



M O R A Y C O L L E G E

Information for Erasmus Students (English)

ENGLISH VERSION

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General information about Moray College

Address

Moray College
Moray Street, Elgin, Moray IV30 1JJ
Tel: 01343 576000 Fax: 01343 576001
www.moray.ac.uk

Who we are

With over 7000 students, Moray College provides a wide range of courses, from Hospitality Management to Fine Art, from Computing to Environment and Heritage, from Rural Development to Communication. The rich landscape and energetic community of the surrounding area form a key component of many courses, through study tours and work placements.

The College has a commitment to bring out the very best from its students, at all the various levels of attainment, and some of its proudest moments are in following the subsequent careers of so many of them. It seeks to provide the skills and knowledge and ways of thinking to shape a new generation in a new century, and warmly welcomes students from all places and from all age groups and from all walks of life.

Academic calendar

Available in the student guide and calendar

Holiday

- October: October break (one week)
- December/January: Christmas/New Year holiday (two weeks)
- March/April: Easter Break (two weeks)

College facilities

Information and Support

Before you arrive, you can contact these addresses for information:

Head of European and International Relations

Gordon.Biggs@moray.uhi.ac.uk

Director of Curriculum and Quality

Business, Health and Social Studies

Helen.Ospazuk@moray.uhi.ac.uk

Director of Curriculum and Quality

Construction, Science, Sport and Hospitality

Chris.Newlands@moray.uhi.ac.uk

Director of Curriculum and Quality

Technology, The Arts, Child Care and Skills for Life

Derek.Duncan@moray.uhi.ac.uk

There is a Student Guidance office, which offers advice and support to students to help ensure that your time at Moray College is as enjoyable and successful as possible.

Student Card

All enrolled students, staff and visitors will receive an ID card. You will need it to have access to the computers.

At registry ask for the Student Guide and Diary. It is free and it contains very useful information.

Learning Resource Centre

The Learning Resource Centre is situated on two floors on the south side of the main campus and has full access for disabled users. The LRC has fifty-two seats at study desks plus two sofas in the journals area.

Book Stock

There is a book stock of over 20,000 volumes, 240 print based journal subscriptions and 300 full text on-line journals. Newspapers are available in print and on CD-ROM.

Computers

There are sixty-four computers, which give access to the College computer network and a variety of multimedia applications.

There are six rooms linked to the LRC and used for the following purposes:

- 2 linked media rooms with teletext television, video players, an audio cassette player and self operated photocopier
- Additional support room with specialist equipment
- Video conferencing room
- Core-skills tutorial room
- Reading room

Opening times of LRC

Monday-Thursday 08.45-20.00

Friday 08.45-16.30

Hairdressing, Beauty and Complementary Therapy

You can also avail yourself of the facilities of Moray College's Hairdressing, Beauty and Complementary Therapy salons. They have lower prices comparing with the high street salons. These salons provide a state-of-the-art training facility for either full-time students, or part time students already employed in the industry.

Both salons are open Monday to Friday (often with early evening sessions) to students, staff and the general public for a comprehensive range of services.

Complementary therapies such as aromatherapy and reflexology are also available.

Fitness Centre

Located in Birnie Wing, near the Refectory. It has a variety of resistance machines, free weights and CV equipment. The fee for one semester is £15.

Opening times of the Fitness Centre

Monday, Wednesday, Friday 12.00-14.00

Thursday 16.00-18.00

Catering within the College: the Refectory and the Beechtree

Refectory Service

Refectory services are available at the main College campus and the Technology Centre. The Refectory opens daily at 08.30 offering services to students, staff and members of the public.

The Beechtree Restaurant

The Beechtree Restaurant is part of the main campus of Moray College and enjoys the reputation of being one of the finest training restaurants in Scotland. It is open Monday to Friday from 10.00-15.00.

General information for Erasmus students

Things to do before you go to Scotland

Please remember the following before you leave your country:

- You are allowed 20 kg of luggage, but it depends on the flight company.
- Remember to visit your local Social Security Office and complete all appropriate forms.

