

CARDIFF  
UNIVERSITY

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THE INSIDER'S GUIDE  
TO  
POSTGRADUATE LIFE  
IN CARDIFF  
2015





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The Insider's Guide is written by past and current Cardiff University Postgraduates. All information is correct at the time of going to print in March 2015.



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# WELCOME

Welcome to the Insider's Guide to Postgraduate Life in Cardiff. We know there's a lot to think about when preparing to embark on postgraduate study, so we've put together some information to make things a bit easier.

Into this neat little guide, we've poured the very best of our knowledge and expertise on postgraduate life in Cardiff. Written by current and former Cardiff postgrads, this publication aims to guide you from the process of funding your study at Cardiff right through to settling into your new student life, via accommodation, funding, and everything in between.

We've split the guide into three sections - *Before You Arrive*, *The University* and *Life in Cardiff*.

*Before You Arrive* takes you through the essential bits and pieces you need to make sure are in place before you get to Cardiff. It includes information on funding, budgeting and organising your accommodation!

*The University* outlines the various facilities and services available to you at Cardiff University and the unique position you are in as a postgraduate student here.

*Life in Cardiff* is a guide to places to shop, eat, drink and play, plus money-saving tips and information on ways to get the most out of your Cardiff experience. Everything in Cardiff is within walking distance, so we're sure the maps of the city, Cathays Park campus and Heath Park Campus at the back of this guide will be invaluable to you as you get to know your way around. If you require public transport, check out our bus route map and the transport guide on page 55.

Even if you're already at home in Cardiff, there's plenty between these pages for you - including information on facilities, a guide to enrolment and key contact details. We hope you learn as much from reading it as we did writing it.

Don't forget, if you have any questions, we are on hand during office hours to help.

*The Postgraduate Recruitment Team*





# BEFORE YOU ARRIVE

This section of the Guide contains information on preparing for postgraduate study at Cardiff

# MONEY MATTERS

We know that organising financial support for your postgraduate studies can be stressful, but once it's sorted, you can get on with preparing for a new chapter of your life!

## Living Costs

Students at Cardiff benefit from some of the lowest rents in the UK, leaving you more to spend elsewhere. The below table should give you an idea of your budget.

Estimated cost of living in Cardiff		
Item	Per month	Per year (359 days)
Rent*	£297.54	£3,561.28
Bills (energy/water/TV/net)	£71.10	£850.83
Food	£120.00	£1,159.88
Books	£80.00	£320.00
Social	£128.00	£1,529.34
Clothes	£27.33	£327.91
Laundry etc.	£26.10	£312.33
Travel	£40.50	£484.65
Mobile phone	£20.00	£236.94

These costs are based on the average costs of living experienced by current Cardiff University postgraduates.

## Resources

Living Costs Calculator:

[www.cardiff.ac.uk/for/prospective/campus-life/living-costs](http://www.cardiff.ac.uk/for/prospective/campus-life/living-costs)

Course Finder: [www.courses.cf.ac.uk](http://www.courses.cf.ac.uk)

You can access a living costs calculator on our website (see link below) to see what the likely costs will be for you.

You can save money on bills by using comparison websites to choose the best provider for your needs, save money on books by buying second-hand, reduce travel costs by walking more or investing in a bus card, and on phone costs by using free services such as Skype. More information on budgeting and earning money can be found on pages 9-10.

## Fees

Cardiff's tuition fees are highly competitive. For the full cost of each course, please see the University's Course Finder website. Self-funding students can pay tuition fees in three instalments throughout the year with no extra charge.



# FUNDING YOUR STUDIES

As you prepare to embark on postgraduate study, securing funding is likely to be an important consideration. Researching your funding opportunities can be challenging, but we aim to make the process as simple as possible.

## Funding Search

There are myriad forms of funding available within Cardiff University and the Funding and Scholarship Search brings all these together in a searchable database. You can search by level of study, subject of interest, or region. Plus if you join the Postgraduate Recruitment Office on Facebook or Twitter, you will receive news of new funding opportunities as they are published.

## Alternative Guide

Cardiff University has also purchased a copy of the Alternative Guide to Postgraduate Funding, which holds information about external charities, trusts and other organisations that help fund study. Prospective students can use the Guide for free on our website.

## Career Development Loans

A Professional and Career Development Loan is a bank loan that allows UK students to borrow between £300 and £10,000 to support some forms of study. You will begin repaying the loan when your studies are complete, but the Government will pay your interest while you study. The bank will usually take between six weeks and three months to process your application, so apply in good time.

## Postgraduate Taught Scholarships

Cardiff University will be offering a range of scholarships for postgraduate taught students for 2015 entry. Please see the website for more details.

## Resources

Funding and Scholarship Search:

[www.cardiff.ac.uk/for/prospective/postgraduate/funding](http://www.cardiff.ac.uk/for/prospective/postgraduate/funding)

Facebook: CardiffUniPostgradInfo / Twitter: @cardiffunipg

# BUDGETING

Cardiff is a very affordable place to live. Budgeting will allow you to focus on your studies and your social life, rather than on unexpected expenses. Here are some of our tips on how to plan your outgoings effectively...

## Making a budget

The best way to cut costs is to predict them, and making a budget is the best way to reduce financial ambiguity. Using the living costs calculator on our website, you can populate a budget for your time as a postgraduate at Cardiff. There are some excellent budget templates for programmes such as Microsoft Excel - type 'personal monthly budget' into Google to take a look.

## Optimising your spending

If you've made your budget and want to make sure you can stick to spending twice as much on gigs as on food, for example, you'll need to optimise your spending. Bills can be expensive if you don't keep an eye on your energy consumption, and can eat into your other funds. Some accommodation options have bills included, which can be a weight off your mind. If you don't have bills included in your rent, make sure you call the suppliers

when you move in to set up a regular payment plan. Gas, water and electricity companies will want meter readings and it is important to supply readings taken on the day you move in to avoid estimated bills, where you can end up paying for a lot more than you use. If the accommodation doesn't have a water meter, the government will install one for free. This can take up to three months, so deal with it right at the beginning of your tenancy.

Other things you can do to cut costs around the home include turning off your lights when leave a room, ensuring all appliances are off, rather than on standby, and wearing a jumper rather than cranking up the heating. It's surprising how much difference these steps can make - and being a spendthrift, after all, means you have more money to spend on the things that matter!

Make no mistake, knowing how much money you have to spend can be a massive weight off of your mind.

## Resources

The Student Support Centre provide information and guidance on Living Costs and sources of financial assistance: [www.cardiff.ac.uk/studentsupport](http://www.cardiff.ac.uk/studentsupport)



# EARNING WHILE YOU STUDY

Whether working alongside your studies was the plan all along, or you have found your budget needs some boosting, you need to ensure your job meets up to your requirements.

Some employers are more flexible than others, but be honest about your requirements - with them and with yourself. It can be tempting to take on a lot of hours, but you may end up struggling academically if you don't balance work and study. Cardiff University recommends students don't work more than 15 hours per week alongside their studies.

## Looking for work

The most common type of part-time work for students is bar work, which can be easy to find, fun and flexible, but remember that this usually means minimum wage and fairly hard work late into the night. You can look for these sorts of roles in person at bars and clubs.

Another alternative is cleaning work, which is usually better paid than bar work and less tiring, but also less sociable. You can look for these sorts of roles online, either via Jobcentre Plus or Gumtree.

Office temping is another good way to earn some extra cash while you study, and can lead to some excellent transferrable skills. You can look for temp work via agencies or through Jobshop.

## Cardiff University Jobshop

Cardiff University Jobshop operates as an introductory service to local employers and a temporary recruitment agency offering part-time, temporary and vacation jobs to current students at Cardiff University.

Jobs might include occasional University or city-based events work, regular office work in University departments or external companies, or promotional activities for local bars and clubs. The Jobshop is located on the ground floor of the Students' Union building.

## Resources

- University JobShop: [www.cardiffstudents.com/shops-services/jobshop](http://www.cardiffstudents.com/shops-services/jobshop)
- JobCentre Plus: [www.gov.uk/jobsearch](http://www.gov.uk/jobsearch)
- Gumtree: [www.gumtree.com](http://www.gumtree.com)

# ACCOMMODATION

There is a wealth of accommodation available for rental in the city, all within walking distance of the University and city centre. Supply exceeds demand, keeping rents low and ensuring that good quality accommodation is available as late as October.

## Introduction

Before you start looking for housing, you will need to consider some simple questions: What campus will you be based at? Do you already have friends in the city? Do you want to live alone? How big a house do you need? Would you rather live in halls or private accommodation?

If you are based at Cathays Campus, you have a wide range of accommodation options right on your doorstep, and most places in the city are convenient commute locations (see page 15 for areas of Cardiff). If you are based at the Heath, you may want to live in Heath or Roath to keep your travelling time under half an hour on foot. If you have friends in the city, you may want to live closer to them. If you would rather

live alone than with others, as is the case for many postgraduates, check out the information on renting privately on page 13.

If you are seeking a smaller, functional space without the added hassle of bills, you may decide halls are the best place for you (see page 14). Cardiff has a range of University residences as well as private halls, so there's plenty to choose from.

Shared rented accommodation tends to be more homely and can be more spacious while still being affordable. Some landlords offer no bills packages to students.

## Postgraduate House Hunting

Moving to a new city can be difficult, particularly if you

want to find nice, affordable accommodation and like-minded people to share it with. Is that too much to ask? No! That's why we set up the Postgraduate House Hunting event.

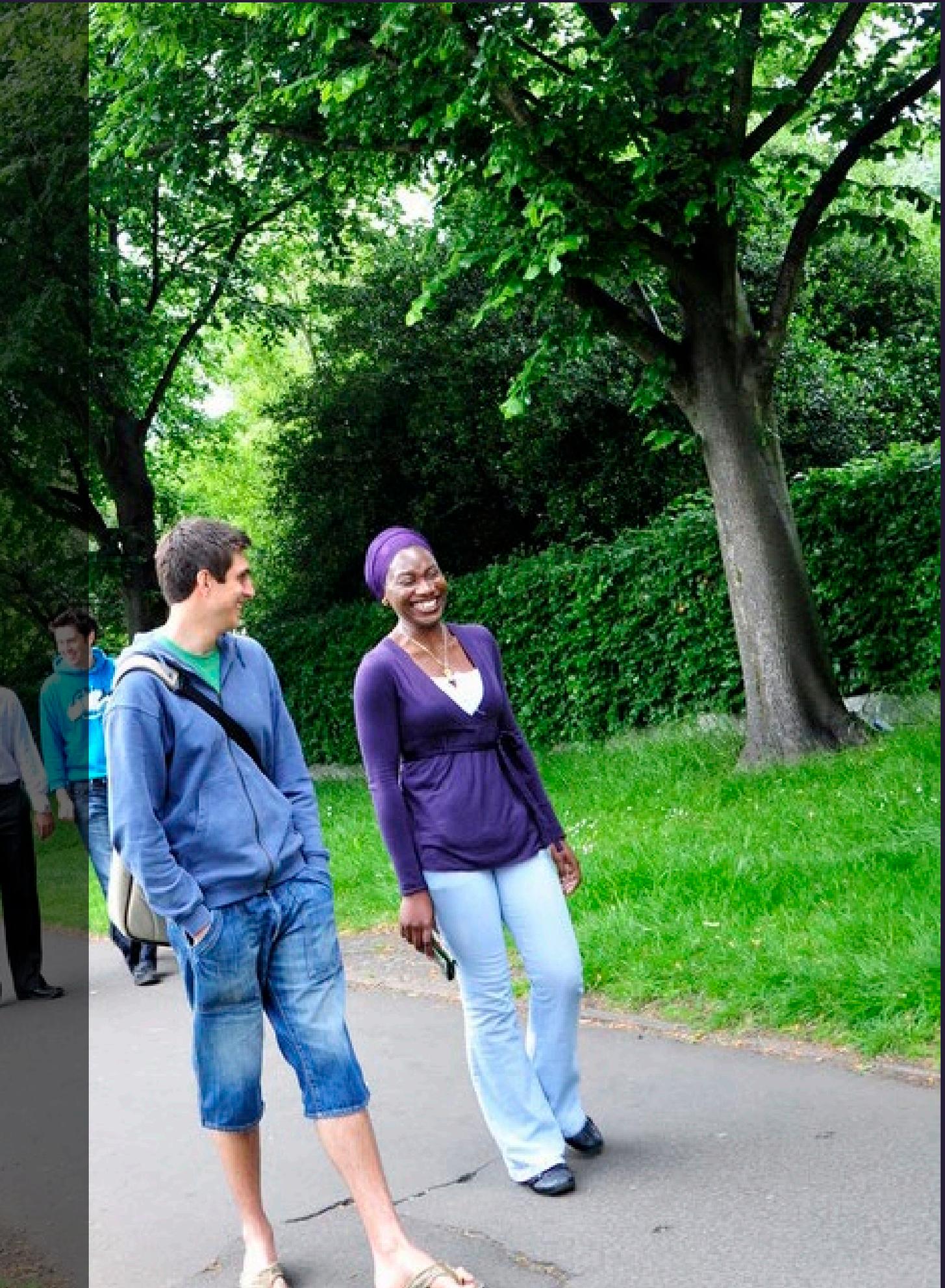
This event is designed to help you to find suitable accommodation and like-minded housemates with whom to share it.

Postgraduate House Hunting runs across three days, featuring ice-breaking activities, workshops, advice sessions, social activities and organised house hunting, offering you all the support you need when looking for a place to live.

The cost of the event is very low, with University accommodation for the duration offered at a discount to participants.

## Resources

Visit [www.cardiff.ac.uk/postgraduate/househunting](http://www.cardiff.ac.uk/postgraduate/househunting) to get more information about this year's Postgraduate House Hunting Event!



