Please ask one of our staff members if you have any queries or problems.

By now, you will have completed a placement test and will have been allocated to a class and given a timetable.

It is possible to change classes after a discussion with your tutor, if we feel it would be appropriate for you.

Please try to arrive at classes on time. Students who arrive late disrupt the lesson and miss important work. If your teacher is absent because of illness, we will try to provide another teacher but, on some occasions, you may be asked to work in the Learning Resource Centre.

The information in this booklet will help you find your way around the college and make the most of the facilities that we have available. The Sheffield College has two main sites:



Hillsborough Campus

Hillsborough Campus covers the north of the city and offers excellent learning and recreational facilities and a broad choice of academic, vocational and professional qualifications. This is where our English course is delivered.



City Campus

City Campus is at the heart of the city and comprises a landmark building, with outstanding and inspirational facilities, and many vocational courses equipping people for industry.

A STUDENT GUIDE

Finding your Class

When you are allocated a class, you will be given a timetable with your teachers' names and room numbers. Please ask your teacher if you have any questions.

The Learning Resource Centre

The Learning Resource Centres are located on the first floor at our City and Hillsborough Campuses and are open from Monday to Friday during term time. You will be able to borrow books and CDs, use the computers, read English newspapers and magazines, and do some quiet study. There are also photocopying and scanning facilities available.

Student Services

Student Services offers a wide range of services from assistance with entry to Higher Education, through to personal guidance and counselling.

Student Cards

When you have enrolled and paid for your course you will be given a student ID card, and lanyard which should be worn at all times when in college. You will need your ID card as proof of identity and to gain access to college. You will also need to bring it to any examinations you may take.

The International Office

The International Office is situated inside of Student Central at our Hillsborough Campus on the ground floor.

The International Office is here to support you throughout your stay. The International Administrators can help with accommodation, visa applications, enrolment, payment and any other problems, no matter how small.

The office is open from Monday to Friday **8:00 am – 4:00 pm**.

The telephone number is **0114 260 2676** during office hours.

For out of office hours there is an **EMERGENCY ONLY** number you can contact: **0114 260 3203** (international office), or contact Sheffield College on **0114 260 2600** or **0114 260 3333**.

Please note:

On enrolment **ALL** students must bring their original passport or ID card as well as their visa (if applicable).

SOCIAL PROGRAMME, ABSENCES, TUTORIALS AND OTHER COLLEGE SERVICES

Social Programme

While you are in Sheffield you will have the chance to go to places of interest. There is a charge for these excursions. There will also be other events advertised throughout the year. All these activities are popular with students and we hope you will take part in them.

Absence

If you are absent from class you **need to inform the college**. Please call:

- Your teacher on the number they gave you at induction
- The international office on **0114 260 2676**
- Reception on **0114 260 2600**

The college has to inform the UK Visa and Immigration when students are absent. It is therefore very important that you let the college know when you are ill.

Tutorials

Every full-time student will have a Personal Tutor and a tutorial session every week. This tutorial time is for the tutor to pass on important information to you and for

you to have the opportunity to discuss any problems you might have. Some tutorials will take the form of personal interviews to discuss your progress and others will be a general information session in class. At the end of the course, you will take home an attendance certificate and an academic report written by your personal tutor which will include an accurate percentage of your attendance and attainment level.

Books

You may like to buy yourself a good dictionary and grammar practice book. Please ask your teacher what they recommend for your level of English. The following shops sell EFL books:

- Waterstones
- Blackwells

If they do not have the books you want, they will be able to order them for you.

Refectory Service

There is a large refectory at both Hillsborough and City campuses offering snacks, drinks, hot and cold meals. There is also a café serving Costa Coffee at both campuses. You are requested to eat food and drink in these locations and not in the classrooms.

Silver Plate Restaurant

The college teaches catering and hospitality and there is a training restaurant at our City Campus called 'The Silver Plate'. You can try cuisine prepared by the college's award-winning student chefs from the catering and hospitality courses. You can book a three-course meal at a reduced rate either at lunch time or in the evening. Students will have the opportunity to buy bread, cakes and savouries made by the students from the restaurant. Call **0114 260 2060** to make your reservation or email: **thesilverplate@sheffcol.ac.uk**.



Smoking

There is a designated smoking area at all of our campuses. If you wish to smoke, please do so in these locations or off the college premises.

