

Experience

# LANCASTER

City guide for international students







**C**oming to a new country with different climate, culture and speaking a different language is difficult, lonely and sometimes scary.

This guide has been produced by Hope Church to help you settle in.

## **WHEN YOU ARRIVE**

- Get to know your flat mates. You will be sharing the next year of your life with them.
  - a) Put a list in the kitchen for everyone to write their name, nationality, subject and contact details.
  - b) suggest that you all meet together to set "flat rules" eg when to use the kitchen, who cleans it.
- Get to know the campus by walking into a new area everyday. There is a tree lined path around the campus called the nature trail.
- Join one of the 176 student societies. Most societies exhibit at The Student Fair during Welcome Week in October.





# DOs & DON'Ts

## If you are feeling lonely

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### DO

**DO** remember it happens to all of us.

**DO** remember that there are people feeling just the same who want someone to talk to. **DO** go and talk to them

**DO** all the things listed in "When you arrive"

**DO** go to the Friends International ID:International Dinners

**DO** go to the Sports centre. Practice a sport, keep fit meet people

**DO** volunteer at a charity shop to improve your English

**DO** visit a church on a Sunday. Find out what they believe, and why and how this impacts their lives. They would love to meet you.

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### DON'T

**DON'T** hide in your room



# FOOD SHOPPING

## **Aldi**

(Eat better for less) Junction of Queen Street and Aldcliffe Rd, Lancaster LA1 1A (opening soon)

## **Asda**

Buses 1, 6, 40, 41. Ginormous 24 hour shop near the bus station.

## **Sainsbury's**

Free bus from Lancaster Student Union a Wednesday. Large and easy to get to from the Bus station.

## **African Food**

Unit 2, Kings Arcade, Kings Street. LA1 1LE.

## **Indian Delhi**

Market Street, Lancaster

## **Lidl**

(Eat better for less) Caton Rd Kingsway Retail Park Parliament St, Lancaster LA1 1BB

## **Oriental Food**

21 Common Garden Street. LA1 1XD. (Opposite the bus stop). 6 Chapel Street LA1 1NZ (Near the Bus station).

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39 Blades St, LA1 1TT (hidden away in a residential street.

## **The Market**

Chartered market every Wednesday and Saturday in the centre of Lancaster selling unprepared and cooked food.

## **Vegan & Vegetarian**

78A Penny St, Lancaster LA1 1XN (Down an alley opposite St Tees,

Under the Wale Tail)

# CLOTHES SHOPPING

A student union purple card will often save you 10%, it's worth asking anyway.

## **Next**

St Nickolas Arcade, LA1 1NB

## **Primark**

18 Market St, Lancaster LA1 1JF

## **Charity Shops**

Good quality, low cost second hand clothes.

# EATING OUT

Lancaster has many of the big brands: KFC and MacDonald's (24 Hrs) plus local eateries with good happy hour deals

## **Spagetti House**

18 Mary St, LA1 1UW (Happy hour reductions)

## **Paulo Gianni's**

Italian. 15 New Street LA1 1EG

## **Molly's**

Italian. 46-48 Church St, LA1 1LH

## **The Study Room**

English .30-32 Church St, Lancaster LA1 1LH (Big reductions every Tuesday)

## **Sultan**

Indian Brock St, LA1 1UU

## **Vegan**

The Whale tale 78A Penny St, Lancaster LA1 1XN Down and alley opposite ST Tees, Church

# LOW COST

## **£ Shops and more**

Lots of £ shops selling household stuff and food including Poundland, Home Bargains , B & M Bargains. (Beware that some items may be smaller than the sizes you can buy elsewhere). Wilko's is also very cheap with a wider range.

## **Charity shops**

Many in town and St John's hospice on campus.



# BUCKET LIST

## Fireworks

In the Castle seen from Williamson Park (near 5 November).

## River Lune

Walk over the railway (Carlisle) bridge at night from St George's Quay. It could "almost" be Venice! (Go in a group, for security)

## Bell tower

Stand in the Bell tower of the Town Hall when the bell strikes (Part of the Town Hall Tour).

## Well

Stand over the well in the Sun pub

## Dungeon

Be locked p in the Castle Dungeon's (Part of the Castle Tour).

## Sunset

View the sunset over the Lake District from Morecambe promenade whilst eating fish and chips..

## View

From the Town Hall bell tower, or the gallery at Ashton Memorial , Williamson park (occasionally open).

## Lune Bore

A meter high, small, rolling wave from the mouth of the Lune to e Snatchems, (three miles) at Spring tides from the cycle path to Glasson Dock. (There are only 60 bores worldwide).

## Glasson Dock

Cycle along the disused railway line at high tide, lunch at Glasson Dock, eat ice cream beside the dock and then return.

## Bay walk

Take a guided walk across Morecambe Bay.

YOU MUST BE ON A GUIDED WALK. THE SANDS ARE VERY DANGEROUS.

## Blackpool Illuminations

"greatest free light show on earth" ride the tram and eat fish and chips on the prom. August to November every year.(30 miles South West of Lancaster: best accessed by car or possibly by train)

## Butterfly House

Williamson Park. Quernmore Rd, LA1 1UX



# TRANSPORT

## Bus

Bus station for all connections. Common Garden Street for the centre of town. Timetables on the buses or from the Information Office in the Bus station (Open office hours). Reduced cost tickets from the Stagecoach App. [www.stagecoachbus.com](http://www.stagecoachbus.com)

## Train

The West Coast Mainline is a fast link south and north. Ask about Student Tickets

## Cycle

Lots of designated routes. Grab a very good free maps from the Tourist information Office.

