Safeguarding
and Wellbeing

CITY GUIDES MANCHESTER

Start reading...

CITY GUIDE TO MANCHESTER

Manchester is a city bursting with culture, energy and character. Walking around Manchester you can find beautiful architecture and a variety of restaurants, shops, and museums. There are also hidden gems around the outside of Manchester to explore with great scenic walks and days out such as Hebden Bridge. It's easy to get around the city with fantastic transport links including trams, trains, and buses. Make sure to keep an eye out for upcoming events in Manchester, from Manchester Pride to the Christmas Markets, alongside many different music events.

Our campus

61-95 Oxford Street, Manchester, M1 6FQ

We are based on the 7th and 4th floor where we have the Library, Student Services, and the Welfare Team. Both floors have a breakout area to sit, socialise, have your lunch and there's also tea and coffee stations.

TRANSPORT IN MANCHESTER

Trains

Manchester's main train stations are Manchester Piccadilly, Manchester Victoria, Manchester Oxford Road and Deansgate, they all have great networks to get you around the country. The nearest train station to campus is Manchester Oxford Road, but Piccadilly Station is only an 11-minute walk away.

- Buy a 7-day, 28-day or year-long Metrolink travel card to save time and money.
- Download the **Bee Network app** to buy your tickets online

Trams (Metrolink)

Manchester has a tram system that covers most of the Greater Manchester area, which is split into zones. Tickets can be bought at machines on the platform, by contactless payments, or via the **Bee Network app**.

St. Peters Square is the closest tram stop to our campus.

Find out more

Buses

Manchester has a great bus network that can get you around Greater Manchester. Most buses accept contactless payments. However, if you need a Travelcard that you need to use on more than one bus company, or any combination of bus, train and tram, you can get a System One Travel.

You can also buy Day Savers from the bus driver, or weekly and monthly travelcards from pay point retailers of TfGM Travel shops.

Find out more

Taxis

We recommend:

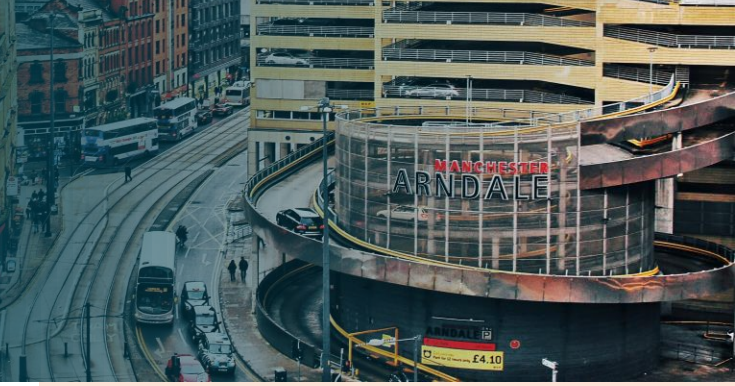
Street Cars Manchester: **0161 228 7878** (student discount available)

Club Cars Manchester: **0161 436 4000** (student discount available)

You can pre-book taxis through **Bolt** or **Uber**.

Top Tip: If you buy a 16-25 or 26-30 railcard, for £30, you will save 1/3 on most rail fares across Britain for a year

HEALTHCARE IN MANCHESTER



NHS

Find a GP and dentist to register with **here**.

Your nearest A&E:

Manchester royal Infirmary, Upper Brook Street, Manchester, M13 9NZ

Nearest walk-in centres

City Health Centre (boots:
This is a walk-in centre where you can speak to a medical professional, located on the second floor of Boots on Market Street. You don't need to have a GP to use this service.