Nursery and Childcare Service

If you need to arrange childcare while you are studying at the college there is a nursery. The Sheffield Nursery is run by qualified staff and children are provided with an excellent standard of care. Charges are made for this service and priority is given to students. If you would like further details, please ask your personal tutor or contact The Sheffield Nursery directly on **0114 260 2911**.

Revive

The college also has Hairdressing and Health and Beauty Therapy Salons at City Campus, so you'll be able to get your hair and nails done, have a massage and attend your lectures pampered and relaxed. Call Revive on **0114 260 2080** to make your appointment.

Student Fitness

The fitness suite at our Hillsborough Campus is normally open during term time and has a range of exercise equipment. International Students are welcome to access the fitness suite (following an induction to the equipment) and to join classes and workshops in the Student Enrichment Programme. Look out for the notice board outside the Sports Hall for details.



DEALING WITH ABUSIVE BEHAVIOUR AND WORKING IN THE UK

Dealing with abusive behaviour

The Sheffield College believes that students have the right to learn in an environment that is safe and free from discrimination and bullying.

Bullying is totally unacceptable. The college will challenge bullying in all its forms and take clear and decisive action to protect students. Whether you are being bullied or know someone being bullied, please tell someone what is happening and ask for help from friends, family, tutor, student mentor, Student Services staff or security. If you feel you are being bullied or harassed you should report it immediately and we will support you through the process.

Alternatively, you can talk to your Personal Tutor, Student Services or the Safeguarding Team. If you feel you cannot complain directly, then go to either your Personal Tutor, a Safeguarding and Wellbeing Officer, or a member of staff and ask for help. You can report Abuse or Bullying through the link on MyHub.

Part-Time work and Holiday Work

If you are on a visitor visa, you are not allowed to work or carry out any business. Take a look at the UK Visas and Immigration website if you are unsure about restrictions on your visa: www.gov.uk/browse/visas-immigration

You are expected to leave the United Kingdom when you have finished your studies.





ACCOMMODATION

Homestay Accommodation

By now you will have had a chance to settle down in your new accommodation. We hope you will enjoy living there.

If you have any problems, please feel free to discuss them with your tutor. The International Office will be able to help you find alternative accommodation if you are unhappy but remember you must give at least two weeks' notice or pay two week's rent if you wish to change. However, try to remember that living in England will be different from your own country and you should give yourself time to adjust and try to accept these differences.

Here is some helpful advice:

DO

- If you are under 18, be back home at 10:00pm (week) or 10:30pm (weekend)
- Treat the family with respect
- Arrive on time for meals
- Offer to help
- Let the family know if you'll be late home
- Keep your room tidy

DON'T

- Use the phone or computer without permission
- Invite friends over without asking
- Make noise late at night
- Arrive home late at night unless agreed with the family

We encourage communication and will help host families and students solve any issue they encounter. However, a student homestay might be cancelled when the homestay guidelines are not respected, or if the host family's circumstances change. The International Office will help you find suitable arrangements.

Make sure you know the name, address and phone number of your family and which bus/tram/train to catch to the city centre and/or college.

Please note - Students under the age of 18 must stay with a host family unless written permission is received from a parent/guardian. For more details about other accommodation options, please visit:

<https://www.sheffcol.ac.uk/international/accommodation>

Property

Items found should be handed in to the college reception. If you lose anything, report it to your personal tutor/course leader, and inquire at the college reception to check whether it has been handed in. The following advice has been given to the college by the Community Police and Crime Prevention - please read and follow this advice:

Looking after your property

- Mark all your coats and clothes with your name, in indelible ink; do not mark the tags, they can be cut off.
- Place items when not in use in lockers where provided. If you cannot find anywhere secure to put your belongings, ask your tutor.
- Avoid taking unnecessary valuables to college; such as large amounts of cash.
- Keep your wallet/purse on your person at all times.
- If you see anyone acting suspiciously within the confines of the college, inform the duty officer in the reception area.

Emergency contacts for if you lose your property on public transport, please report via the provider's website

On the tram: www.stagecoachbus.com/help-andcontact/lost-property

FIRST (bus): www.firstbus.co.uk/sheffield/help-and-support/lost-property

Stagecoach (bus): www.stagecoachbus.com/help-and-contact/lost-property

Being arrested by the police

You can be arrested by the police if they have a valid arrest warrant or if you are in the act of committing certain offences or are about to commit certain offences. If they have reasonable grounds for suspecting that you are committing, have committed or are about to commit certain offences. The police should only use reasonable force to make an arrest and should inform you that you are under arrest as soon as possible. After the arrest, you should be told why you have been arrested.

