Welcome to your very own

Survival guide

By your college team: vanbrugh-help@york.ac.uk
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Coming to University can be an exciting time and there’s always so much going on. Sometimes it’s easy to feel overwhelmed with the amount of change that independent living can bring. York therefore has an amazing support system for all it’s students.

The easiest way to reach out and chat with someone is to contact the College Team: vanbrugh-help@york.ac.uk or your STYM. They always know what’s happening on campus and where is best to go if you’re looking for more tailored help and assistance.

**Other Support**

Togetherall is a free, online 24/7 service available to all students which provides a safe space online to talk, explore your feelings and learn how to self-manage your mental health and wellbeing.

Open Door is a team of Mental Health Practitioners providing support to students experiencing psychological or mental health difficulties. Contact: opendoor@york.ac.uk, 01904 322140 or scan the QR to get to their self-referral form.

Student Hub is another great place to head to find out more about housing, immigration, finance and support for under represented groups at the University. Scan the QR to get to their self-referral form - this lets them tailor support to your specific needs.

For international students, the University have specialist advice and support to help with everything important and to help you feel supported when making your new home in the UK. Scan the QR to go to their web pages.
The laundry rooms are situated on the ground floor of LePage C block, Higginson House (for Donald Baron and Barbra Scott), Inside Fairfax house and opposite James College nucleus (for Eric Milner). Both washing machines and dryers are located here. To do a load of washing you either need a Circuit Laundry card or the Circuit Laundry App; I would recommend getting the free app as it’s more convenient. However if you prefer, Circuit Laundry cards can be purchased at the Nisa on campus for a £2 fee. After this first purchase you can top up your card with your chosen amount by following the instructions on the back of the card and on the card machine located in the laundry room.

You put money on either your app / card; allowing you to access the washing machines / dryers. You need your room key for access into the laundry room so be sure to remember it.

The washing machines are very big and therefore allow for lots of things to be washed at once, you may want to consider doing a joint wash with a friend to keep the costs down & save the environment. These prices are subject to change.
- Wash: £3.30
- Dry: £1.80

As there is usually quite a high demand for the washing machines, it is good courtesy to ensure you’re back in time for when your load has finished to avoid someone moving your washing.
Doors that automatically lock when you shut them do have their pros and cons. The con being that whenever you end up on the other side of that closed door without your key, it’s a long walk to The Information Centre to get a temporary replacement card. At Vanbrugh College we have a range of Keycards and Keys.

The rules are pretty simple:
Staff at The Information Centre will give you a replacement card and/or spare key to use to get back into your room. You need to return the spare key or keycard within 24 hours or you will be charged £10 per key or card. Have a system that works for you as if you keep losing keys it gets expensive!

Mail and Parcels

Letters and parcels will be delivered and held at Vanbrugh College Reception. You will receive an email alerting you when you receive post. To collect the post you will need some form of ID: Student card / normal ID. If you’re unable to collect it yourself, you may send an email to reception (vanbrugh-reception@york.ac.uk), nominating a friend to collect it for you. They will then need their own ID to collect it. If you are isolating, mail will be held for you.

Recommended address: 
Resident’s full name (as listed on accommodation booking)
Building or Court (eg Le Page / Eric Milner White / Fairfax House / Donald Barron / Barbara Scott)
C/O Vanbrugh College Reception
University of York
Heslington
York YO10 5DD
United Kingdom
On the same day every week the communal areas in your block are sanitised. (kitchen & shared bathrooms) **Students are responsible for the day to day cleaning, tidying, dish washing, bins out, etc.** Cleaners will not do your cleaning and dirty kitchens will attract pests and insects.

The kitchen will only be cleaned by staff if every single item is removed from the work surface and put on the main table / in cupboards. When I say every single item, I mean every single item. If the work surfaces remain cluttered the kitchen will not be cleaned and your flat will receive a ‘mark’. Continuous failure to leave the kitchen in an adequate state for cleaning will result in a fine.

Items do not need to be removed from shared bathrooms when they are cleaned.

Once a month **ensuite bathrooms** are cleaned; you will be made aware prior. Please make sure you remove your belongings before the cleaner arrives. If you have an ensuite you are responsible for cleaning it yourself so make sure you do this or mold and mildew will start growing.