## PLACES TO LOOK

Cardiff is full of houses to let. Provision outstrips demand, meaning that you can find comfortable accommodation with just a little legwork. Whether you're interested in living with others or alone, finding private accommodation shouldn't be a headache.

### Private Lettings

The Postgraduate Recruitment Office runs an annual House Hunting Event for incoming students - see page 11 for details. If you're not able to attend, if you have already selected your housemates or if you want to live alone, there are a number of reputable letting agencies in Cardiff that you can access to find rented accommodation.

do not charge agency fees, leaving you free to spend your hard-earned cash elsewhere.



### Other places to look

There are many other private letting agencies in Cardiff and a list of approved, reputable landlords is available on our accommodation website.

### Cardiff Student Letting

Cardiff University Students' Union owns and runs its very own letting agency, which is located behind the Union. You can register your details online and receive email alerts of all new properties that match your requirements.

Cardiff Student Letting

The University Residences office can also provide you with lists of available private student accommodation, which are updated weekly.

Don't forget - current students may advertise vacant rooms on websites such as Gumtree, Craigslist, Accommodation for Students or on University notice boards (look in reception areas for these).

### Resources

University accommodation: [www.cardiff.ac.uk/for/prospective/accommodation](http://www.cardiff.ac.uk/for/prospective/accommodation)

Cardiff Student Letting: [www.cardiffstudentletting.com](http://www.cardiffstudentletting.com)

# RESIDENCES

We've included here information on Cardiff University residences and some of Cardiff's many private halls, which together offer students wishing to share all-inclusive accommodation a range of options to consider.

## University Residences

A limited number of places are available in University residences for UK postgraduates. If you make a successful application for full-time postgraduate study at Cardiff University and you are an EU or international student, you are guaranteed a single occupancy room in University residences. You will need to submit an online application and make a pre-payment by the specified deadline.

Cardiff University offers students a wide range of accommodation, known as residences, many with ensuite shower rooms. The University is continually investing in its residences and has extensive annual maintenance programmes.

When designing the residences, Cardiff University has also paid particular attention to the views of student customers. You can move into University residences in mid-September, giving you plenty of time to adjust to your new life before your course starts. There are also dedicated postgraduate halls available.

Cardiff University residences are marked on the maps at the back of this guide.

## Private Halls

Cardiff is home to a range of private halls of residence, including a number of halls from Liberty Living; Victoria Hall; Collegiate AC and Student Castle. You can find information on these facilities and their location via a web search.

Many private halls offer students the opportunity to choose a double room rather than a single, which can be a comfort to those who like to spread themselves far and wide!



## Resources

University Residences: [www.cardiff.ac.uk/for/prospective/accommodation/post-graduates/overseas-eu/residences](http://www.cardiff.ac.uk/for/prospective/accommodation/post-graduates/overseas-eu/residences)

## ACCOMMODATION

### HEATH

Heath is that little bit further out, making it quieter and generally better value for money. It is largely populated by third years, postgraduates and families. It is especially good for those doing medicine/healthcare courses, since it is near to the Heath Park Campus. Whitchurch Road is the

main shopping street in the Heath and boasts a range of supermarkets, takeaways, restaurants, pubs, charity shops and cafes.



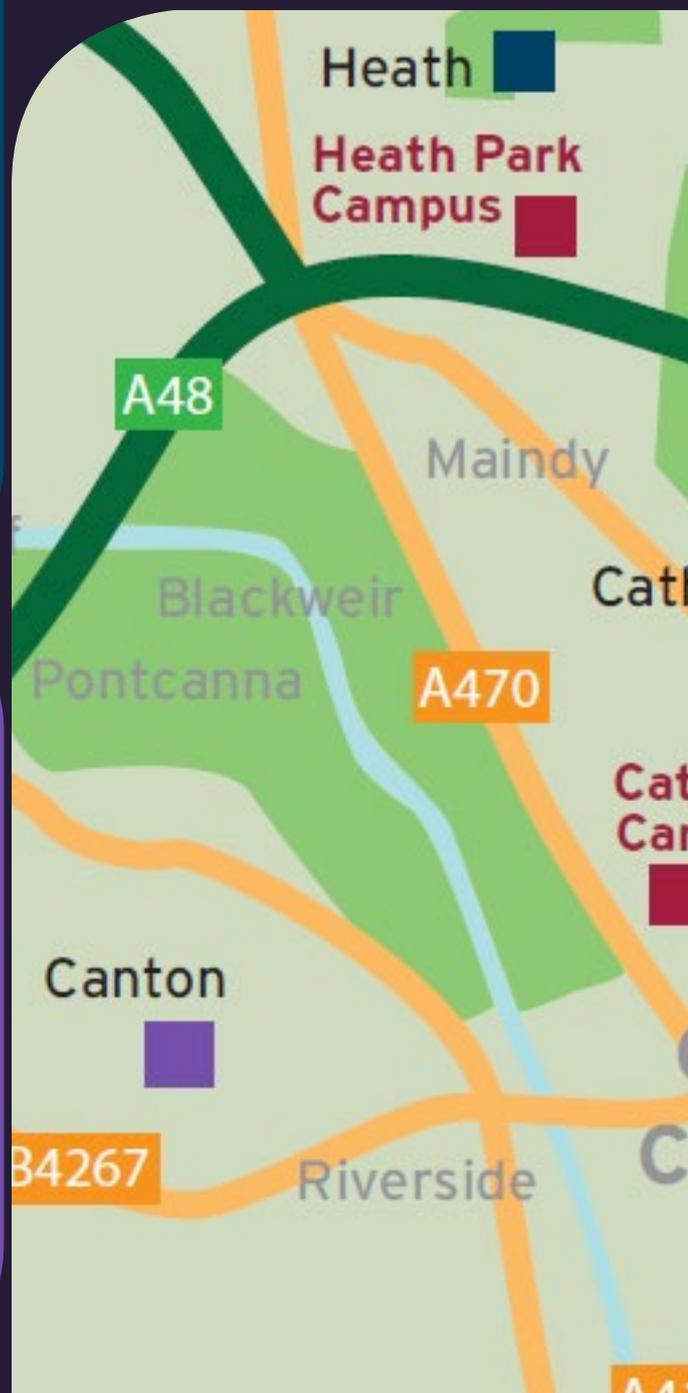
### CANTON

Canton is a quiet residential area that may appeal to postgraduates or final year students, home to Chapter Arts Centre and a range of quiet, picturesque streets. It is well serviced with friendly pubs, good restaurants and green spaces. It is close to the centre of Cardiff and the University is 20 minutes' walk across Bute

Park. The main shopping street is Cowbridge Road, offering chain and independent supermarkets, charity shops, grocers and bargain retailers.



## AREAS OF

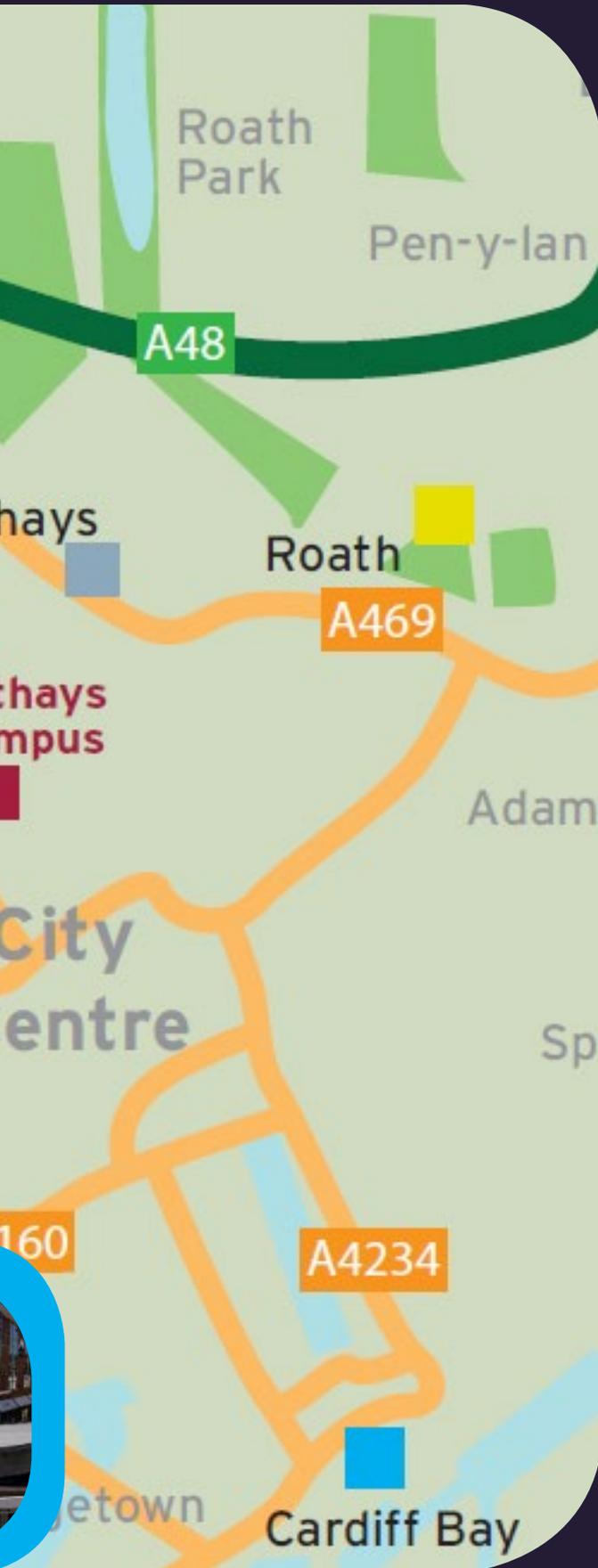


### CARDIFF BAY

The Bay is a newer part of Cardiff and has some plush apartments and flats up for grabs. Due to their situation and contemporary style, these tend to be more expensive. Young, dynamic and full of trendy bars, restaurants and shops, the Bay is a great place to be if you are willing to pay a little more for your accommodation.



# E CARDIFF



## ROATH

Roath is a large area but still quite close to Cathays campus. The extra five or ten minutes walk on your journey into University and town deters the keener, raucous Union goers, and the standard of accommodation is usually good. Tenants here often enjoy a good deal for their money as well as being close to many local amenities. The main shopping street is Albany Road - one of the most



interesting and varied streets in Cardiff, offering a massive range of shops, bars, eateries, supermarkets and more...

## CATHAYS

Situated right next to the main campus and littered with places to eat and drink, Cathays is a favourite with students. With an active student population, life here is never dull, and is perfect for those looking for a varied night life. The main shopping street in Cathays is City Road



and through to Crwys Road - a mile-long stretch of international eateries, supermarkets and shops.

## Resources

To learn more about these and other areas of Cardiff, visit our website:

[www.cardiff.ac.uk/for/prospective/campus-life/cardiff-and-wales/areas-of-cardiff.html](http://www.cardiff.ac.uk/for/prospective/campus-life/cardiff-and-wales/areas-of-cardiff.html)

# FINAL NOTES / OTHER INFORMATION

We've included here some information on things to remember when seeking accommodation and tips on what to do if you encounter any issues during your house hunting search.

## Check...

### 1. Are there smoke alarms on the ceilings?

It is the law that smoke alarms are installed in all UK rental properties. If your prospective house doesn't have one, in addition to being very dangerous, this indicates the landlord has a habit of cutting costs in important areas.

### 2. What does the landlord/agency want you to provide?

Don't hand over any money or sign anything until you are sure you can provide all the evidence required. You may find that a fee, once paid, is non-refundable if you cannot provide the documentation the landlord requires.

## Problems?

If you are having difficulty finding a house, contact Cardiff Student Letting and explain your situation. They may be able to find you accommodation at short notice. If you are having difficulty with a prospective or current landlord/agency, begin by contacting the Student Union's Advice and Representation Centre (ARC).

If you think you have been subject to a scam (for example, have had money taken from you under false pretences), contact the police – Cardiff's non-emergency number is 101 and you can call from a landline or mobile. You can also look up the number of your local station online or visit Cardiff Central Police Station (map ref. 54). Always dial 999 if you are in danger or you need urgent assistance.