Accommodation

If you need information about accommodation in Elgin you can contact:

Mr. Gordon Biggs
Head of European and International Relations
Moray College
Moray Street
Elgin IV30 1JJ
Scotland
Phone: ++ 44 13 43 57 63 23
Fax: ++ 44 13 43 57 60 05
Email: Gordon.biggs@moray.uhi.ac.uk

Cost of Living

A student in Scotland will need approximately £350 per month to live on.

This sum can be divided as follows:

- About £60 per week in accommodation. Usually you will have to pay a deposit.
- About £5 on electricity. It depends if you have to use a lot of central heating or not. Usually, electricity and gas costs are included in the rent.
- About £20 -£30 in food. When you buy in supermarkets and prepare your meals. Eating out is much more expensive.

In addition to this there are other possible expenses e.g. travel, entertainment, clothing, etc.

Passport/Identity Card

If you want to come to UK you must remember to take your identity card with you (EU students) or your passport (for others).

Currency

The currency is the pound sterling (£). You can find information about currency exchange at:

<http://www.oanda.com/convert/classic>

Bank Accounts

Opening a bank account can sometimes be problematic. Each bank has a different set of requirements.

To save time and aggravation you are advised to go to the bank of your choice and ask what information they will require from you. This can include passport, proof of address, (sometimes proof of address in home country), letter from the college etc.

This action will save time in the long run. Broad guidelines can be found at

www.finance.ed.ac.uk/student/bank_accounts/

Health care and insurance

Health care is usually free to EU students. Please consult your local Social Security Office in your own country before you arrive.

Registering with a Doctor

For students who are staying more than three months in Scotland it is wise to register with a doctor. (Please note that doctors will not register patients who are resident in Scotland for less than three months).

Students living in Elgin should register with either:

Victoria Crescent Medical Centre
Victoria Crescent
Elgin
Tel. 01343 547512

Maryhill Medical Centre
High Street
Elgin
Tel. 01343 542225 or 01343 547471

In the case of emergency students should visit “Accident and Emergency Department” Dr Grays Hospital, Elgin. Please note that this service is for serious **emergency treatment only**.

Climate

Scotland has a varied climate with temperatures ranging from -3° in winter to a maximum of 20° in summer.

The average of rainfall is about 50 mm per month.

You can find information about the weather in Elgin at the following website:

<http://uk.weather.com/weather/detail/UKXX0869>

Telephone

The cost of local calls depends on the duration of the call. The cost of national calls depends on the duration and distance of the call. An ordinary tariff operates between 08.00-18.00 from Monday to Friday and one reduced tariff from 18.00-08.00 from Monday to Friday and all weekend. There are ranges of numbers, which provide directory information, e.g. 118 118 or 118 212. However, these can be costly and unreliable.

You can consult yellow pages in www.yell.co.uk, which provides a free service.

You can buy BT phone cards to call from a telephone box. They cost from £2.00-£20.00. These can be purchased in shops and Post Offices.

If you have a mobile phone you should ask your operator about international calls and activate your roaming service if necessary. Erasmus students recommend buying a SIM Card for the mobile phone. They cost £10 and can be bought from the CarPhone House.

If you want to call directly to any country you have to dial 00 and the prefix of the country and the number you want to call. It's cheaper to call between 20.00-08.00 from Monday to Friday and at weekends.

It is possible to use credit cards for international calls and also “reverse charges”

To call to the UK you have to use these codes:

Access Code: 00 code to dial out (0044 for UK)

Ring Tone: Equal tones, separated by long pauses

Engaged Tone: Short equal on and off tones

Adaptor

Electric plugs are different from other countries. You will need an adaptor for your electric items. You can buy it in any electricity shop or in the airport. The electric current in Scotland is, 240V, 50Hz. Plugs are three pins.

Electricity Card

In some places the electricity works with electricity cards (Green Cards). You can buy them at the Post Office.