Emptying the bins is never a fun job; setting up a ‘bin schedule’ in your flat can ensure everyone does their part and prevents arguments!

**Your kitchens are kitted out with:**

- **General waste bins** -> **Black bin liners**
- **Mixed recycling bins** -> **Clear bin liners**
- **Food waste bin** -> **Green bin liners**
- **Glass bin bag** -> **Blue bag**

Bins from your communal areas will need to be taken to your nearest bin site. These are located at the bottom of some flat blocks or by the door to your building. You can use your key card to access these.

**Report issues with your room at:**

[www.york.ac.uk/fix-my-room](http://www.york.ac.uk/fix-my-room)  
or call 01904 32 5555
The most important two buses you will encounter in your first year at York will be the 66 and the 66a. But, to make it clear about which bus to get when, here’s a list of the most important places you will go to this year and the bus required:

- West Campus – 66 or 66a
- York Station – 66
- Merchantgate (near Topshop, Primark, Sainsbury’s Local) – 66a
- Clifford Street (near Stone Roses, Lowther, Boots, Kuda) – 66
- York Hospital – 6 (from East Campus, not West)
- York Sport Village – 66a (easier to walk if you can – buses are not as frequent)

If you are getting the 66 bus into York centre and are not sure where to get off, the best stop to get off at is CLIFFORD STREET, opposite Prezzo. (You can track where you are on the bus route via maps on your phone).

If you are getting the 66a bus into York centre and are not sure where to get off, the best stop to get off at is MERCHANTABILITY, the last stop.

As you can see on the map above, the light orange ring depicts where the bus routes are free travel zones. If you wish to travel further than this zone, you need to buy a ticket. First bus offer a very good half-price discount, exclusively for students at this university, in which every bus single ticket is only £1 when bought in bulk as part of a 10 tickets for £10 scheme/20 for £20. We know that money can be tight when living as a student, but trust us when we say that spending £20 upfront, will save you so much money in the long run.

Feeling lazy? York does have Uber but the company Streamline is more reliable: 01904656565
Food & drink

On campus, there are numerous places you can go for food and drink, whether you need to completely switch off from your studies or even if you need to grab a quick snack before your next lecture. From The Courtyard in Derwent College and The Charles in Heslington Village to The Vanbrugh Arms, you won’t ever have to wander far to stumble upon a food and drink outlet.

Hopefully from September, all of these outlets will be fully open, and if so please be aware of social distancing restrictions put in place.
There are also new outdoor venues this term: Vanbrugh Forest and the food trucks by the Information Centre. Stroll around the campus and check out the new venues!

Societies & Sport

The University of York is home to over 200 student societies and 60 sports clubs supported by the Student Union. Societies are student groups who meet to take part in an activity or share an interest. From astronomy to aerobics and politics to poetry there is something for everybody to get involved in. If you can’t find what you’re looking for, you can even start your own. Vanbrugh also hosts its own freshers fair where you can sign up to college sport and activities. Check the Welcome Week schedule for it here.
Vanbrugh is fortunate enough to hold host to a wide range of college sport. To join a college team you may be an established player, have no prior experience or you may just want to join for the socials! College teams compete competitively on Saturdays against other colleges; it is a great way to stay fit, make friends and get the most out of college life!

You can find all the information on the different sports we run as a college through our social media and on the JCR Facebook Page: https://www.facebook.com/vanbrughcollege/
Vanbrugh is proud to boast an extensive music program, with students from across campus collaborating, being creative and enjoying music.

While government guidelines change and we adapt to changing circumstances, you can keep updated, join groups and find out more at: https://www.york.ac.uk/colleges/vanbrugh/music/

We boast an amazing instrument lending library and incredible facilities for practicing and putting on gigs. Vanbrugh choirs are active and you may find more at the above link.

Vanbrugh Jazz has become somewhat of an institution and we encourage you to keep up to date with them.

The university also offers amazing music societies. Find out more at the YUSU societies page.
As much as we all love eating out, it can be a very expensive habit to get into at Uni. Therefore, it’s important to have the knowledge of basic healthy meals to line your stomach before a big night or to get you up and motivated for a lecture.

### Fajitas:
Fry onions, peppers and garlic in a pan (or any veg of your choice). Add fajita mix spices from a pre-prepared kit. Serve with wraps / guac / sour cream / cheese / lettuce!