32 Market Street, Manchester, M1 1PL

Primary Care Emergency Health Centre (Near Royal Infirmary):
Manchester Royal Infirmary, Oxford Road, Manchester, Greater Manchester, M13 9WL

Additional information

- 999: emergency help (ambulance, police & fire brigade
- 111: non-emergency medical support
- 101: non-emergency police support
- 112: emergency number for mobiles anywhere in the world

What3Words:

Download the app to give you exact location to emergency services

Citizens Advice Bureau (CAB):
Citizens Advice provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities

Gyms

JD Sports

Just around the corner from campus, there are over 300 classes a month and saunas in the changing room

Bridgewater House, Whitworth Street, Manchester, M1 6LT

Find out more

Better Sugden Sports Centre

A gym, fitness classes, pitches, courts and a sports hall less than 10-minute walk from campus, with student discount available

114 Grosvenor Street, Manchester, M1 7HL

Find out more

ENTERTAINMENT IN MANCHESTER

Palace Theatre

Opened in 1891 and was originally known as “the Grand Old Lady of Oxford Street”, located next to campus with regular theatre shows

97 Oxford Street, Manchester, M1 6FT

Book tickets here

Trafford Centre

Shop, eat and play at the Trafford Centre, with many activities and events happening regularly.

The Trafford Centre, Trafford Park, Stretford, Manchester, M17 8AA

Find out more

Printworks

Near the Arndale shopping centre, there are many different things to do like the cinema, crazy golf, bowling and a variety of food and drink options. Make sure you check the student offers before you go.

27 Withy Grove, Manchester, M4 2BS

Find out more

Manchester Art Gallery

Home to a collection of over 46,000 objects of fine art, decorative art and costume, enjoy free entry to a range of exhibitions

Manchester Art Gallery, Mosley Street, Manchester, M2 3JL

Find out more here

Arndale Centre

The biggest shopping centre in central Manchester where you’ll find plenty of food and drinks venues, and entertainment.

Manchester Arndale, Manchester, M4 1AZ

Find out more here

Science and Industry Museum

Traces the development of science, technology and industry with an emphasis on the city’s achievements, entry is free.

Liverpool Road, Manchester, M3 4FP

Find out more here

PARKS IN MANCHESTER

Sackville Gardens

Based near campus, next to Canal Street, and has a memorial to Alan Turing.

Whitworth Street, Sackville Street, Manchester, M1 3WA

Vimto Park

A small park with big personality! Here you'll find a monument to the popular drink Vimto, where it was first invented.

39 Sackville Street, Manchester, M1 3WE

All Saints Park

This park is close to campus as well as a range of places to get some food, including the popular vegetarian and vegan based shop and café, The Eighth Day.

Oxford Road, Manchester, M15 6BX

Sale Water Park

Located to the south of the city, escape to an area of countryside and parkland featuring a water sports centre. You can get a tram straight to Sale Water Park on the Metrolink.

Rifle Road, Sale, M33 2LX

STUDENT DISCOUNT

UNiDAYS

Fast, free exclusive discounts for students.

Find out more

TOTUM

The #1 UK Student Discount card and app.

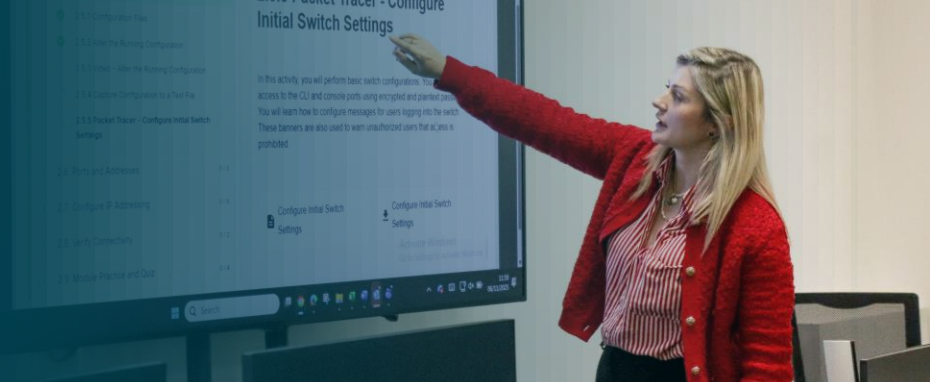
Find out more

Student Beans

Free student discounts

Find out more

CULTURE SHOCK



We know it can be scary coming to a new country or city to live, especially when you have to learn to adapt to a new or different culture and way of living. Culture shock may be experienced from the way people speak and behave, their values and beliefs, and even their clothes and food.

This is something which is completely normal to experience but sometimes it can be hard to adjust. It is important to find things that are familiar for you whether that is an activity, sport, or food. You are not alone though and if you find yourself struggling to adapt, the **Welfare Team** are here to support you.