List of recommended websites

College pages

www.moray.ac.uk

www.uhi.ac.uk

Scotland information

www.aboutscotland.com

www.visitscotland.com

www.escociavacaciones.com

www.scotland-info.co.uk

www.scotland.org

www.geo.ed.ac.uk/home/scotland

www.lonelyplanet.com

Transport

www.go-fly.com

www.easyjet.com

www.iberia.com

www.britishairways.co.uk

www.ryanair.com

www.nationalexpress.com

www.scotrail.co.uk

www.gobycoach.co.uk

www.citylink.co.uk

Elgin and surrounding area

Elgin

Elgin is the administrative and commercial centre of the region of Moray. The city is said to have been founded by and named after the Norse general Helgyn in the 10th century.

Tragically Elgin Cathedral was destroyed by a fire in 1390 but rebuilt only to be allowed to decay from 1567.

In recent years extensive restoration and preservation of the ruins has been undertaken making the Cathedral one of Moray's most impressive attractions.

It was in the 19th century that Elgin saw its biggest boom as the town doubled in size. Elgin continues to thrive in the 21st century with a population currently of around 24,000. The town boasts not only very many beautiful preserved 18th century buildings but stunning modern structures too such as the new Library and the Technology Centre.

Library

Cooper Park, Elgin, IV30 1HS

Tel: 01343 562600

Email: elgin.library@moray.gov.uk

Opening hours for the library

Monday-Friday 10.00-20.00

Saturday 10.00-16.00

Every one who stays in, works in, studies in or visits Elgin can join the library – and it's free. You just have to have proof of your address when you hand in the application form, which you get at the library. They have some restrictions for how much you can borrow at a time and you have to pay a small amount for borrowing cassettes and compact discs. You can renew your borrowed items by telephone.

The Leisure Centre

Borough Briggs Road, Elgin IV30 1AP

Tel: 01343 550033

www.moray-leisure-centre.co.uk

The Leisure Centre is placed behind the TESCO supermarket. It is near the centre of Elgin. You can use the pool, go ice-skating, use the gym facilities (although you need to have one lecture, before you can use them on your own).

Besides that you can join one of the many classes for example Aerobics, Step, Squash, Fitness, and Swimming, etc.

If you want to swim longer distances it is best to go between 07.00 and 09.00. Remember to bring your student card, because it will give you a small discount.

- Peak times – After 17.00 hrs weekdays and all Saturday and Sunday
- Off peak – Up until 17.00 hrs weekdays
- Concessions – Full time education/students

Bowling

Bowl 2000

2 Moycroft Industrial Estate, Elgin, Moray IV30 1XZ

Tel: 01343 541444

Opening hours of Bowl 2000:

Monday-Sunday 12.00 – late

Bowl 2000 is a really good place to bowl. You just have to be aware, that you must pay a deposit for your reservation and £16-£20 per lane. In addition to the Bowling there is also a restaurant, a bar and amusements like a pool table and karaoke every weekend.

The Moray Playhouse - Elgin

High Street, Elgin,

Tel: 01343 542680

The cinema in Elgin is situated right in the centre of the town. It has two cinemas where you can watch the latest premiers.

Restaurants

There are a lot of restaurants in Elgin. For example two Indian Restaurants, a Chinese, two Italians, where you can get lunch or dinner buffets. As you are in the UK there are some Fish and Chips shops and other small Take Away shops. There are also some cafeterias.

Meal times in UK are:

Breakfast Between 07.00-08.00

Lunch Between 12.00-14.00

Dinner Between 18.00-19.00

Elgin by night

Elgin also has some pubs and two discos. They are all situated in the centre of Elgin, mainly on the High Street and in South Street.

Tourist information

The tourist information office is situated at the end of High Street. It has all the information you need about places to visit around Elgin etc.

Opening hours

Shops are normally open from:

Monday-Saturday: 09.00-17.00

Some of the shops are open on Sunday as well (12.00-16.00)

The Banks are normally open at the same time as the shops Monday to Friday and some of them are open on Saturday as well. The automats are available all the time. The big supermarkets like ASDA and TESCO are open 24 hours.