## Resources

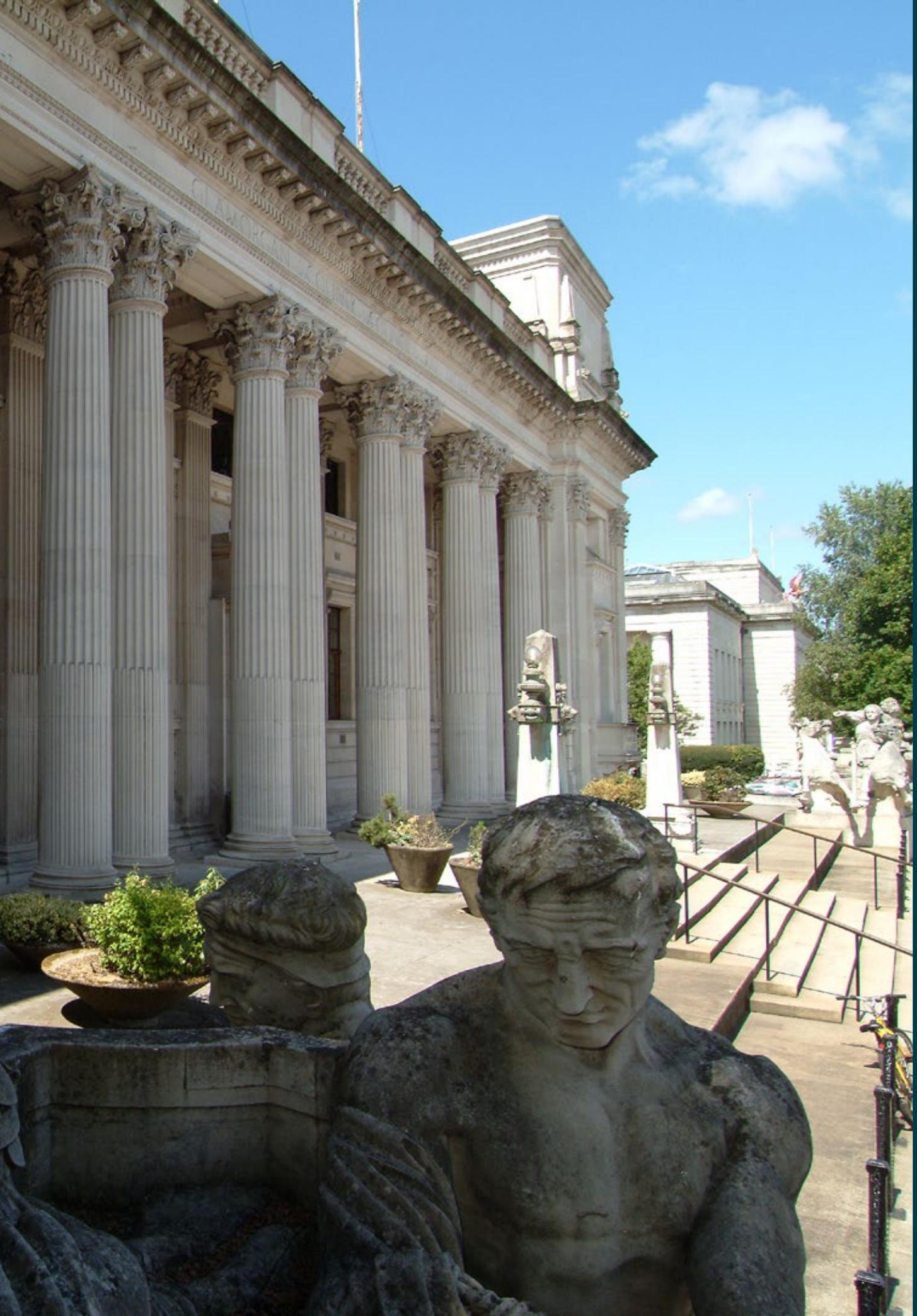
The Advice and Representation Centre can provide impartial advice and guidance if you have a problem during your tenancy: [www.cardiffstudents.com/advice/housing](http://www.cardiffstudents.com/advice/housing)





# THE UNIVERSITY

This section of the Guide contains information on the facilities and services available to you as a postgraduate student at Cardiff



# CARDIFF UNIVERSITY STUDENTS' UNION

Cardiff University boasts the largest Students' Union in Wales. Spread over four floors, the Students' Union provides a range of services, including the dedicated Graduate Centre for postgraduate students. The Union offers everything you'd expect and more, including bars, cafés, shops and student services.

## The Taf

Your friendly student local can be found at the top of the steps to the Students' Union on Park Place. Its friendly staff serve fantastic (and fantastically cheap) food and drink seven days a week, plus special events including live music, pub quiz and coverage of all the national and international sporting action on the big screen.

from a range of locally sourced outlets. At night, it is transformed into a nightclub and plays host to legendary clubnights and live music events. Recent acts have included Jake Bugg, Bastille and London Grammar.

## CF10

Located on the 1st floor, CF10 is a café by day and an intimate entertainment venue by night. It hosts live music and acoustic gigs, plus society and club socials.

## The Lounge

Situated on the 3rd floor, the Lounge is an adaptable open plan space for alcohol-free socialising and study. There are individual podlets with TV, as well as larger social spaces and a small kitchen. The Lounge also contains a multi-faith prayer room for use at any time, as well as a small kitchen with a microwave for heating food. In the warmer months, there is a balcony with seating and tables.

## Y Plas

Y Plas, the recently refurbished Students' Union nightclub, is a multipurpose venue. During the day you can pull up a comfy chair and catch up with friends, or get on with work. Food and drink is available





## The Great Hall

By day, this space hosts fayres, exhibitions and even some University lectures. By night, it is a live music venue, with recent acts including Ben Howard, The Civil Wars, Marillion and Mayday Parade.

## The Mall

Within the Students' Union is a range of independent shops and services. Not many Students' Unions boast that you can find a place to live, fix your computer, get a job, set up a bank account, print some t-shirts, get a haircut and pick up your course books all under the same roof!

Entering from the Senghennydd Road entrance, you will find:

- Cardiff Student Letting – the Students' Union's own, award-winning letting agency.
- Jobshop – the place to go if you are looking for part-time work during your studies.

- The IT Shop – sells a wide range of laptops and desktops plus accessories, with flexible payment schemes. They also offer a repairs service!
- Magic Wrap – an independent, delicious and healthy sandwich shop
- The Print Centre – ideal for all your printing needs, including a very reasonable dissertation printing and binding service.
- Santander Bank – a specialist branch for all your student banking needs.
- Cutting Edge – hairdressing salon
- WH Smith Union Shop – wide range of products at student prices, plus the best place to get Cardiff University branded clothing and sportswear.

## Social Activities, Societies and Student Services

The Union is also home to the elected officers who represent all Cardiff students and run the Union.

To find out more about societies and other activities at the Union, visit page 31 of this guide.



## Resources

To find out more about the Students' Union and its facilities, visit [www.cardiffstudents.com](http://www.cardiffstudents.com)

# THE GRADUATE CENTRE

Cardiff University's Graduate Centre is a dedicated space for postgraduate students to meet, study and relax, away from the hubbub of undergraduate student life. Offering a range of facilities and services, this should be your home away from home at the University.

## Facilities

Cardiff University is one of the few universities in Britain to offer a dedicated Graduate Centre. Located on the 3rd floor of the Students' Union building, the Centre provides year-round facilities exclusively for the use of postgraduate students. The Centre boasts a café bar, reading room, a range of meeting and seminar rooms and a lounge with networked computers. The Graduate Centre is open until midnight every day of the week, providing a tranquil space for those who need to study.

## The Café Bar

The Café Bar is a friendly and informal space ideal for socialising or working. Many postgraduates choose to work in the Café Bar as an alternative to the library, but it also hosts a range of evening social events throughout the year and can be hired free of charge!

## The Study Lounge

The Study Lounge is a flexible working space offering a range of meeting tables, networked computers, comfortable sofas, chairs and coffee tables and is the ideal place for a chat or to read.

## Meeting Rooms

The Graduate Centre offers five meeting rooms which can seat from four to 40 people. These can be booked by any postgraduate student for activities relating to their course, such as study groups, seminars, presentations or receptions. Laptops, projectors and other audio-visual equipment are also available to hire.

## Computer & Reading Rooms

There is a dedicated postgraduate computer room with 35 networked PCs. The Reading Room offers an alternative to studying in the library or at home and offers individual silent study spaces.

## Heath Park Graduate Centre

For medical students based at the Heath, the Heath Park Graduate Centre offers a range of 24/7 study and social facilities for postgraduates.



## Social Events and Activities

The Graduate Centre offers a range of social events for postgraduate students throughout the year. Full details of the current programme can be found on their website - details at the bottom of the page.

## Postgraduate Welcome Fortnight

You will likely be pleased to learn that Welcome Fortnight is a far less frantic affair than Freshers' Week. Each year the Graduate Centre offers a range of social activities to welcome new postgraduate students to Cardiff. The schedule often includes several meet & mingle events, quizzes, meals out, a café crawl, a bar crawl and trips to local attractions including Cardiff Bay.

Details of Welcome Fortnight are usually posted during the summer and can be found on the website - see below for link.

## Regular Events

The Graduate Centre runs a wide range of events for postgraduate students and their guests throughout the year. These are advertised on their website and on posters displayed throughout the Centre. Popular regular events include film nights, Wii tournaments, board games and

quiz & pizza nights (with a cash prize for the winning team!).

## Coach Trips

Interested in seeing a bit more of the UK during your time in Cardiff? The Graduate Centre offer coach trips to a range of attractions in Wales and around the UK throughout the year. Locations include Stonehenge, Oxford, the Hay on Wye Literary Festival, Bath, Bristol Zoo, Alton Towers, the Gower and the Brecon Beacons.

## Further Afield

Fancy getting away for a bit longer? The Graduate Centre also offer longer trips (3-4 days) to take in places like Edinburgh, York and the Lake District which cannot be reached easily on a day trip!

## Resources

Check out all the Graduate Centre's facilities and events on their website: [www.cardiff.ac.uk/gradc](http://www.cardiff.ac.uk/gradc)



# SKILLS AND DEVELOPMENT



There's more to your postgraduate journey than just achieving a degree, and Cardiff University is keen to ensure that you make the most of your time here. The University provides a range of services dedicated to developing skills for the future, including many facilities exclusively for the use of postgraduates.

## University Graduate College

Networking is an integral part of your postgraduate journey, and the University Graduate College (UGC) at Cardiff exists to foster an intellectually stimulating environment where students are encouraged to share and develop research interests with peers from other academic Schools, and to feel part of a wider research community. The UGC also provides funding and advice for interdisciplinary academic activities organised by research students – from themed forums, reading groups and seminars to more formal conferences and workshops.



The UGC Programme for Postgraduate Researchers provides access to high quality research training by offering an extensive programme of workshops and student-led conferences, designed to

complement the project-specific skills training provided to doctoral students by Schools. The Programme offers workshops and events addressing the full Researcher Development Framework, the UK standard for research training.

## Other opportunities

Postgraduates are encouraged to take advantage of the wider provision available throughout the University. For example, the Languages for All Centre offers language programmes free of charge to all students, helping you to develop outside of your academic course.



Cardiff University Enterprise offers skills development workshops, events, competitions and business support for aspiring entrepreneurs.



## Resources

Check out the range of UGC events in their current programme here:  
[www.cardiff.ac.uk/ugc/information-for-prospective-students](http://www.cardiff.ac.uk/ugc/information-for-prospective-students)



# NETWORKING

As a postgraduate student, it is essential to stay informed about current work and research in your area of academia.

As well as providing you with support during your postgraduate study and encouraging intellectual debate, networking with other postgraduate students and academics ensures that you stay on top of research in your field and that you forge links with other researchers, businesses and enterprises.

## Seminar Series

Most of the University's Schools run seminar series throughout the academic year. Papers are delivered by visiting academics, alumni and current postgrads, and are an ideal way of continuing to broaden your wider subject knowledge as well as build a list of contacts working in your field. Students should look out for information on seminar series on school websites.

## Conferences

Postgraduate researchers are advised to attend as many conferences as possible, and the contacts you can make at these events can be invaluable, often leading to an invitation to present a paper at another conference or even to publish a paper you've just given. Individual schools will send out calls for papers for relevant conferences to their postgraduate students.

## Cardiff University Events Calendar

The University holds details of events across all academic Schools on its online events calendar. Here, you can browse upcoming lectures and other events, book tickets and even filter by audience, School, event type, topic, series or date.



## Resources

Cardiff University Events Calendar: <http://events.cardiff.ac.uk>

# FACILITIES

The University boasts a wide range of facilities, including 3,000 study spaces in 16 separate libraries conveniently located across both campuses. Selected libraries are open 24/7 to help you get your work done.

The Cathays Park campus sprawls grandly around the 19th century Portland stone buildings of Cardiff's historic civic centre. Four academic schools are based at the Heath Park campus, where they share a 53 acre site with the University Hospital of Wales. Over £200 million has been invested in the University estate in recent years, including a state-of-the-art learning and teaching hub at the Business School.

## Information Services

As well as accessing 24-hour computing facilities, students can make use of Cardiff Portal, an online hub which allows students to access emails, personal files, shared files and electronic journals on and off campus. Cardiff University also has a Student Intranet.

The Learning Central portal provides access to lecture notes, reading lists and documents, in addition to the ability to book places on research training courses through the University Graduate College (see page 25).

## Libraries

Aberconway Library (map ref. 11)

Located on the ground floor of the Business School's Aberconway Building, this library contains books and resources for business-related subjects, including Finance, Economics, Management, Transport and Maritime Studies, Industrial Relations and Marketing.

Arts and Social Studies Library (map ref. 18)

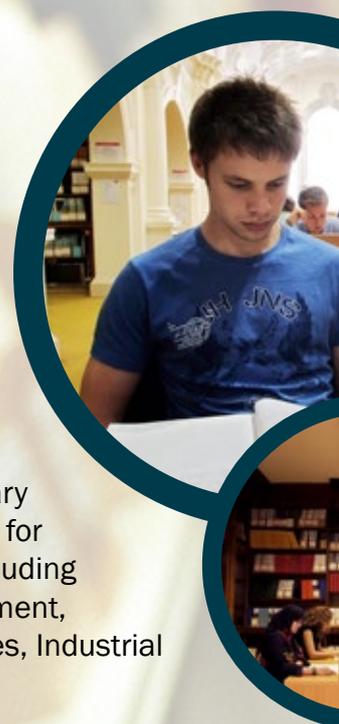
Centrally located next to the John Percival Building in Cathays, this library covers History, Archaeology, Theology and Religion, English, Communication and Philosophy, Languages, Politics, Psychology and some Social Sciences. On the first floor, you can also find the Law Library and Optometry.

Special Collections and Archives (SCOLAR) (map ref. 18)

Based in the ASSL Library, SCOLAR aims to preserve, promote and develop the University's historical and special research resources and to support the postgraduate community.

## Resources

- LibrarySearch: [www.librarysearch.cardiff.ac.uk](http://www.librarysearch.cardiff.ac.uk)
- Library Opening Times: [www.cardiff.ac.uk/insrv/libraries](http://www.cardiff.ac.uk/insrv/libraries)



Qualified archive staff are on hand to assist you with your queries.