If you are arrested somewhere other than at a police station, you should be taken to a police station as soon as possible. Once you are at the police station, you should be informed of our rights, which are:

- Your right to inform someone of your arrest
- Your right to legal advice (from a solicitor, who can advise you on what is happening, explain legal terms, speak on your behalf and present your defence)
- Access to a solicitor from a police station is free regardless of your financial situation
- Your right to see the police codes of practice

You do not need to use these rights immediately; they can be exercised any time you are detained.

You do not have to speak to the police until your solicitor is present. The right to legal advice can be delayed in very serious cases.

You should not be detained in police custody for longer than 24 hours without being charged, unless an officer with the rank of superintendent (or above) or a magistrate gives permission.

You have the right to tell your High Commission, embassy or consulate your whereabouts.

If you have difficulty understanding English and the interviewing officer cannot speak your language, you should be provided with an interpreter.

The police must not interview you until the interpreter is present unless a delay would mean an immediate risk of harm to someone or serious loss of or damage to property.

LOOKING AFTER YOURSELF



Carry identification



Avoid trouble - cross the road, walk the other way if you think there may be a problem



If you are attacked, shout and scream and run away



Don't take short cuts if they are through isolated areas



Don't accept lifts or hitchhike



In clubs and bars, keep your drink with you at all times



Always carry your valuables with you



Let someone know your plans - if you change them, make a phone call and let somebody know



Choose well-lit streets if you go out alone, and walk purposefully in the centre of the pavement



Only get into a taxi if you have a booking or use a black cab. Check that the registration matches up with what you have booked



Wear bright clothing and if there is no pavement, walk towards the oncoming traffic



Step back if a car stops and you are walking alone

DOCTORS, HOSPITALS, DENTISTS AND THE NHS

Medical and Personal Insurance

We strongly recommend that you take out insurance for your own financial and personal security. Staff at The Sheffield College can advise you.

When choosing an International Student Insurance Policy you should consider a policy including, but not limited to, the following:

- emergency medical expenses
- expenses
- repatriation
- cancellation or curtailment charges
- curtailment charges
- baggage
- personal money, passport and documents
- passport and documents
- course fees
- personal liability
- legal expenses

If you have questions about your insurance options, please contact us directly at international.office@sheffcol.ac.uk

Doctors

You must register with a doctor as soon as possible. If you are staying with a host family ask them for the name and address of the nearest doctor. If you are not staying with a host family, then ask your personal tutor for more information. Please remember that most doctors have specific opening hours and if you need to see the doctor for any reason you should always make an appointment before you go.

You can also visit the Sheffield NHS Walk In Centre, Rockingham House, Broad Lane, Sheffield S1 3PB. No appointment is necessary. They are open every day from 8am – 10pm. You can also contact them on **0114 241 2700**.

In an emergency situation and if your own doctor is unavailable, then go directly to the nearest hospital Accident and Emergency Department. If it is an emergency and you cannot get to a hospital, phone **999** for an ambulance. Try to let your tutor at college know as soon as possible so we can help and support you.

Pharmacy

If your doctor gives you a prescription for medicine you can take it to any pharmacy - you will have to pay for each item you need. Most pharmacies are open from

9:00am – 5:00pm, some are also open longer hours for emergency prescriptions. If you have a very minor illness, such as a cold, you can ask the pharmacist to advise you on suitable treatment. If, however, the problem is not cured within a few days, you must then visit your doctor.

The NHS (National Health Service) is the UK's state health service which provides treatment for UK residents through a wide range of health care services. Some services are free and others have to be paid for.

Students studying in the UK for six months or more normally benefit from free NHS treatment (emergency treatment, family planning, services, diagnosis and treatment of certain communicable diseases, compulsory psychiatric treatment).

First Aid at College

The Sheffield College has a dedicated First Aid team to support you if you are not well. If you are feeling ill, you should let your teacher know first, they will contact Reception and ask a First Aider to come to support you.

Dentists

If you need to see a dentist, then ask your host family or your personal tutor to give you the name and address of your nearest Dental Surgery. Remember dental treatment is **NOT** free in the UK so you should check the cost of treatment with the dentist beforehand.