Best shared with friends.

### Overnight oats:
The night before, stir 1/4 tsp of cinnamon and 100 ml water (or milk) into 50g of oats with a pinch of salt. The next day, loosen with a little more water (or milk) if needed. Top with the yogurt, fruit & a drizzle of honey.

Enjoy!

### Pasta with sauce
A University classic. Cook your pasta / filled pasta as per instructions on the packet (don't forget to salt the water). For a cheap & easy pasta sauce, place a can of chopped tomatoes in a pan & flavour to your own taste! Alternatively: just throw your cooked pasta in with some pesto!

### Jacket potatoes:
Rub oil and salt onto your jacket potato, place in the oven for 1 hour at 200 degrees fan. Add whatever fillings you want!
- Tuna mayo
- Cheese & beans
Some people have a preference to what supermarket they shop at, however, you need to make sure that where you are shopping allows you to stick with your weekly budget.

**Online Shops and Delivery**

Pretty much every supermarket can deliver to the University of York. Students often do online shops together in order to get free delivery. On Campus West these deliveries can be collected outside the Information Centre, outside Fairfax or just outside the Barbara Scott/Donald Barron buildings. For Eric Milner you may find it easiest to collect from outside the James Reception.

**Supermarkets Nearby**

If you do not want to do your food shop online, there are lots of shops you can walk to. There is an Aldi, Iceland, and small Sainsbury which students can walk to across Walmgate Stray. There is also a Waitrose, Morrisons and Lidl just outside of the walls (about a 30 minute walk) and you can catch a taxi back if you buy lots!

There is a Nisa on both Campus East and Campus West, however it is recommended that you only go here for essentials. This is because Nisa can be more on the expensive side in comparison to other Supermarkets so try avoid it if you can. Prices in the West Campus Nisa have also been found to be cheaper on some items (such as eggs) so that is something else to bare in mind.
Brunch, cafes & takeaways

Brunch spots

Betty’s Tea Room
The famous Betty’s Tea Room offers a wide range for there afternoon tea but always books up fast

Revolution
One great way to start off the weekend is a delicious bottomless Brunch including bottomless Prosecco for two hours!

Cosy Club
This is a unique bar which has a very relaxed atmosphere serving delicious brunch until 5pm

Cafes

Brew and Brownie
A small trendy cafe offering a variety of homemade sweet and savoury treats

Drift In
Serves freshly pressed juice, coffee and nutritious food with a calming surf vibe

Double Dutch Pancake House
Serving a large variety of sweet, savoury, gluten-free and vegan pancakes

Daughter
A small modern cafe which serves traditional lunch meals

Takeaways

Efes
Offering kebabs, pizza and burgers located on Heslington Road

Domino’s
Make sure you pick up vouchers at the freshers fair and other events on campus to get money off
**Evening outings in York**

### Restaurants

**Cave Du Cochon**
For our wine fanatics: perfect for the casual drink or a gorgeous meal.

**The Ivy**
Serves modern British food. A pricey option but good for celebrations.

**Ate O’clock**
Serves British food and signature/traditional cocktails with a lovely atmosphere.

**Akbars**
Offers authentic Indian cuisine and boasts the biggest naan bread in York.

**Pitcher and Piano**
Serves breakfast, bottomless brunch and British food located right on the river.

**Il Paradiso Del Cibo**
A beautiful Italian, all products are imported directly from Italy, that gives you the feel of Venice while in York.

**Little Italy**
Family-run Italian restaurant serving gourmet cuisine in a cozy, bare-brick setting with regular cookery demos and a downstairs deli.

### Bars

**Stone Roses**
An indie style bar where you can find the York famous blue shits and amazing music.

**Dusk**
An independent bar which offers a large variety of special cocktails.

**The Drawing Board**
Offers a wide variety of cocktails and beers, open till 4am!

**Lowther**
Sells a wide variety of drinks including the blue shit, it has a traditional pub atmosphere located on the river.
Social Media Pages

You may want to join some Facebook pages in order to stay updated on current events and news. Here are a few we recommend you join:

1. Vanbrugh College (group)
2. Vanbrugh Sport
3. YUSU

You can also follow the following accounts on Instagram:

1. @vanbrughcollege
2. @yorkunisu