## Biomedical Sciences Library (map ref. 35)

Located in the University's Main Building on the first floor of the East Wing. Includes literature on Biosciences, including Genetics, Microbiology and Neuroscience.

## Bute and Architecture Libraries (map ref. 45)

On the first floor of the University's Bute Building is the library for Journalism, Media and Cultural Studies, Planning and Geography, Pharmacy and the Social Sciences, including Education. Head upstairs to the second floor for the Architecture Library.

## Music Library (map ref. 22)

The Music Library can be found next door to the School of Music in Aberdare Hall's Library Wing.

## The Science Library (map ref. 39)

Located in the University's Main Building on the first floor, this Library contains resources for Chemistry, Biosciences, Earth Sciences, Geography, Geology and Neuroscience.

## Senghennydd Library (map ref. 42)

This Library hosts Mathematics, Statistics

and Lifelong Learning. It can be found on the ground floor of the School of Mathematics on Senghennydd Road.

## The Health Library (map ref. 115)

The Health Library is located over three floors of the Cochrane Building, Heath Park campus.

## Trevithick Library (map ref. 58)

The Trevithick Library is home to literature on Physics, Astronomy, Computer Sciences and Engineering. It can be found behind the Queens' Buildings and is a short walk from the main campus.

## Other Facilities

### Eye Clinic

Cardiff University students are entitled to a free eye test in the University's state-of-the-art Eye Clinic (map ref. 15).

### Inspire Performance

Our physiotherapy clinic aims to support athletes across Wales and educate the sports physiotherapists of the future. The clinical team is lead by Rhys Shorney, physiotherapist with Team GB at the London Olympics. For more information on sports on campus, see page 29.

## Resources

- Eye Clinic: [www.cardiff.ac.uk/eye-clinic](http://www.cardiff.ac.uk/eye-clinic)
- Inspire Performance: [www.cardiff.ac.uk/inspireperformance](http://www.cardiff.ac.uk/inspireperformance)







recently expanded range of cardiovascular exercise equipment with audio visual capability and internet connectivity. It also houses three glass-backed squash courts which have hosted many events including the Welsh Junior Open. Because of its great location, this means you can partake in some exercise before or after lectures or the library.

## Strength and Conditioning Centre (Map ref. 34)

The Cardiff University Strength & Conditioning Centre is a purpose-fitted facility. It is designed to provide the facilities for elite athletes to maximise their potential and give themselves that extra competitive edge.

## Heath Park Sports and Social Club

Cardiff Medical Centre Sports and Social Club is a members club, open to those employed through Cardiff & Vale LHB, Cardiff University and other associated bodies. Located at the Heath Campus, memberships are also available for students and residents of University Hospital of Wales. The club itself boasts a 25m heated indoor swimming pool, a fully-equipped gymnasium, two squash courts, a large multi-purpose sports hall,

badminton & table tennis, drop in fitness classes and swimming lessons - for adults & children. If your studies are based in the healthcare or medical fields then this facility is ideal for you.

## Sports Fields

Other than the many indoor facilities we offer, Cardiff University also offers an extensive 33-acre site which provides students, staff and external users with high quality grass pitches accompanied by catering and substantial changing facilities. The location is home to three rugby pitches, six football pitches (five for winter use, one for summer use), one lacrosse pitch, four cricket squares and one floodlit training pitch. The site is located six miles to the east of the Cathays campus, in Llanrumney.



## Resources

Check opening times, find exercise classes and membership information over at [www.cardiff.ac.uk/sport](http://www.cardiff.ac.uk/sport)



# SOCIETIES AND OTHER ACTIVITIES



## Societies

With over 180 societies to choose from, spanning a cappella to yoga, there's something to suit everyone! Joining a society is a great way to make friends, enhance your CV, take up a new skill or hobby or just have a good time. The majority of societies have a mix of postgraduate and undergraduate members. They include political parties, departmental and course societies, activities and hobbies (including acting, art, baking, breakdance, caving, chess, and many more).

## Go Global

Festivals are a common thing in the world of students, but no festival is as exciting and ground-breaking as Go Global, Cardiff University's festival of culture and diversity. From India to Pakistan, China to Greece, our societies will take you on an incredible, unforgettable journey around the world. Cardiff is home to students from all over the world, and at the last count, there were over 30 societies for students from different religious and cultural backgrounds! Held annually in March.



## Student Led Services

The Students' Union is also home to six groups which provide services to other

students and the local community. They are entirely run by student volunteers and are always looking for new members to join. Services include: RAG (charitable fundraising), SHAG (Sexual Health Awareness Group), Student Minds (mental health/eating disorders), Nightline (confidential student-led phone service), Healthy People (healthy living) and a fruit and veg co-op.

## Student Volunteering Cardiff



Student Volunteering Cardiff (SVC) is the Student Union's volunteering organisation and offers a wide range of different projects which you can choose to fit around your own schedule.

## Associations

The Students' Union is dedicated to providing help and support to students from a range of backgrounds. There are eleven different associations which organise social and campaigning activities for Cardiff students. They are all free to join and serve to provide a friendly and welcoming social activities and support for their members.



## Resources

- You can find a full list of societies and associations along with information on Go Global and Student Led Services at [www.cardiffstudents.com](http://www.cardiffstudents.com)
- To find out more about Student Volunteering, visit [www.svcardiff.org](http://www.svcardiff.org)

## Student Media

Our four media channels provide the student body with a one-stop information point for student life in Cardiff, giving comprehensive news coverage, igniting debate and discussion, and capturing the essence of student lifestyle in the city. Dedicated teams of students produce a weekly newspaper, fortnightly lifestyle magazine, radio station and TV station.



Student media is always on the lookout for new recruits. There's no typical member - those involved are from a very diverse range of backgrounds, studying everything

from physics to philosophy, and as long as you've got passion and enthusiasm, you'll be welcomed aboard. You can find out more by visiting their websites (see below) or popping along to the Student Media offices in the Students' Union.

## Gair Rhydd

Meaning 'Free Word' in Welsh, Gair Rhydd is Cardiff University's independent weekly newspaper. Covering local and national

issues and with all content produced by Cardiff students, Gair Rhydd provides a fantastic opportunity to write for a wide audience of fellow students. Gair Rhydd



welcomes contributions to all sections of the newspaper, including news, politics, comment, science, sport, advice, Taf-Od (Welsh language section) and sports.

## Quench

Cardiff Student Media also produce Quench, a monthly lifestyle magazine. Like Gair Rhydd, Quench is always looking for new contributions from students. Regular sections include: fashion and beauty, food and drink, travel, features, culture, music and film.



## Xpress Radio

Xpress Radio is Cardiff University's award-winning student radio station.

Whether you dream of being the next Nick Grimshaw or working behind the scenes in production or technical, Xpress regularly recruits students to all roles in the running of the station. The station also covers local and new music, a panoply of specialist music genres, local and national news, politics, film, sport, comedy, drama, entertainment and much more!



## Resources

- Find out more about Student Media on [www.cardiffstudentmedia.co.uk](http://www.cardiffstudentmedia.co.uk)
- To tune in to Xpress Radio, visit [www.xpressradio.co.uk](http://www.xpressradio.co.uk)
- Find the latest broadcasts from CUTV at [www.cardiffstudentmedia.co.uk/cutv](http://www.cardiffstudentmedia.co.uk/cutv)

# SUPPORT SERVICES

No matter how well you plan, from time to time you may find you need assistance such as counselling support or practical advice. Whether or not you use the support services, it's always reassuring to know they are there should you need them. Here's a quick guide to some key services.

## Advice & Guidance

Providing impartial and confidential advice to help students on a wide range of personal, financial, academic and general welfare matters, Advice and Guidance also offers help and support to applicants and parents.

## Financial Support

The University provides a range of financial support services to students who face unexpected financial difficulties whilst at university. These include the Hardship Fund, which students can apply to for additional help with their studies.

## Day Care Centre

Providing crèche facilities for children aged from 10 weeks to 5 years, the Centre is open from 8.00am to 6.00pm, Monday to Friday, for most of the year. Early application is advisable.

## Counselling, Health & Wellbeing

The service offers a range of support services to students who may be feeling distressed or anxious and wish to discuss matters of a personal or emotional nature. Counselling can be provided in wellbeing

drop in sessions and confidentially one-to-one, by email or by telephone. The Counselling Service adheres to the British Association for Counselling and Psychotherapy ethical framework.

## Disability and Dyslexia Service

The Disability and Dyslexia Service provides advice and support to prospective and current students. Staff are available to provide a broad range of services, providing support to students with learning difficulties alongside a general support worker programme.

## International Students

The International Student Support Services team is dedicated to the welfare of international students. Advice and support is available on a wide range of aspects of being an international student in the UK, such as visas and immigration.



## University Chaplaincy

Cardiff University Chaplaincy offers places of friendship, hospitality, prayer and support. The University Chaplaincy is comprised of Anglican, Catholic, Eastern Catholic, Methodist and Muslim chaplains. All chaplains are committed to working together to develop mutual respect, inclusion and diversity at the University.

Our Chaplains provide a range of services:

- social events to meet new friends
- opportunities to explore religious faith and issues of social justice
- confidential pastoral listening service
- quiet spaces for personal prayer or meditation
- lectures and debates to facilitate and encourage academic learning in a wide range of fields, including theology, religious studies, ethics, and philosophy
- opportunities for worship and communal prayer
- information about local faith communities and places of worship
- inter-faith events to encourage dialogue among different religions

## Careers

Our team of Career Consultants and Advisers are on hand to help you with all stages of your career planning. You can book a consultation or quick enquiry appointment depending on what you need to discuss. If you have a quick query but haven't had time to book an appointment, you can drop in to the Careers & Employability Centre every weekday from 2.15pm. You can also log in to Career Central to explore everything to do with career choices, including:

- identifying interests, skills and competencies
- finding job opportunities and further study options
- getting help with forms and processes
- accessing online tests, databases and videos
- learning about common questions from students and graduates

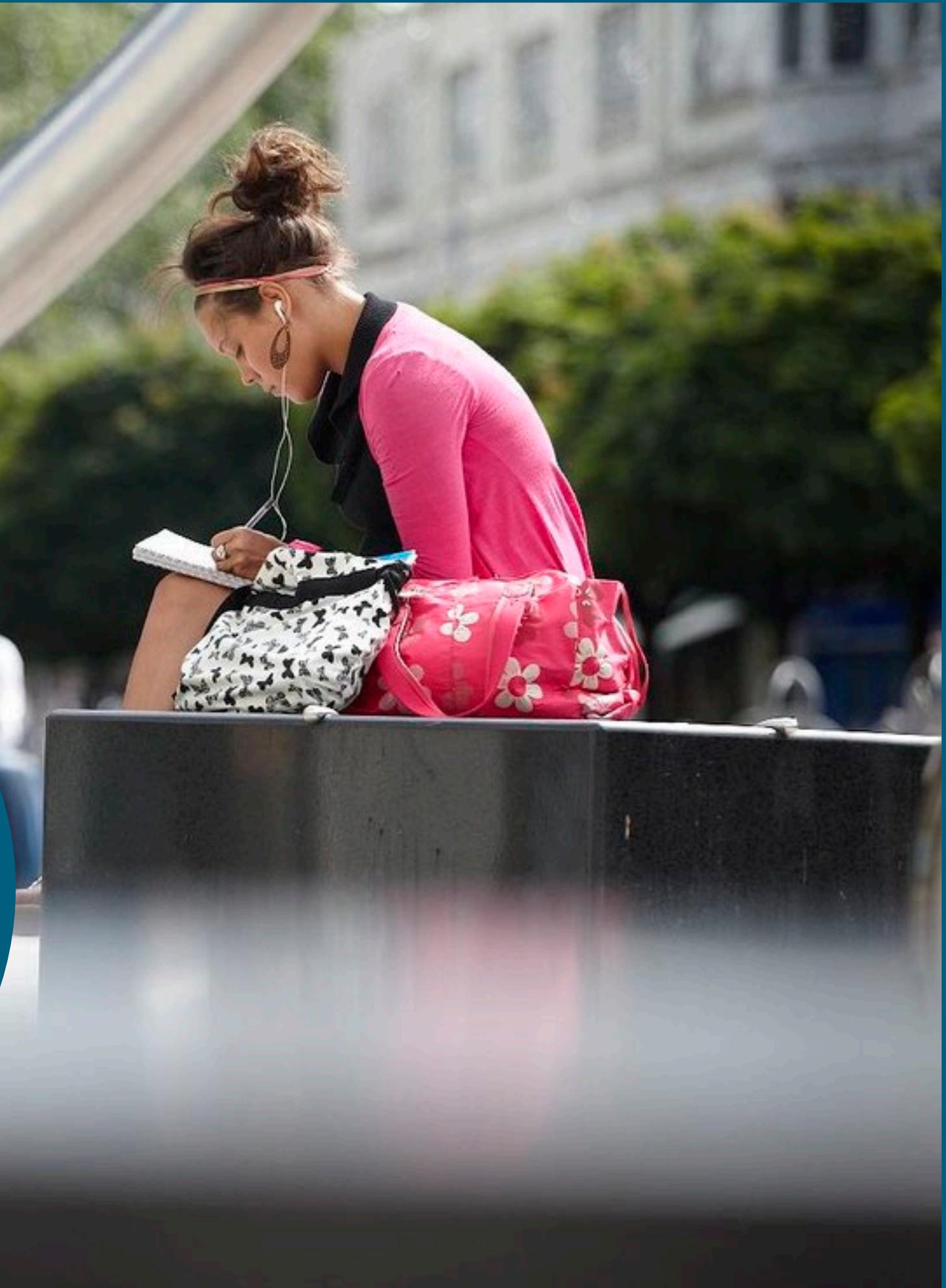
## Resources

- Advice & Guidance: [www.cardiff.ac.uk/advice](http://www.cardiff.ac.uk/advice)
- Financial Support: [www.cardiff.ac.uk/financialsupport](http://www.cardiff.ac.uk/financialsupport)
- Day Care Centre: [www.cardiff.ac.uk/creche](http://www.cardiff.ac.uk/creche)
- Counselling, Health and Wellbeing: [www.cardiff.ac.uk/counselling/students](http://www.cardiff.ac.uk/counselling/students)
- Disability and Dyslexia Service: [www.cardiff.ac.uk/dysl](http://www.cardiff.ac.uk/dysl)
- International Students: [www.cardiff.ac.uk/studentsupport/international](http://www.cardiff.ac.uk/studentsupport/international)
- Academic Skills and Development Centre: [www.cardiff.ac.uk/academicskills](http://www.cardiff.ac.uk/academicskills)
- University Chaplaincy: [www.cardiff.ac.uk/chaplaincy](http://www.cardiff.ac.uk/chaplaincy)
- Careers: [www.cardiff.ac.uk/careers](http://www.cardiff.ac.uk/careers)



# LIFE IN CARDIFF

This section of the Guide contains information on living in the city of Cardiff - a place we're proud to call home



# CARDIFF

Capital City of Wales

## Facts about the city

We've collected together some of our favourite facts in this infographic to give you a condensed view of some of the features of this incredible city and surrounding areas

### CARDIFF CASTLE

located in the heart of the city

2,000

years of history

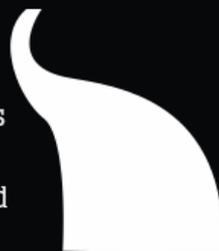


Cardiff residents can get a Key to the Castle for a minimal fee and enjoy free access all year round



### TAFF TRAIL

The Taff Trail stretches from Cardiff Bay to Brecon, through over 2,000 acres of parkland



### NORWEIGAN CHURCH

Located in Cardiff Bay, the church is where renowned children's author Roald Dahl was baptised



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Piktochart  
make your data beautiful and simple

## CARDIFF SPORTS HIGHLIGHTS



The Millennium Stadium seats 75,000 people and is Europe's noisiest!