Opticians

There are many opticians in Sheffield and if you need to have your eyesight checked. Remember there is a charge for this test and if you do need to have glasses you should check how much they are going to cost before you order them.

Drugs

It is illegal to buy/sell or take drugs in Britain. If you are caught, there are very severe penalties.

Alcohol

You must be aged 18 or over to drink alcohol in a pub or to buy alcohol in a shop. Some pubs in England are open from 11am – 11pm but others only open at lunch time and then again in the evening. Sunday opening times are usually restricted.

Remember - it's against the law to drink and drive.



Hospitals

You should always arrange a hospital appointment through your own doctor but if you are ill or have an accident and cannot contact your doctor then please head to the nearest hospital's Accident and Emergency Department:



Northern General NHS Trust Hospital

Telephone: **0114 2434343**

Address: Herries Road, Sheffield, S5 7AU

24-hour **EMERGENCY** treatment



Royal Hallamshire Hospital

Telephone: **0114 2711900**

Address: Glossop Road, Sheffield, S10 2JF

EMERGENCY Admissions only





The Children's NHS Trust Hospital

Telephone: **0114 2717000**

Address: Western Bank, Sheffield,
S10 2TH

24-hour **EMERGENCY** treatment



There is another useful service if you require non-urgent medical help:

Sheffield City GP Health Centre

Address: Rockingham House, Broad Lane,
Sheffield, S1 3PB

Telephone: **0114 241 2700**

Walk-in as an unregistered patient and see a GP or nurse without an appointment.

Open every day 8 am – 10 pm.

NHS 111 service

NHS **111** is a new service that has been introduced to make it easier for you to access local NHS healthcare services in England. You can call **111** when you need medical help fast but it's not a **999** emergency.

NHS **111** is a fast and easy way to get the right help, whatever the time.

NHS **111** is available 24 hours a day, 365 days a year.

Calls are free from landlines and mobile phones.



USING THE TELEPHONE

Remember to ask if you want to use your English family's telephone! All calls, even in the local area are charged. Some calls within the UK are cheaper after 6.00pm and at the weekends depending on the phone provider.

If you have your own mobile phone, remember to check your bill provider to see what services you will be charged for while in the UK.

Useful Phone Numbers

- **999** in an emergency for Police, Fire or Ambulance
- The police non-emergency number **101** is the number to call when you want to contact your local police in England, Wales, Scotland or Northern Ireland - when it's less urgent than a **999** call.
- The Sheffield College - for all colleges call **0114 260 2600** (Hillsborough, Pennine 5, Olive Grove and City Campus)

Travel

- East Midlands Trains (to London):
0345 712 5678
- National Express Coaches:
08717 818181

Travel South Yorkshire (local public transport)

- Traveline:
01709 515151
- National Rail Enquiry Service
(train):
0345 7484950
- Supertram:
0345 241 8000

TRANSPORT

Supertram

Sheffield has a tram system providing clean, efficient transport across the city. You can buy your ticket on the tram. At each tram stop you will find a map of the routes and ticket prices. There are special daily and weekly tickets available which you can use for the buses or trams. All trams pass through the three central city stops.

WWW. Website: www.supertram.com

Buses

You will probably use the buses a lot so it is a good idea to go to the Travel Information Office in the Transport Interchange and get a bus map and Travel Pass. (You will need to take along a photograph and fill in a form). A Travel Pass will give you unlimited travel within Sheffield on the main bus companies, First and Stagecoach - prices vary.

WWW. Website: www.sypte.co.uk

Trains

There is a train service to nearby towns such as Chesterfield, Rotherham, Barnsley etc., and also to Meadowhall and into Derbyshire (the countryside). The Hope Valley Line which runs from Sheffield to Manchester stops at many popular beauty spots such as Grindleford, Hathersage and Edale.

WWW. Website: www.nationalrail.co.uk



You can get information about train times and prices from www.thetrainline.com. You can also buy tickets using a bank card or credit card.

Taxis

Taxis are very expensive but are recommended for travelling late at night and especially if you are alone. You can get a taxi (a black cab) at a taxi rank (the Railway Station, Barkers Pool, Fitzalan Square) or call Veezu on **0114 239 3939**. If you need a taxi from home, you can phone one. There are many taxi companies in Sheffield. Always make sure it is a taxi that you are getting into. You can ask the approximate cost before your journey starts. You should always ask for a receipt.