## Bike

Buy accessories , have you bike checked and repaired on Thursdays during term-time in Alexandra Square 11:00-14:00

## Taxi

Convenient and cheap if there are a group of you

# ACCOMMODATION

## AirBnB

People rent out the rooms in their house so you get to meet local people at low cost. Rooms available throughout UK and overseas. [www.airbnb.com](http://www.airbnb.com)

## YHA

Youth Hostel Association. Mostly single sex dormitories in UK cities or beautiful parts of the country. [www.wha.org.uk](http://www.wha.org.uk)

# MORE INFO

## Campus

Welcome Desk, Students' Union, Bowland College, LA1 4YT

## Tourist office

The Storey, Meeting House Ln, Lancaster LA1 1TH. Packed full of free leaflets and ideas for days out.

## Trip Advisor

Reviews of all the things you need to know when travelling [www.tripadvisor.com](http://www.tripadvisor.com)

# PUBS

Many pubs eg. the Stonewell tap, Ye Olde John O'Gaunt host local bands

## **The Sun**

Church St, LA1 1ET, Stand over a well in one of the rooms.

## **Merchants**

29 Castle Hill, LA1 1YN. (On the way to the station)

## **The Water Witch**

Sit by the Canal Tow Path in the sun, Aldcliffe Rd, LA1 1SU

## **The Borough**

3 Dalton Square, LA1 1PP. Georgian pub. Good Food

# CINEMA/THEATRE

## **The Vue**

Off Church street. Multi screen cinema showing recent releases and blockbusters. Normal price £4.99

## **The Dukes**

Moor Lane. LA1 1QE9. Behind St Nickolas Arcade. Independent cinema showing short run films and plays. Home of the summer theatre in the Park (usually August)  
Student discount

## **The Grand**

St Leonardgate, LA1. Opened in 1782 with period decoration. plays, comedy, drama, music.

# COFFEE SHOPS AND CAFES

Lancaster is full of coffee shops including the usual big brands Café Nero, Costa and Starbucks (relaxing upstairs lounge and free WiFi.) Its worth exploring the local ones which have lots of character but which often close mid afternoon.

Don't miss Atkinsons coffee shops, The Music Room (lovely to sit outside) and The Hall for some of the best coffee in Lancaster. The Herbarium offers an excellent vegan alternative whilst Print Room is situated in a lively arts centre. There are loads to check out!

# HISTORIC PLACES

Lancaster is rich in Georgian architecture built on the wealth from the slave trade. At one time the port of Lancaster was larger than Liverpool!

## The Sun Pub

Church St, LA1 1ET, Stand over a well in one of the rooms.

## The Town Hall

Dalton Square Guided tours during the summer. Another must. Worth the small fee

## Atkinson's

12 China St, LA1 1EX. Tea and coffee merchants since 1837. Period shop and exotic aroma

## The Museum

Originally the council chamber now a local museum. Market square

## The Priory Church

Beside the Castle. Originally founded by the Saxons now mostly ornate 17th century Great views and remains of Roman baths to the rear (if you can find them!)

## Lancaster Through Time

Informal friendly walking tours of the centre of Lancaster run by Hope Church. Look out for details on [fb.com/hopelancaster](https://fb.com/hopelancaster)

## WEATHER

Autumn	Days shorten. Often cold and wet
Winter	Short daylight hours. You need warm clothes
Spring	The days lengthen. The weather is very variable
Summer	Long days. Warm and occasionally hot



# EVENTS

## **R4TW**

Annually in May. "Run for the World" Morecambe. Buses 1, 6.  
Sponsored 5 or 10km run along the seafront

## **Kite festival**

Annually in June . Morecambe. Buses 1, 6, 100. Watch massive kites fly over the beach to the sound of a brass band

## **Jazz Festival**

Annually in September. Town centre. Like the music festival, but Jazz

## **Music Festival**

Annually in October. Town centre. Listen for free in over 30 venues. Whatever your taste there will be something for you. Make a day of it sampling all the local and regional bands

## **Heritage Week**

Annually in September. Town centre. Free access to many historic buildings in Lancaster and Morecombe. Plan your visits to get the best out of it

## **Light Up Lancaster**

An arts festival celebrating bonfire night at the start of November with events across the city, culminating in the fireworks display at Lancaster Castle

## **Highest Point**

Lancasters biggest music festival, every May in Williamsons Park attracting bigger bands and bigger crowds.

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# DAYS OUT

Day trips are organised by the Graduate College

## **The Canal**

Walk north over the rather splendid aqueduct (built 1797) or south into the countryside. Look out for swans and their signets!

## **Williamson Park**

A rather splendid, many facettted Park on the side of a hill capped by the Ashton memorial which is visible from most parts of town.

## **Heysham village**

Bus 4. Explore the Abbey ruins and church, walk from the quaint village along the prom beside the sea, until you get tired then catch a bus back.

## **555 Bus**

From the bus station into the heart of the Lake District (Grasmere). Group discounts for 3 and 5 people.

## **Canal Boat Trip**

Book at the kiosk near Aldcliffe Rd, Lancaster LA1 1AZ

## **Bike Hire**

Leisure Lakes Bikes 103-105 Penny St, Lancaster LA1 1XN. (see also Transport)



# Hope Church welcomes international students

希望教会  
欢迎国际  
学生

10:30 Morning Service  
13:30 Evening Service

Hope Church, Queen Street,  
LA1 1RX

[www.hopelancaster.co.uk](http://www.hopelancaster.co.uk)  
[fb.com/hopelancaster](https://fb.com/hopelancaster)  
[info@hopelancaster.co.uk](mailto:info@hopelancaster.co.uk)