Cardiff City Stadium seats 33,000 people and is home to Cardiff Bluebirds



Cardiff International Sports Stadium seats 5,000 people and is purpose-built for athletics

## DID YOU KNOW?

### Cardiff Airport



Flights to a range of international and domestic locations

### Parks and Gardens



Cardiff has over 330 parks and gardens

### Welsh language



10% of Cardiff residents speak Welsh

### Television shows



Cardiff is home to Doctor Who, Torchwood, Casualty and many more...

## CARDIFF SHOPPING HIGHLIGHTS



St David's Shopping Centre is a £675 million development in the city centre



Cardiff has a range of local markets including the Indoor Market



Cardiff is home to 8 shopping arcades stretching 2,655ft in total



# SHOPPING

Cardiff has all the shops you would expect from a capital city. From high-end fashion to quirky boutiques and interesting niche retailers, there's plenty to pique your interest...

## The Basics

No matter where you live, you are guaranteed to be within walking distance of several convenience stores. Local hubs like Salisbury Road, Albany Road and Whitchurch Road are home to several branches of various national supermarkets. Adjacent to the Cathays Park campus is Cathays Lidl – a must for any student on the lookout for a deal!

## High End Fashions

The last five years have seen Cardiff city centre undergo something of a renaissance. The brand new St David's Centre is home to familiar high street brands as well as a range of jewellers, specialist shops and everything you'd expect from a large centre.

Also in the city centre, you can find a variety of national and international brands on the Hayes, St Mary's Street and Queen Street. Nearby are Queen's Arcade and the Capitol Centre, both of which contain smaller, more specialist shops alongside major high street names.

## Independent Shops

Cardiff is also home to an array of local retailers. In the city's famous arcades are a number of vintage fashion shops, as well as specialist stores such as Spiller's (the oldest record shop in the world) and Troutmark Books. There are also niche shops for everything from boots to buttons, barnets to board games and costumes to crafts.

Located in the middle of the city centre is Cardiff Market - a large indoor space containing stalls selling vegetables, meat, household supplies and much more. If vintage curios and collectables are your thing, you should check out Jacob's Antiques just off Callaghan Square, and Cardiff Fashion Quarter on Womanby St.

Throughout the year, there are a number of seasonal attractions. In December, the Hayes is filled with cabins selling a range of Welsh art and crafts. Regular independent food stalls and craft markets also take place throughout the year on Churchill Way and St Mary's Street, as well as in Riverside, Splott and Roath.

Whatever the time of year, there is always something exciting happening in Cardiff!

## Resources

Keep up to date with what's going on in the city - and news and events from across Wales - via WalesOnline: [www.walesonline.co.uk](http://www.walesonline.co.uk)

# EAT, DRINK, PLAY

It is impossible to condense everything we love about eating, drinking and going out into just two pages - but we've tried to represent here a smorgasboard of delights for you to sample first and foremost upon arriving in the city.



## Food and Coffee

Cardiff is home to some wonderful places to eat and drink - here's our pick of the pack.

### Juno Lounge

Located on Wellfield Road in Roath, Juno serves a range of fresh, healthy food and coffee from early until late.

### Milgi

A vegetarian haven with cocktails to die for, Milgi is located on City Road in Cathays and even has a yurt in the garden for customers to sit in!

### AJs Breakfast Bar

Located on City Rd, AJs is a lovely place to get cooked breakfast, bagels, burgers, soup and more, served with a smile!

### Crumbs

A lovely little vegetarian nook in Morgan Arcade, Crumbs provides hot and cold food and drinks to eat in or take away.

### Deli Rouge

Located at the top of Mackintosh Place in Roath, Deli Rouge offers delicatessen foods and a range of tapas and teas, in addition to breakfast buns and more!

### Barker Coffee / Barker Teahouse

With two locations in Duke Arcade and Castle Arcade, Barker is a true Cardiff landmark, with gorgeous furnishings and a divine range of drinks.

### Coffee # 1

Although a chain coffee shop, the pleasant decor and numerous locations around the city make Coffee # 1 a regular haunt for people seeking food and drink.

### Madame Fromage

Part of Madame Fromage's Cheese Shop in Castle Arcade, the Madame Fromage Restaurant serve un-brie-lievable Welsh and Breton cuisine!

### Hoffi Coffi

Conveniently located adjacent to the Arts and Social Studies Library, Hoffi Coffi is the perfect place to curl up for an afternoon with a hot drink.

### Hogwurst

Located on North Road not far from Talybont Halls of Residence, Hogwurst



offer hot dogs, chips, snacks and cakes in addition to delicious milkshakes and a friendly welcome to all.

## Pubs, Clubs and Live Music

### Bunkhouse

Located on St Mary Street in the city centre, Bunkhouse is a colourful place to get a drink. With an old picture house in the basement and beds for clientele to relax on, it's a truly unique experience.

### Gwdihw

Our favourite live music venue, Gwdihw is an intimate venue on Guildford Crescent in the city centre. Great music, great vibes and a covered garden area all make this our number one pick for places to drink and dance.

### Clwb Ifor Bach

A larger venue on Womanby Street, the Welsh Club as it is affectionately known often hosts big name bands and DJs, and provides customers with three floors of entertainment across different genres.

### The Moon Club

Also on Womanby Street, this mid-size venue is always crammed full of people and boasts live music in at least one of its three rooms most weekends. Drinks are cheap but it's a

cash only bar.

## Theatre

If you enjoy theatre, Cardiff has copious and diverse venues showcasing cutting edge international and Welsh performances.

Smaller venues include the recently renovated Sherman Theatre (468 seats) located behind the Students' Union in Cathays, the Gate Arts Centre in Roath (350 seats) which is a beautifully renovated church, and the Chapter Arts Centre in Canton which is an ambitious, multi-artform venue that presents, produces and promotes international art, live performance and film. NoFitState Circus - an exciting physical theatre company - is also based in the city and local performances are frequent at their spaces on John Street and Broadway.

Larger venues include the 118 year old New Theatre (1,144 seats) which often offers £5 tickets to students, and St David's Hall (2000 seats) which is a National Concert Hall with a range of live entertainment throughout the year, including world-class orchestral concerts, the BBC Cardiff Singer of the World and many music and comedy shows.

Of course, we must finish off every list of venues for eating, drinking and playing with the magnificent Millennium Centre in Cardiff Bay. Home to the Welsh National Opera and National Dance Company Wales, it is a must-see for everyone.

## Resources

Why not crowdsource your eating out decisions by checking the reviews on Trip Advisor? [www.tripadvisor.co.uk](http://www.tripadvisor.co.uk)

# MY CARDIFF

## COSMESTON LAKES AND MEDIEVAL VILLAGE

Located a short distance from Cardiff, this landscaped quarry is perfect to de-stress after a long day. The nearby medieval village is free to enter – and they filmed Doctor Who here!

## ST FAGAN'S MUSEUM OF WELSH LIFE

This cornucopia of historical curiosity includes genuine historical buildings from all across Wales, lovingly restored within this country park.

## SHOPPING ARCADES

Cardiff is known as the 'City of Arcades' because of its labyrinth of Victorian shopping arcades. Personal favourites include the awesome dining at Madame Fromage (the cheese shop), Rules of Play (board games), and local and international foods from Wally's Health Foods and Delicatessen.



Hector is a PhD student in History at the School of History, Archaeology and Religion.

## PENARTH PIER

Recently refurbished, this beautiful art deco pierhead building now includes a café/restaurant, cinema and art gallery alongside some of the best views of the Severn Estuary in Wales.

## DOCTOR WHO EXPERIENCE

As a massive fan of the series, I was excited about studying in Cardiff! Recently refurbished, the Experience includes an exciting walkthrough adventure and a large exhibition of genuine props and costumes from the show.

# MY CARDIFF

## THE COFFI HOUSE

Wellfield Road in Roath is lined with great shops and cafes, but the Coffi House stands out with its great food, cosy seating, and friendly staff. My favourite breakfast spot!

## A SHOT IN THE DARK

Whether I need a takeaway coffee on my way into town, a friendly drink, or a bite to eat, this independent café bar wins for versatility, quality and ambiance.

## BUTE PARK

It's hard to pick one of Cardiff's beautiful parks, but if you want to clear your head, strolling through the Blackweir Woods can make you forget the bustling city outside.

Kat is a PhD student in Critical and Cultural Theory at the School of English, Communication and Philosophy.

## SPICE OF LIFE

This wholefood shop is a true gem. With its varied offerings and friendly owners, it's one of my favourite parts of Roath life. A must-visit if you like to cook!

## TAFF TRAIL

Cardiff is surrounded by gorgeous countryside, and whether for a mile or two or a day out, a Taff Trail trip offers lovely sights, including the beautiful River Taff itself.

Taff Trail image © Mick Lobb

# EXPLORING THE CITY

Living in Cardiff, you will have the opportunity to experience one of the most thriving and uniquely intimate capital cities in Europe. The best way to see the city is to walk because unlike many capitals, its pedestrianised streets make it very accessible. This allows you to explore its many spaces and immerse yourself in the compelling and fascinating range of attractions on offer.

We have split the sights of Cardiff geographically between the city centre and the Bay. These two cultural hubs are where the majority of events and things to see are located, and they are very easy to navigate. It takes roughly 20 minutes to walk from the centre to the Bay, but for those who are feeling less active, trains regularly run from Cardiff Central and Queen Street stations every 15 minutes.

## City Centre

If you were to pick a central point to begin your journey around the city, the majestic Cardiff Castle is a fascinating place to begin. The foundations of the castle date back to 50AD, and the imposing building walled with elaborate gargoyles is a 19th century gothic fantasy. It's a monument to eccentricity that as a resident you can visit (almost) for free. All you need to do is take your proof of address, a crisp £5 note and your ID to receive your 'key to the castle'.

The castle (pictured left) backs onto

the extraordinary Bute Park. Cardiff is blessed with a beautiful 130 acre landscape garden and parkland right in the heart of the city. Straddling the river Taff, it has an arboretum, flower gardens, recreation grounds and two cafés. The Taff Trail (which runs through the park) makes the most of former rail routes, towpaths and tramways, allowing you to walk or cycle from Cardiff Bay through 2000 acres of parkland, all the way to the Brecon Beacons. In the summer the park is filled with local residents enjoying the summer heat and relaxing on the grassland. You can even catch an aquabus from Bute Park down to Cardiff Bay.

As the capital of Wales, Cardiff is also home to the National Museum (pictured right, during the annual Winter Wonderland in December). Located on the edge of the Cathays Campus, this monumental building contains exhibitions about natural history, archaeology and geology, and has an art collection with a range of paintings from world-renowned impressionist and post-impressionists, 1930s surrealists and 20th century Welsh art. This is another free experience.



For more localised history, situated in the beautiful Old Library in the Hayes square is the Cardiff Story. Here you can discover how Cardiff was transformed from the small market town of the 1300s to one of the world's biggest ports in the 1900s, then to the cool, cosmopolitan capital we know today.

## Cardiff Bay

Cardiff Bay has a history of redefining itself. Over the past two hundred years it has developed from its early days as a small port at the beginning of the Industrial Revolution, to its height in the 1880s as an integral series of docks handling more coal than any other port in the world, through a period of neglect during the 1970s and 1980s, to its current modern status as a thriving and bustling cultural centre.

At the centre of this development are four equally impressive but very different architectural icons of the city. First is The Millennium Centre (pictured above left), which is more than just an arts centre and attracts some of the world's finest comedians, operas, musicians, theatre shows and dance productions.

It provides customers with shops, bars, restaurants and a gallery, acting as an important social space for relaxing in the Bay.

The second of these buildings is the Senedd, which is home to the National

Assembly and is the main centre for democracy and devolution in Wales. Built by the renowned architect Richard Rogers, the building is open to anyone. Why not visit the public galleries and see democracy in action as the Assembly Members debate legislation?