Services like Uber and Bolt are also available in Sheffield and can be requested via their respective smartphone apps.

Driving/Car Hire

As you will have noticed, in England we drive on the left. Be careful especially at roundabouts. If you are bringing your own car with you, you must have an up-to-date driving licence and insurance cover. To hire a car, you must be 25 or over and have held a current driving licence for a minimum of one year or possess an International Driving Licence.

A small hire car will cost approximately £36 a day plus petrol. There are a lot of car hire companies in Sheffield (look online under Car Hire) but the most well known are Hertz (Tel: **0114 242 7595**) and Avis (Tel: **0808 284 0014**). Always check that insurance is included in the cost of the car hire. Whether you intend to hire a car or bring your own, it would be a good idea to buy a copy of the Highway Code from a bookshop. This will explain the rules and road signs to enable you to arrive at your destination safely.



MONEY AND BANKS

There are 100 pence in an English pound.

The following coins are used:



1p/2p
brown/copper



5p/10p/20p/50p
silver



£1/£2
gold/silver coloured

The following notes are used:



£5 - blue/green



£10 - brown/orange



£20 - purple



£50 - pink/red
(some shops will not accept £50 notes)

Be careful with your money!

Banks in England are generally open from 9:00am to 4:00pm Monday to Friday except public holidays. There are cash machines in many places. The largest banks are Barclays, HSBC, The National Westminster, Lloyds, Santander, Royal Bank of Scotland and The Yorkshire Bank. They all have branches in the city centre and some may have a branch near where you live.

To open an account, you will need:

Your passport, a letter from The Sheffield College International Office confirming that you are a student here, and some evidence that you will be receiving money from your parents or sponsor. You also need to deposit a certain amount of money (each bank requests a different amount).

When you have opened your account, you will be given a bank card and PIN number. Please keep your PIN number safe and do not share it. You should also be able to withdraw money from a cash machine.

Useful phrases

- I would like to open a bank account please
- Can you give me some information about opening a bank account please?
- I would like to withdraw some money.
- I would like to deposit some money/ this cheque.
- I would like to order a bank statement.
- Please can I have the balance of my account?

POST OFFICES, PLACES OF WORSHIP AND LIBRARIES

Post Offices

There are several post offices near and around the city centre, you can send parcels and letters from post offices.

Generally postal rates are quite cheap. Stamps can also be bought at many newsagents in books of 6 and 12. For letters within Britain you can choose between 1st class (the letter will usually arrive the next day) and 2nd class (the letter will take a few days).

Also, you will have to pay more to send a larger envelope. Post boxes in England are red and there are usually several collections every day between 9:00am and 5:00pm.

Places of Worship

Many religions have places of worship in Sheffield and you should be able to find at least one centre for the faith to which you belong. Listed below are the addresses for the main faiths but if yours is not among them then please ask your personal tutor for further information.

Church of England

Tel: **01709 309100**

Email: reception@sheffield.anglican.org
Church House, 95-99 Effingham Street,
Rotherham, South Yorkshire, S65 1BL

Hindu Samaj

Email: hindasamaj@hotmail.co.uk
Hindu Samaj Sheffield & District, 21
Buckenham Street, Sheffield, S4 7JQ

Sheffield Islamic Centre

Email: admin@madinamasjid.org.uk
Sheffield Islamic Centre Madina Masjid
Trust, 24 Wolseley Rd, Sheffield, S8 0ZU

Roman Catholic Church

Tel: **0114 256 6401**
Diocese of Hallam Pastoral Centre, St
Charles Street, Sheffield, S9 3WU

Sheffield Jewish Congregation & Centre

Tel: **0114 255 2296**
Kingfield Synagogue/127 Psalter La,
Sheffield, S11 8UX

Sheffield Chinese Christian Church

Church Building, 1 Anns Road, Heeley,
Sheffield, S2 3DJ
Tel: **0114 268 5902**
www.shefccc.org.uk

Libraries

While you are in Sheffield you might want to use a library for either study or pleasure. The library listed below is the largest one in Sheffield and if you want to find out more about their opening hours and how you can join them you should contact them directly or visit: www.sheffield.gov.uk/libraries. You will be able to borrow books, CDs, DVDs and have free internet access at Sheffield Central Library.