Moray

The district of Moray has the unique distinction of being Scotland in miniature. It runs from Brodie east to the coastal town of Cullen and south to the Cabrach and the Lecht. Moray has it all: an enchanting coastline with quaint fishing villages and magical beaches, rich farming in the Laich, dense and dramatic woodland, the uplands of Dallas and Keith and the highlands of Glenlivet, Strathavon and the upper Spey. Home to Scotland's Malt Whisky Trail – a tour of eight distilleries and a cooperage – Moray attracts visitors from around the world. If all this were not enough, fairytale castles are to be found in abundance in Moray, as are historic and archaeological sites, museums and art galleries, countryside and coastal walks. The waters of the Moray Firth boast Britain's largest resident population of bottle-nosed dolphins while Moray's rivers are famous the world over for their fish, especially salmon. The only thing that Moray lacks as a miniature Scotland is a major industrial city.

However its capital, Elgin, is itself uniquely favoured among Scottish principal towns, enjoying a favoured situation in a fertile and scenic area.

Aberdeen

Aberdeen lies approximately 70 miles from Elgin and there are good bus and train links. It is the third largest town in Scotland and lies near the North Sea. Old Aberdeen is situated a few km from the new centre. There you can find the 500-year-old King's College and the beautiful St. Machar's Cathedral. In the centre of Aberdeen there are lots of shops and shopping centres mainly on the 1,5 km long Union St. It is a large town with many big granite buildings.

Inverness

Inverness lies approximately 35 miles from Elgin and there are also good bus and train links. Inverness evolved from an ancient fort to being the Capital of the Scottish Highlands. One of Europe's fastest growing towns the City of Inverness is home to 65,000 people and is the regional and administrative centre for the Highlands of Scotland. It is a vibrant city with excellent travel, retail, leisure and educational facilities and a location for many high tech and traditional industries.

Inverness is a gateway to the whole of the Highlands of Scotland, and the surrounding area includes the famous Loch Ness with its Monster "Nessie".

Profile of Scotland

Location

Scotland lies in Northern Europe forming the northern part of Great Britain including many surrounding islands.

To the west and north it is bounded by the Atlantic Ocean, to the east it is bounded by the North Sea and to the south it forms a boundary some 60 miles long with England.

Geography

The total area is 78,772 sq. km. Scotland's population is approximately 5.1 million people and its capital is Edinburgh.

Approximately 65% of the country is mountain and moorland. Scotland has about 790 islands, 26 rivers flowing directly into the sea and 609 sq miles of fresh water lochs (lakes). The country can be divided into three main geographic areas: • The Highlands (the northern half of the country)

- The Central Lowlands (in which the majority of the population and most of the country's industry and commerce is based)
- The Southern Uplands (mostly farmland and high moorland)

Languages

English and Gaelic. Gaelic is currently spoken by about 58,650 Scots most of whom live in the Highlands and Islands.

Religion

60% Presbyterian Church of Scotland and other Presbyterian (protestant) churches, the remainder being Roman Catholic, Episcopalian, Muslim, Jewish or agnostic.

Major industries

Whisky, oil and gas, tourism, textiles, banking and electronic products

Education

Scottish children commence compulsory education at the age of 5 when they enter the Primary School although some 40% of them will have attended a Nursery School for at least one year. They remain in Primary School for 7 years after which they transfer to a Secondary School where they remain for a further 4-6 years, 4 years being the legal requirement with a 5th and/or 6th year being optional. Further Education, Higher Education or Employment follow on from there.

Visas

EU citizens are entitled to reside and work in Scotland without restriction.

Credit cards, currency etc.

Traveller's cheques are accepted in all banks. While major credit cards are accepted in most department stores, restaurants, and hotels etc. the Euro is not widely accepted.

Weights and measures

UK system	Metric system
1 inch	2,54 cm.
1 mile	1,609 km.
1 pound	0,454 kg.
1 gallon	4,546 l.
1 pint	0,568 l.