The third of these Iconic Cardiff Bay buildings is the Pierhead Building. The startling red bricks are a testament to the importance of industry and the building is the centrepiece of the Bay. A historic Grade One listed building, it was once the focal point of commerce in Wales. Today it is a space to reflect culture and is a key venue for live discussion and debate.

The fourth iconic building is the Norwegian Church. A symbol of the global reach of Cardiff docks, famous children's author Roald Dahl (born and raised in Cardiff) regularly worshipped at the Norwegian Church and was baptised there as an infant.

If science is your thing then you cannot miss Technquest, which is an interactive science and discovery centre including a planetarium which is fantastic for helping you embrace your inner child.

Fans of Doctor Who must visit the Doctor Who Experience. Housed in a specially constructed facility in Cardiff's Porth Teigr - a stone's throw from the BBC studios where Doctor Who is filmed - the Doctor Who Experience offers a unique and exciting journey into fifty years of the show.

## Resources

Check out [www.visitcardiff.com](http://www.visitcardiff.com) for information about attractions in Cardiff and across South Wales.

# SPORTS OFF CAMPUS

Cardiff has an impressive reputation for holding a variety of national and international sporting events. From the Olympics to the Rugby World cup, no matter the sport you are interested in there will be something here for you to enjoy, either as a spectator or a participant. Such is the city's commitment to sport as a social function for improving the quality of life of its citizens, it was awarded the title of European Capital of Sports in 2014.



## City Centre

As the capital city of Wales, Cardiff is the home of national sport. This means that not only are the country's sporting governing bodies located here, but many of its best venues as well. With a 74,500 seat stadium located in the heart of the city, sport plays a significant role in its visual landscape. Because of this central location, on match day the pedestrianised streets come alive and the city boasts a truly unique vibrancy which is very difficult to replicate elsewhere in Europe. You just have to experience it to understand!

Home to the Welsh Rugby Union Team, the Millennium Stadium is Europe's noisiest rugby venue. Famous for its passionate crowds, it is widely regarded as one of the best rugby stadiums in the world. Rugby however is not the only sport to which the Millennium Stadium is home. Football is also an important part of the stadium's history, having held games for the Welsh national side, Olympic football teams, the FA Cup Final and also the Football League finals. Another important event which has become a regular feature at the stadium is the exciting spectacle of the Speedway Grand Prix of Great Britain, which attracts

tens of thousands of people each year.

Although the focal point of sport in the city, the Millennium Stadium is not the only venue of significance. Nestled right next to it is the intimate 10,000 capacity Cardiff Arms Park which is home to the Cardiff Blues Rugby Union Team. Friday nights here are a special experience where you will be able to try 'A Half of Dark in the Arms Park', a pint of the locally brewed craft ale..

Within a five minute walk of here is the impressive SWALEC Cricket Stadium, home to the Glamorgan county Cricket Club. With a 15,600 capacity, this fantastic, modern venue beautifully situated in Sophia Gardens has hosted previous Ashes as well other international test matches and is a must see for all cricket fans.

## Leckwith

If you fancy watching some club football then you should head across to see the Bluebirds play in the Leckwith area of the city (located 1.7 miles from the centre) at their impressive 33,000 seater Cardiff City Football Stadium, which in 2014 hosted



the UEFA Super Cup Final. Across the road is the Cardiff International Sports Stadium, which is a purpose-built Athletics stadium with capacity for up to 5,000 spectators. With fully certified international track & field facilities, those interested in athletics will feel at home at this splendid venue.

## Cardiff Bay

The city centre and its surrounding area is not the only hub of sporting activity in Cardiff. Cardiff Bay is home to the International Sports Village which is one of the largest regeneration projects in the UK. It includes the Cardiff Bay Ice Arena, known locally as the Big Blue Tent where the Cardiff Devils Ice Hockey team play. Also located on the same site is the Cardiff International Pool, which not only includes an Olympic-size swimming pool for the more serious swimmer, but also an indoor waterpark for those who wish to take a more relaxed approach. The third addition to the sports Village is the Cardiff International White Water Centre. This Olympic centre boasts a 250m man-made white water on-demand course, where you can partake in rafting, paddleboarding, canoeing, kayaking, surfing and gorge walking. For those who prefer less extreme water-based activities, rowers can practice on the beautiful Taff river which snakes through the city centre down into the Bay.

## Other Areas

If you like running, why not take part in one of the UK's biggest road races, the Cardiff Half Marathon? Such is the prestige of the Cardiff Half that in 2016 its route will host the IAAF World Half Marathon Championships.

At those times when you feel a little more adventurous, a drive of just half an hour will take you to the Brecon Beacons National Park. Covering approximately 520 square miles of South and Mid Wales, the Beacons' moorland, castles, lively waterfalls and vibrant communities offer some of the finest walking and cycling routes in Europe.

With all the opportunities that Cardiff and its surrounding areas has to offer, sports lovers will always find something to do no matter the time of year. If sport helps you find that perfect balance between work and social life (which is key to maintaining a healthy mindset for postgraduate study) then Cardiff has so much to offer.

## Resources

Millennium Stadium: [www.millenniumstadium.com](http://www.millenniumstadium.com)

Swalec Stadium: [www.swalecstadium.co.uk](http://www.swalecstadium.co.uk)

International Sports Village: [www.internationalsportsvillage.com](http://www.internationalsportsvillage.com)

Cardiff Arms Park: [www.cardiffblues.com](http://www.cardiffblues.com)

Cardiff City Stadium: [www.cardiffblues.com](http://www.cardiffblues.com)

Cardiff Half Marathon: [www.cardiffhalfmarathon.co.uk](http://www.cardiffhalfmarathon.co.uk)



# MY CARDIFF

## GWDIHŴ

There are many vibrant, small, independent music venues in Cardiff and this is my favourite. The fact that it resembles someone's living room isn't a bad thing because this cosyness really adds to the intensity of the live performances they host every week. From folk, to funk, to Bhangra and Afrobeat, there's nowhere else in Cardiff which has such a diverse choice of live acts to go and see.

## WALKING CARDIFF BAY BARRAGE

Stretching from Cardiff Bay to Penarth Head this 1km path is perfect for a relaxing evening stroll. What I like most about this walk is that on one side you have the sea looking out to the Bristol Channel, and on the other side you can look back on the city from a different perspective. It's perfect for people who love to take pictures and want an alternative view of Cardiff.

## WOW FILM FESTIVAL

If you enjoy world cinema, the Wales One World film festival held in March every year is a must. Since 2001 the festival has brought an eclectic selection of films (and their directors) from around the globe to Wales. Held in Chapter, one of Cardiff's independent cinemas, it's a must if you love film.



Geraint is a PhD student in Multiculturalism at the School of Welsh.

## RIVERSIDE FARMER'S MARKET

If you like food then every Sunday at the Riverside Farmer's Market is the place to be. With a choice of different local producers every week, you can really taste the best Wales has to offer in a very relaxed atmosphere by the river.

## MATCH DAY

Recently discovered to be the noisiest stadium in European rugby, if you can get a ticket to watch Wales play you will have a very exciting experience. Win, lose or draw the atmosphere is fantastic and full of passion. Even when I can't get a ticket I love match day because the city centre is filled with people having a great time and the streets feel like a massive Welsh carnival.



# MY CARDIFF

## CARDIFF CASTLE

With the Norman castle located in the heart of the city, it is easy to take the beautiful sight for granted. When inside the castle grounds I am always reminded that there is something really special about seeing the huge battlement that owes so much to Welsh heritage. If you live in Cardiff you can apply for a Castle Key which gives you free admission for 3 years.

## ROATH PARK

A beautiful park just a 20-minute walk from the city centre is the perfect place to spend a lazy day having a picnic (when the weather is nice!). During the summer months you can hire a rowing boat from the Boat House and relax on the lake. It is also a great place for those who are keen runners as its varied terrain and woodland areas make an enjoyable workout.

## MILGI

If you like vegetarian food and delicious cocktails then Milgi is the place to be. Situated on City Road, its cosy atmosphere in a lively cosmopolitan area makes it all the more relaxing. With recipes from around the world and using locally sourced produce, Milgi is a celebration of seasonal and wholesome food that supports local businesses.

Sophie is an MA International Relations student at the School of Law and Politics.

## EMPTY WALLS

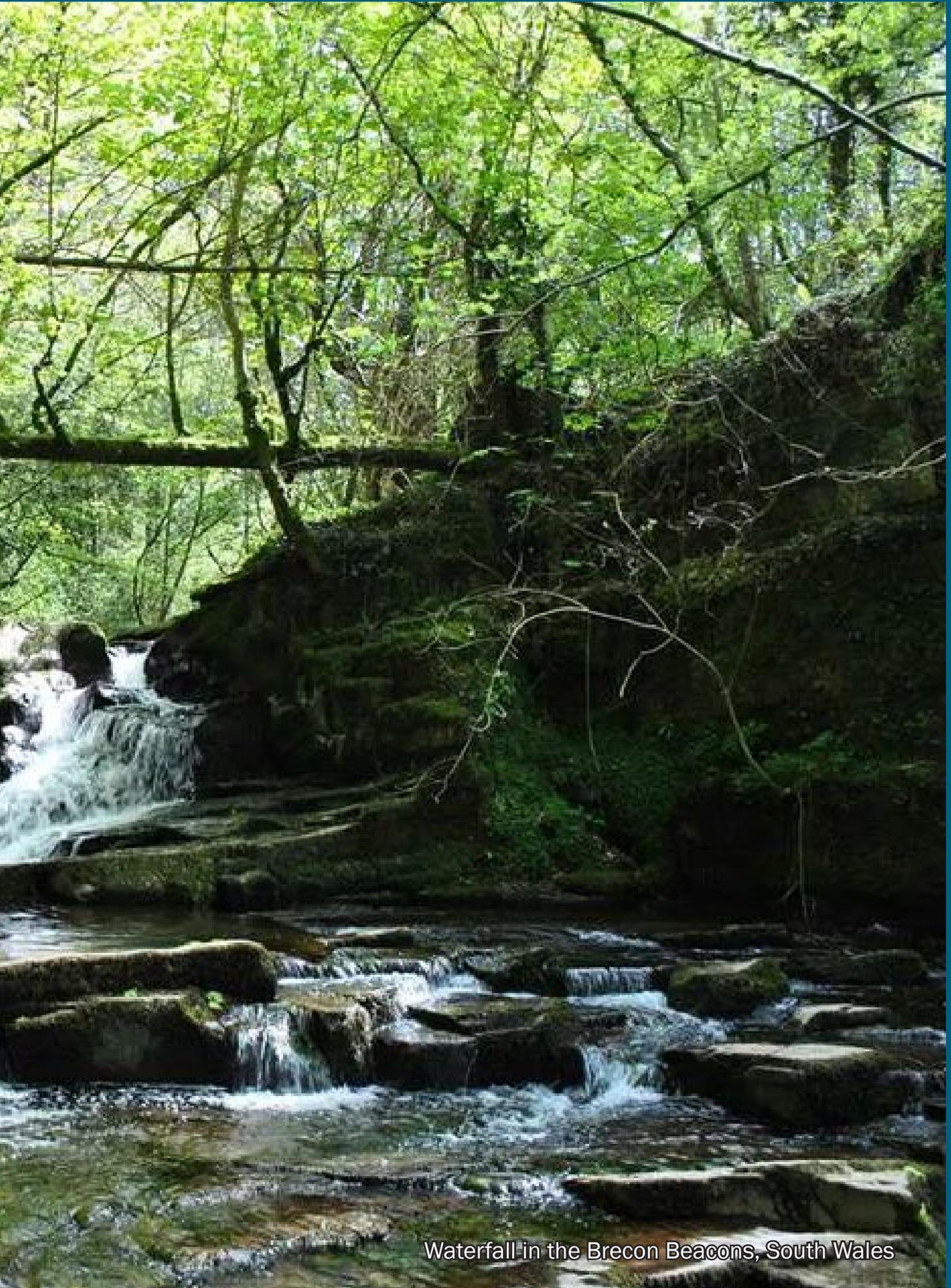
Empty Walls is an annual street art festival that features the work of both local and international artists. With artwork infiltrating the city, it makes an exciting day of exploring the different sites of murals that have newly adorned seemingly ordinary spaces.

## TEDx CARDIFF

In the spirit of ideas worth sharing, TEDx Cardiff brings people together to share a TED-like experience in the Wales Millennium Centre annually. What I particularly enjoy about the event is that it provides people from all walks of life with a great day of inspiring discussions and the chance to meet interesting individuals. The talks are streamed online for free so anyone anywhere can be a part of it.







Waterfall in the Brecon Beacons, South Wales

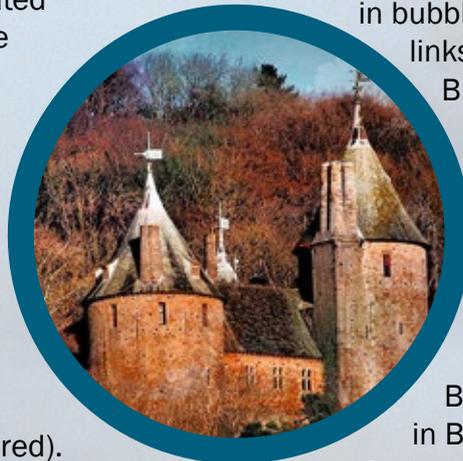
# OUTSIDE CARDIFF

Cardiff is ideally situated to provide easy access to the rest of Wales. There are hundreds of places to choose from, so make sure you do a bit of research to avoid missing out! Below we've outlined just a few of the great days out that are within easy reach of the

## Castles, Castles, Castles!

Wales boasts an abundance of castles. Caerphilly Castle is located just seven miles outside of Cardiff. Situated in picturesque grounds in the small market town of Caerphilly, it is the largest castle in Wales and the second largest in Britain.