Sheffield Central Library

Surrey Street, Sheffield, S1 1XY

Tel: **0114 273 4727**

(A popular place for students) A list of all libraries in Sheffield can also be found on: <https://www.sheffield.gov.uk/libraries/all-libraries.html>

Free Time

We want you to make the most of your free time in Sheffield. There is a lot to do in the city and surrounding areas. To find out about different places to visit www.welcometosheffield.co.uk/visit/

Try to visit some of the beautiful countryside surrounding Sheffield. It is easy to catch a bus or train out to some of the picturesque towns and villages in Derbyshire. Buses (272 to Castleton and the 218 to Bakewell) and trains run daily but check the times of departure of public transport in South Yorkshire on **01709 515151**. If you have a particular hobby or interest, the Sheffield Community Information Service at the Central Library, Surrey Street will be able to provide you with a list of contacts (clubs and societies etc). Tel: **0114 273 4753**.



SPORTS

There is a wide range of sports available in Sheffield and the surrounding area including swimming, tennis, squash, badminton, football, skating, rock climbing, sailing, golf and athletics. If you think you will visit one of the Sheffield Leisure Centres regularly, you can buy a Student Membership.

To get a Membership:

Call at Ponds Forge Leisure Centre in the city and fill in an application form or alternatively visit their website. There will be a charge.

<https://www.sheffieldcitytrust.org/memberships/fitness/student>

Pure Gym is also popular and very close to college.

You will need:

- Your Student ID card
- A letter from the College (dated within the last 4 weeks) confirming you are a full-time student
- An official letter with your name and Sheffield address on
- Remember, you must be a full-time student who is resident in Sheffield

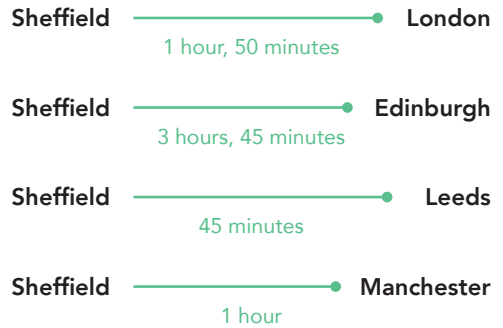


TRAVELLING IN BRITAIN AND ACCOMMODATION

Travelling

There are many travel agents in Sheffield who will arrange holidays for you or book coach, train and plane tickets. If you intend to travel abroad during your course at college, make sure you know the visa requirements for the country you intend to visit and for re-entry into Britain. There are regular coach services to the main airports in England and regular coach and train services to other cities.

Typical travelling time by train:



National Express Coaches:
08717 81 81 81
www.nationalexpress.com

National Rail Enquiry Service:
0345 748 4950
www.nationalrail.co.uk

Eastmidlands Trains:
(Trains to London) Timetable, enquiries
and credit card bookings
0845 712 5678
www.eastmidlandstrains.co.uk

The Trainline:
They will inform you of times, fares
and student discounts. You can get
train times, prices and tickets on line
as generally, tickets are much cheaper.
www.thetrainline.com



Accommodation

When people travel in Britain they often stay in a hotel or 'B&B' (bed and breakfast). This is usually a room you can rent in a private house. Usually you get your room (with or without toilet/bathroom) and breakfast the next day. They are popular because they are cheaper than hotels. Prices are usually about £50-£60 per person per night.

The tourist office in the area you are going to visit will be able to help if you want to book accommodation in advance.

Youth Hostels

Youth Hostels are popular places to stay because they are inexpensive. You can join the YHA (Youth Hostel Association) at any hostel by paying a membership fee of approximately £10 per year if you are under 26. There will also be a nightly charge at each hostel. This may vary according to facilities available. Full meals are available at very reasonable prices. Please book in advance if possible.

You can find out more here: www.yha.org.uk

For further information, ring **01629 592700**.



FOOD AND SHOPPING

English food may be very different from that in your home country. There are three main meals a day:

Breakfast (7.00 – 8.00am)

Usually cereal with milk and/or toast, butter and jam/marmalade. Cooked breakfasts (egg, bacon, sausage, tomato etc) are served in most hotels and in some English homes.

Lunch (12.00 – 1.00pm)

Most English people have sandwiches, crisps, chocolate and fruit for lunch. The college diners also serve a variety of hot food as do pubs, cafes etc.

Dinner (5.00 – 8.00pm)

The time of this meal varies greatly in different families. Some eat in the very early evening (and call the meal 'tea') and others later on. Dinner usually consists of meat/fish, potatoes/rice/pasta, vegetables/salad, followed by a dessert or fruit/yogurt. Some families may also have a starter such as soup.