Even closer to home is the picturesque Castell Coch ('red castle', pictured). This fairy tale castle peeps out from within a lush forest above the village of Tongwynlais, on the outskirts of Cardiff.



## Brecon Beacons National Park

The National Park covers 520 square miles, including four distinct mountain ranges and the only Dark-Sky Reserve in Wales (Pen Y Fan pictured on this page). Driving to Brecon will take approximately 40 minutes, so in next to no time you could be experiencing walking, climbing, caving, gliding, kayaking, stargazing and much, much more. You can even sample local whiskey at the Penderyn Distillery.

## The Taff Trail

This 55-mile multi-purpose route (pictured in bubble, right) links Cardiff and Brecon and is ideal for cyclists, walkers and runners throughout the year. Much of the Taff Trail is free from motor traffic and uses the routes of former tramways, railways and canal towpaths. The trail begins in Cardiff Bay but you can easily join it in Bute Park, right alongside the Cathays Park Campus. For the six miles between the city centre and Taff's Well, the trail is also very well served by bus and rail connections.

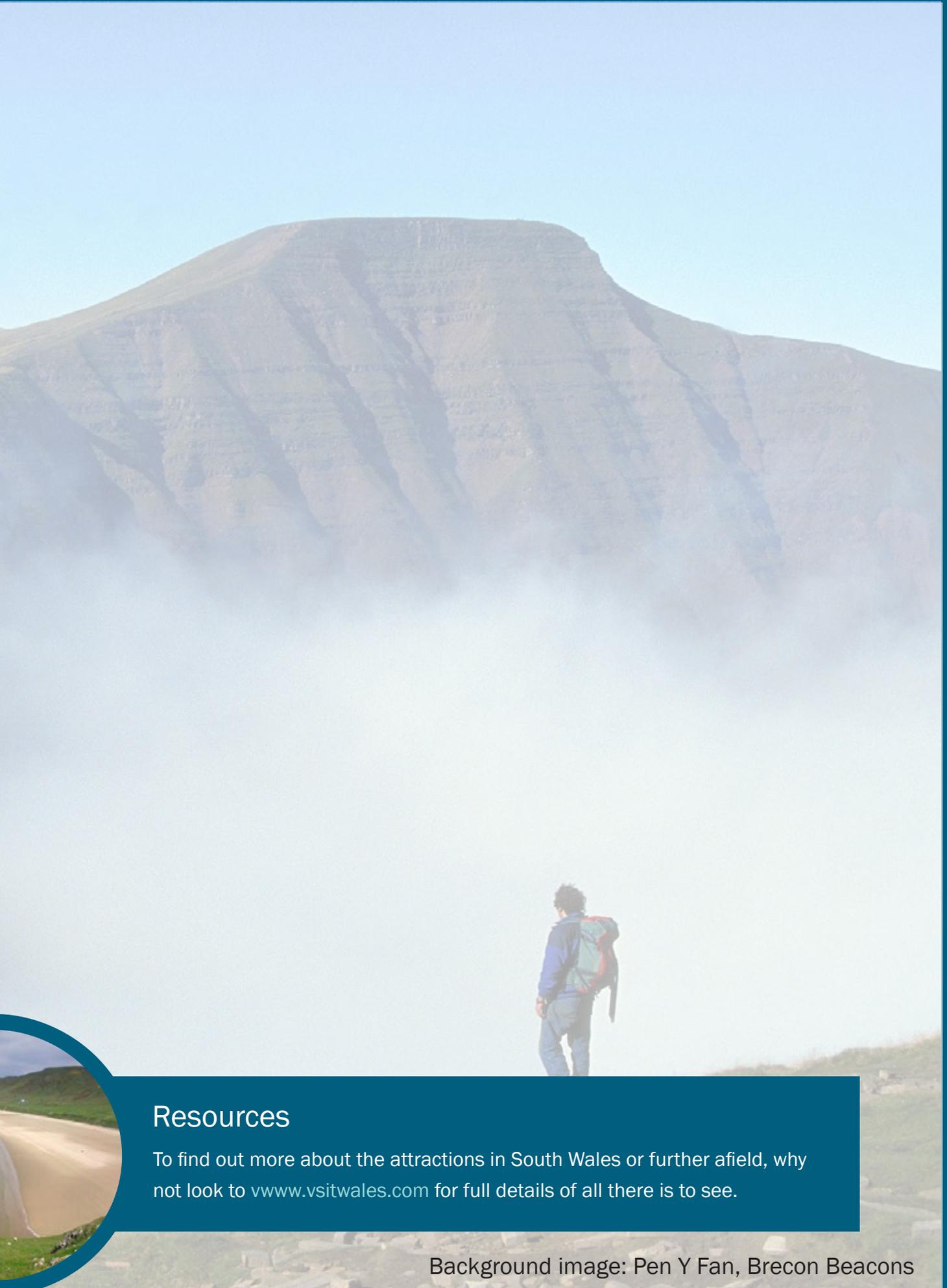


© Mick Lobb

## The Gower Peninsula

The Gower (pictured below right) is a beautiful promontory an hour's drive southwest of Cardiff and next to the city of Swansea. With over 1,200 archaeological sites, award-winning beaches, and some of the most beautiful sections of the Wales Coast Path the 19 mile-long Peninsula truly is an Area of Outstanding Natural Beauty.





## Resources

To find out more about the attractions in South Wales or further afield, why not look to [www.vsitwales.com](http://www.vsitwales.com) for full details of all there is to see.

Background image: Pen Y Fan, Brecon Beacons

# TRANSPORT

Cardiff is a compact city and the University is centrally located, meaning that it is quick, easy and cheap to get around on foot! Additionally, as the capital city of Wales, Cardiff benefits from excellent transport connections and infrastructure.

## Bike

Cardiff is remarkably flat and therefore the ideal city to bike around. Bike racks can be found throughout the city centre and across campus, and several cycle trails start from the city, including the scenic 5-mile circular Cardiff Bay trail and the longer Taff Trail which can take you all the way to Brecon.

Should your trusty two-wheeled transport need repairing, there are several bicycle repair shops in Cardiff, including Cyclopaedia on Crwys Rd. The Cardiff Cycle Workshop offers courses in bike maintenance, offer a monthly bike sale and even recycle unwanted bicycles. You can find out more about the Cardiff Cycle Workshop on their website.

## Bus

Every part of the city is well served by buses and there are good connections to the surrounding area, including Barry, Newport, the Valleys and further afield. Check out the CardiffBus website for information on ticket prices and the iff card (a top-up card for bus travel). We've included a map of bus routes in the back of this guide to help you plan local journeys (page 57).

If you need to travel further afield, Cardiff is also well-served by Megabus

and National Express coach services to cities and towns across the UK. Booking early can result in substantial savings, particularly on the Megabus. For instance, the Megabus to London costs on average £6 each way (with some fares as little as £3!).

## Car

Cardiff is well connected to the rest of the UK via the motorway network. Parking is plentiful, with large car parks adjoining all the main shopping centres in the city centre. If you are bringing a car with you, remember to ask about parking when looking for accommodation. Residents parking permits are issued by Cardiff City Council and the majority of streets in Cathays, Roath and other popular areas are a mix of residents' only bays and open bays.

## Train

Cardiff Central is Cardiff's main railway station, offering direct services to destinations across west and north Wales, as well as Bristol, Birmingham, Manchester, London and the South Coast. Cardiff is also well-served by local railway services, with local stations located at Queen Street (in the main shopping area), Cathays (right in the heart of Cathays Park) and Heath (located close



to Roath Park and the Heath Park Campus). Additionally, a shuttle service runs between Cardiff Queen Street and Cardiff Bay, and regular services operate to Penarth, Barry (home of Gavin and Stacey), Newport and the Valleys.

## Plane

Cardiff Airport is located just a few miles from the city and is served by a range of local buses and railway services. Cardiff Airport serves a range of national and international destinations.

Additionally, Cardiff is within easy reach by train or coach of neighbouring airports in Bristol, Birmingham and London.

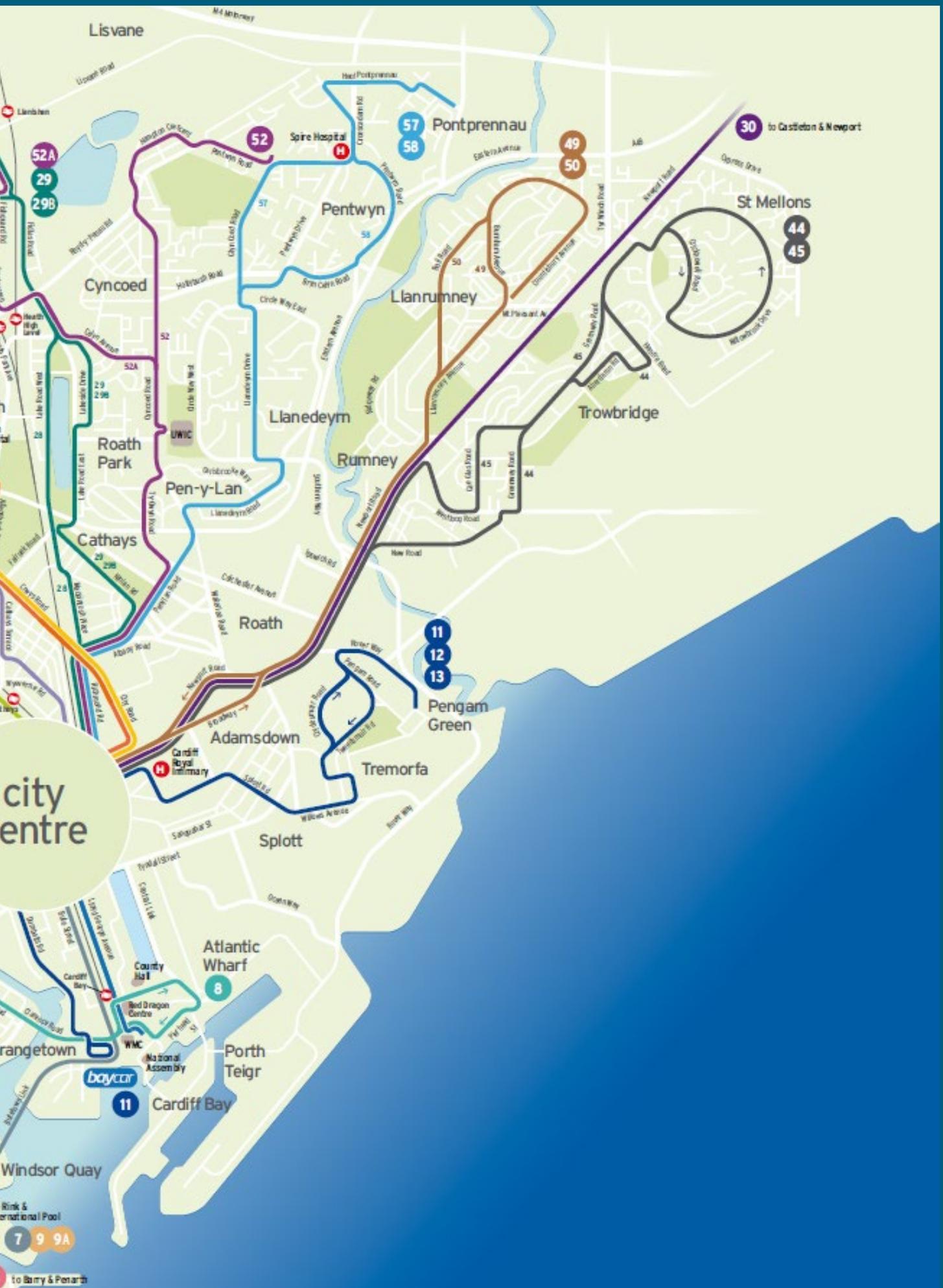


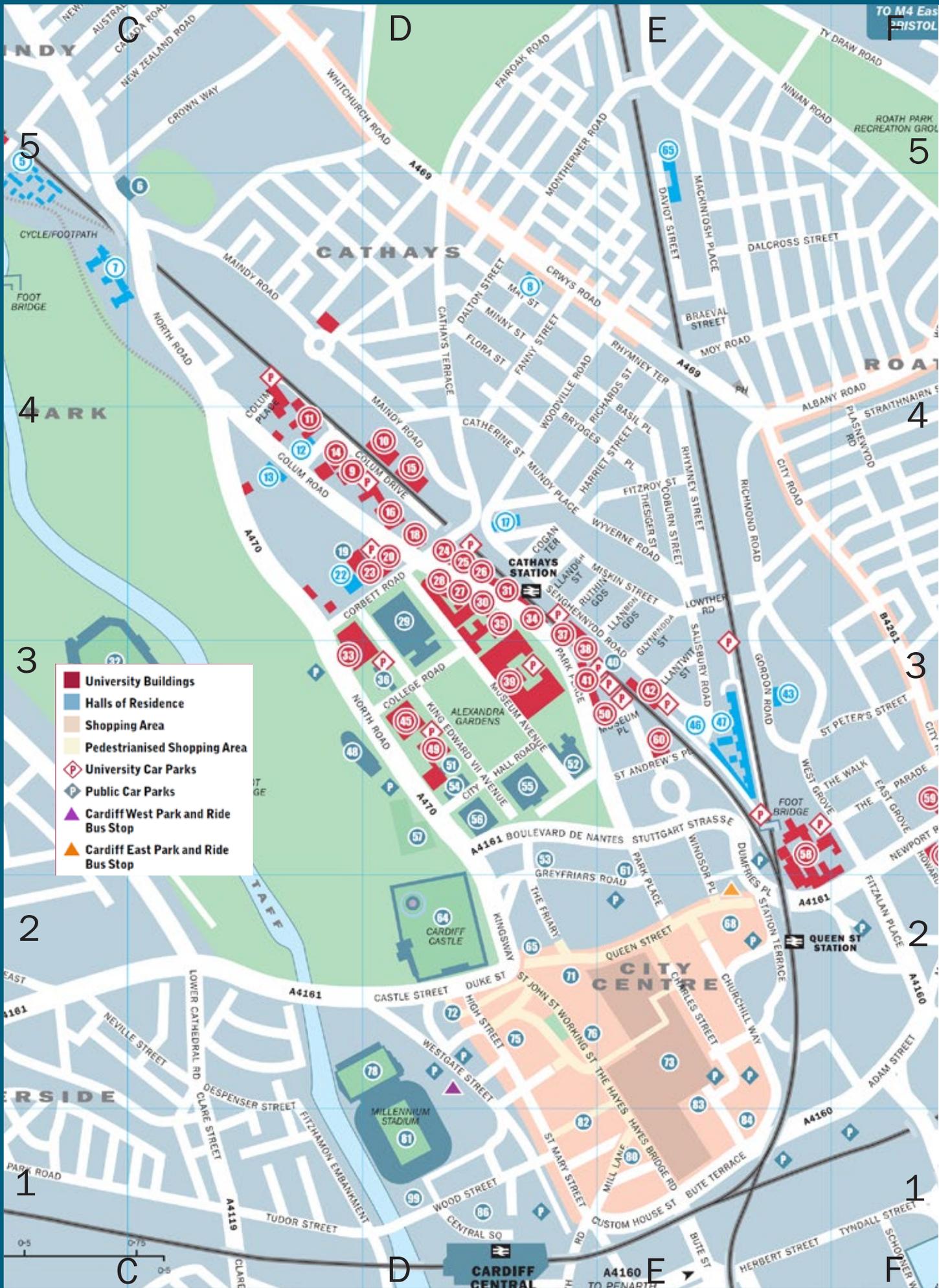
## Resources

- Cyclopaedia (Cycle Repairs): [www.cyclopaedia.ltd.uk](http://www.cyclopaedia.ltd.uk)
- Cardiff Cycle Workshop: [www.cycletrainingwales.org.uk/cardiffcycleworkshop](http://www.cycletrainingwales.org.uk/cardiffcycleworkshop)
- Cycle Routes in Cardiff: [www.keepingcardiffmoving.co.uk/cycle](http://www.keepingcardiffmoving.co.uk/cycle)
- Cardiff Bus: [www.cardiffbus.com](http://www.cardiffbus.com)
- National Rail Enquiries: [www.nationalrail.co.uk](http://www.nationalrail.co.uk)
- Cardiff Airport: [www.cardiff-airport.com](http://www.cardiff-airport.com)
- Bristol Airport: [www.bristolairport.co.uk](http://www.bristolairport.co.uk)

# BUS MAP







## Cathays Park Campus

Aberconway Building	C5	11
ARCCA	C3	33
Architecture	D3	45
Biosciences	D4, D3	35 39
Business School	C5, C5*	9 11*
Bute Building	D3	45
Careers & Employability Service	D4	31
Centre for Professional Legal Studies	D4	28
Chaplaincy	D4	26
Chemistry	D3*, E3	39* 50
Computer Science & Informatics	E3	58
CUBRIC	D4	30
Day Care Services	D3	41
Deri House	E3	60

Development and Alumni Relations	E3	60
Earth and Ocean Sciences	D3	39
Eastgate House	F3	59
Engineering	E3	58
English Communication and Philosophy	D4	16
Estates Division	F3	66
Eye Clinic	D4	15
Finance Division	F3	66
Glamorgan Building	D3	49
Global Opportunities Centre	D3	41
Graduate Centre	D3	38
Hadyn Ellis Building	D4	10
Health Centre	D4	37
Healthcare Sciences	F3	59

History, Archaeology and Religion	D4	16
Human Resources	F3	66
IT Services	D3	41
International Office	E3	60
John Percival Building	D4	16
Journalism, Media and Cultural Studies	D3	45
Julian Hodge Building	C4	14
Law	D4, D4*	24 28*
Lifelong Learning	E3	42
Main Building	D3	39
Mathematics	E3	42
McKenzie House	F3	66
Modern Languages & Translation	D4	24
Music	D4, D4*	20 23*

Optometry and Vision Sciences	D4	15
Pharmacy and Pharmaceutical Sciences	C3	33
Physics and Astronomy	E3	58
Planning Division	F3	66
Planning and Geography	D3	49
Politics	D4*, D4	24* 28*
Psychology	D4, D4*	25 27*
Public Relations	E3	60
Purchasing	F3	66
Queen's Buildings	E3	58
Redwood Building	C3	33
Registry	F3	66
Research, Innovation and Enterprises Services	F3	66
Residences and Catering	B6	3

Security Centre	D4	35
Sir Martin Evans Building	D4	35
Social Sciences	D4, E3, D3*	31 42 49* 50
Sports		
• Fitness and Squash Centre	D4	34
• Llanrumney Sports Fields	Map 2, E5	
• Talybont Sports Training Village	B6	3
Student Recruitment	E3	60
Student Support Centre	D4	31
Students' Union	D3	38
Tower Building	D4	27
Trevithick Building	E3	58
University Graduate College	D4	10
Welsh	D4	16

\* Indicates main site

### Additional Information

All Nations Centre	B7	89
British Council	D3	53
Central Library	E1	80
Central Police Station	D3	54
City Hall	D3	55
Coach Station	D1	86
Law Courts	D3	56
Motorpoint Arena	E1	84
Post Office: Queens Arcade	D2	71
Royal Welsh College of Music and Drama	C3	48
Temple of Peace	D3	36
University of Wales Registry	D3	51
Welsh Government Offices	D4	29
Welsh Assembly	Map 2, D2	97

### Attractions

Cardiff Bay Visitor Centre	Map 2, D2	96
Cardiff Castle	D2	64
Dr Who Experience	Map 2, D2	95
Llandaff Cathedral	Map 2, B4	90
National Museum	D3	52
Techniquet	Map 2, C2	94

### Theatres

New Theatre	E3	61
Sherman Theatre	E3	40
Chapter Arts Centre	A2	62

### Concert Halls

St David's Hall	D2	76
University Concert Hall	C4	19
Wales Millennium Centre	Map 2, D2	96

### Cinemas

Cineworld	E2	83
Odeon	Map 2, D2	92
Vue	D1	99

### Sport

Athletic Stadium	Map 2, B3	88
Cardiff Blues RFC	D2	78
Cardiff City FC	A1	87
Cardiff RFC	D2	78
Cardiff Tennis Club	D3	57
Glamorgan County Cricket Club	B3	32
Maindy Stadium/ Swimming Pool	C5	6
Millennium Stadium	D1	81
Welsh Institute of Sport	C3	44

### Shopping

Capitol Centre	E2	68
Castle Arcade	D2	72
Central Market	D2	75
Queen's Arcade	D2	71
Queen's West	D2	65
Royal Arcade	D1	82
St David's Centre	E2	73

### Residences

Aberconway Hall	C4	12
Aberdare Hall and Meeting Rooms	C4	22
Cartwright Court	E6	65
Colum Hall	C4	13
Gordon Hall	E3	43
Hodge Hall	D4	17
Liberty House	D7	98
Roy Jenkins Hall	D5	8
Senghennydd Court	E3	47
Senghennydd Hall	E3	46
Talybont Court	B5	7
Talybont Gate	B6	21
Talybont North	B6	4
Talybont South	B5	5
University Hall and Conference Centre	F7	2

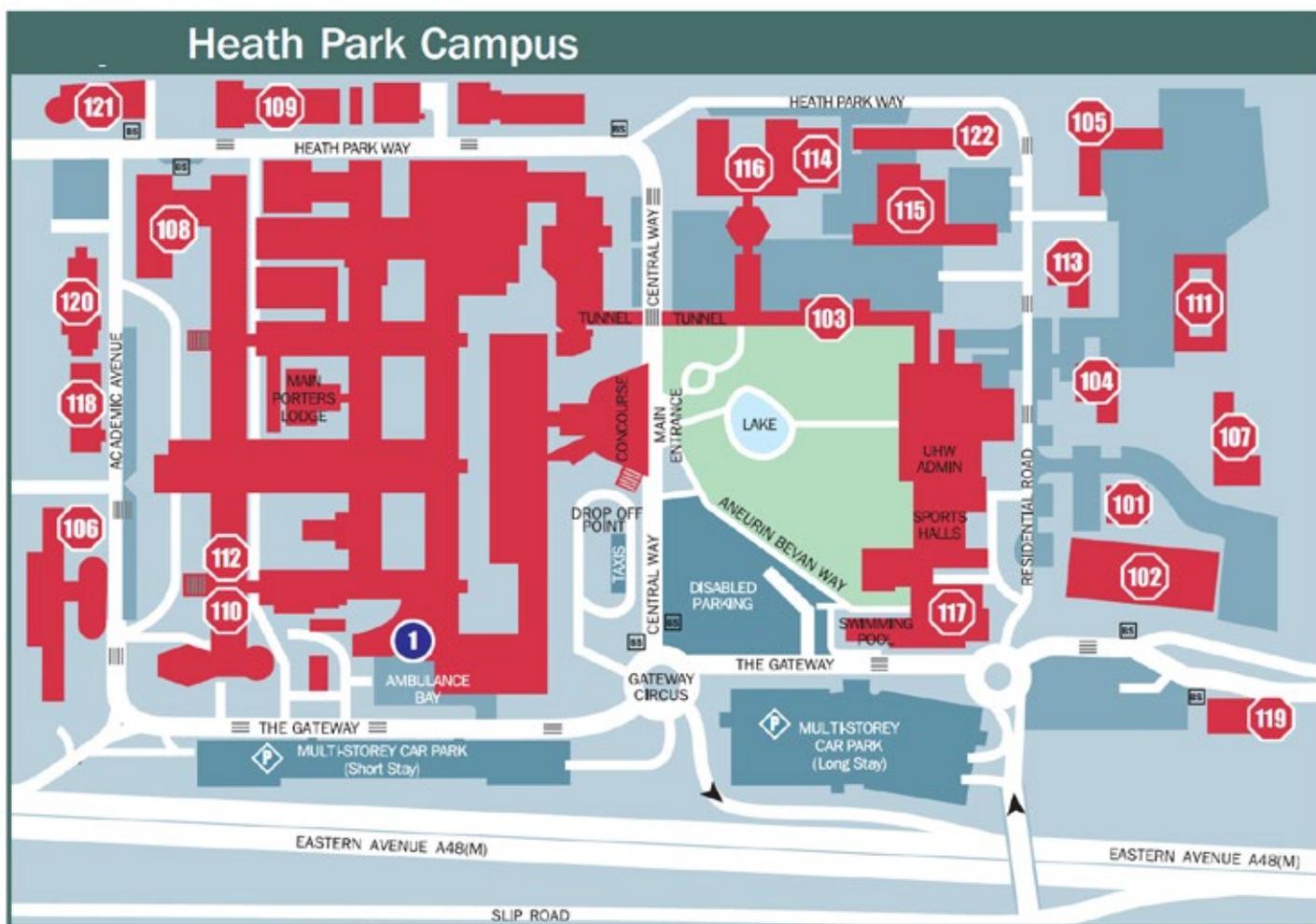
### Libraries

Aberconway	C5	11
Arts & Social Studies	D4	18
Brian Cooke Dental Library	Map 5, C8	106
Bute & Architecture	D3	45
Health Library	Map 5, C8	115
Julian Hodge Study Centre	C4	14
Law	D4	18
Legal Practice Library	D4	28
Music	D4	22
Biomedical Sciences	D4	35
Science	D3	39
Senghennydd	E3	42
Trevithick	E3	58

### Hospital

University Hospital Accident and Emergency Unit C7 1





## Heath Park Campus

The University shares the Heath Park Campus with the University Hospital of Wales (UHW).

<b>Brecknock House</b>	<b>101</b>	<b>Cochrane Building</b>	<b>115</b>	<b>Heath Library</b>	<b>115</b>
<b>Brian Cooke Dental Library</b>	<b>106</b>	<b>Denbigh House</b>	<b>105</b>	<b>Henry Wellcome Building</b>	<b>108</b>
<b>Cancer Genetics Building</b>	<b>121</b>	<b>Dental School/Hospital</b>	<b>106</b>	<b>Institute of Medical Genetics</b>	<b>109</b>
<b>Cardiff Medicentre</b>	<b>102</b>	<b>Glamorgan House</b>	<b>107</b>	<b>IV Lounge</b>	<b>122</b>
<b>Cardigan House</b>	<b>103</b>	<b>Graduate Centre</b>	<b>112</b>	<b>Medicine</b>	<b>110</b>
<b>Carmarthen House</b>	<b>104</b>	<b>Healthcare Sciences</b>	<b>116</b>	<b>Monmouth House</b>	<b>111</b>
				<b>Neuadd Meirionnydd</b>	<b>122</b>



<b>Michael Griffith Education Centre</b>	<b>114</b>	<b>Sports &amp; Social Club</b>	<b>117</b>
<b>NHS Liaison Unit</b>	<b>103</b>	<b>Student Support Centre</b>	<b>103</b>
<b>Nursing &amp; Midwifery</b>	<b>116</b>	<b>Tenovus Building</b>	<b>118</b>
<b>Pembroke House</b>	<b>113</b>	<b>Tŷ Dewi Sant Building</b>	<b>116</b>
<b>Postgraduate Medical and Dental Education</b>	<b>122</b>	<b>Tŷ Maeth</b>	<b>119</b>
		<b>Wales Heart Research Institute</b>	<b>120</b>