Snacks - If we are hungry between meals, we often have fruit, biscuits, chocolate, sandwiches etc.

Food Shops

Most large supermarkets sell a range of food from other countries and there are specialist supermarkets selling Asian, Chinese and Middle Eastern food.

Pubs/Cafes/Restaurants

Most pubs serve reasonably priced food at lunch times (12:00 – 2:00pm) and some do in the evening, particularly pubs in the countryside. Cafes are usually open 9:00am – 5:00pm and serve non-alcoholic drinks and hot/cold food. Most department stores have a cafeteria.

There are many restaurants in Sheffield and the suburbs especially Indian, Italian and Chinese. Most restaurants have a menu visible from the outside so you can check the price and choice before you go in. Some restaurants have special offers at the beginning of the week (Mon/Tue/Wed) where you can get 'two for the price of one' etc. It can be difficult to find English food in the city centre at night! Most hotels have restaurants and again pubs in the countryside often have restaurants serving English food.

Pubs

Head of Steam - Norfolk Street
The Porter Brook - Ecclesall Road
Lloyds Bar - Barkers Pool
Weatherspoons - Ecclesall Road &
Barkers Pool.

Café Bars

All Bar One - Leopold Street
Bella Italia - Peace Gardens
The Forum - Division Street
The Showroom - Paternoster Row

Restaurants

Ego Mediterrean - Peace Gardens
Cubanas Tapas Bar - Leopold Square
Pizza Hut - West Street
Nando's (Chicken Restaurant) -
West Street and The Moor.

There are many ethnic restaurants on
London Road.



Shopping

Meadowhall is the biggest shopping mall
in the area. You can find lots of shops in
Meadowhall.

Waterstones for books - Orchard Square

Aldi and Lidl are supermarkets which sell
low-cost food.

Tesco, Sainsburys, Waitrose, Asda,
Morrisons are supermarkets which all have a
wide variety of choice.





STUDENTS' UNION AND HELPFUL HINTS

The Sheffield College Students' Union aims to provide services alongside those provided by the college and host events and stalls to gain awareness of issues they believe to be important. If you would like to join the Students' Union, please get in touch with them:

Email: studentsunion@sheffcol.ac.uk
Tel: (+44)114 260 2600
Website: <https://www.sheffcol.ac.uk/students-union>

And finally, some tips from previous students!

- Buy a bus saver card.
- Ask for special discounts for 16–18 year-olds travel passes
- Buy a young person's Railcard to get a discount on most train fares.
- For just £15, you can purchase The National Union of Student (NUS) Totum card which gives you amazing discounts! Visit: <http://www.nus.org.uk/>

TOP ATTRACTIONS

Things to/do places to visit

- Visit Ponds Forge International Leisure Centre for all sports activities.
- Visit the Botanical Gardens, Endcliffe Park and other parks around the city.
- Look out for concerts at the Motorpoint Arena and Sheffield City Hall.
- Go to the Leadmill (Bar and Live Music) near the Railway Station.
- Look out for the Crucible and Lyceum theatre programmes, you can sometimes buy reduced tickets on the day of the play or the last rehearsal.
- Look out for the Film Festivals held at the Library Theatre or The Showroom.
- Visit the Cinemas Cineworld at Valley Centertainment, Odeon - Sheffield City Centre, VUE - Meadowhall and The Showroom - Paternoster Row (often showing foreign films).
- Visit the museums and art galleries, especially the Millennium Gallery on Arundel Gate and Graves Art Gallery above the Central Library.
- Go shopping - visit Meadowhall, for a wide range of shops and eating places and cinema, or visit Sheffield City Centre and Orchard Square, or Ecclesall Road.
- Go bowling at Hollywood Bowl at Valley Centertainment.
- Don't miss the chance to visit the countryside - get a bus or train and visit interesting towns and villages like Buxton, Bakewell, Castleton and Hathersage in the Peak District - which are all very English!
- Try the Spanish and Latin American bars
 - Search on the internet for the address and telephone numbers
- Chinese food shops (several on London Road) sell some familiar food products from the Far East.
- Visit the World Snooker Championships held at The Crucible Theatre in April.
- Go to The Showroom - cinema, café serving good coffee and food and internet access.
- Try ice-skating at Ice Sheffield near Don Valley Stadium.





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