





INVEST IN YOUR FUTURE

WE MIND YOUR SAFETY

Ulster University has teamed up with technology firm CriticalArc to provide SafeZone, a free new app for students and staff that connects you to the University security team if you ever need urgent help, first aid or if you have an emergency while on campus.



Students can download the SafeZone app from their app store and register using their University email address.

To find out more about SafeZone's features visit **safezoneapp.com**



BE FIRE

SAFE

Before moving into your house:

- Ensure fire safety equipment is properly installed and is in working order, particularly smoke and carbon monoxide alarms.
- Know where the fire exits are and always keep them clear.

REMEMBER, misuse of fire safety equipment puts people's lives at risk.

TOP RENTING

TIPS

- View the property in person keep an eye out for signs of damp or disrepair. Take photographs internally and externally.
- If you spot a problem, get written confirmation from the landlord before you sign the contract then the problem will be dealt with.
- Is the area safe. Check out the crime rate for the area, search police recorded crime statistics on psni.police.uk
- Read your tenancy agreement carefully and don't sign it unless you understand and are happy with all the conditions.
- Check the inventory of items in the property, noting their condition and cleanliness before you sign it.



IMPORTANT

TO KNOW

- If renting a shared house in Belfast, you must ensure that the landlord has the relevant Homes of Multiple Occupancy (HMO) licence, as it's a legal requirement.
- Search Northern Ireland HMOs on belfastcity.gov.uk/ for more information.
- If renting a shared house, you may be asked to sign a joint tenancy or a separate tenancy agreement. If you sign a joint tenancy, then you will all be responsible for each other's debts and damages.

If you have a separate agreement for your own room then if there are any discrepancies, the argument is between yourself and your landlord and will not normally involve your housemates (unless perhaps it relates to the common parts of the property).

BEAGOOD

NEIGHBOUR

Look out for each other

Introduce yourself, your neighbours will appreciate your courtesy.

Respect your neighbours

Consider your neighbours' schedules they might have different lifestyles to yourself.

• Be considerate

Keep noise to a minimum and let your neighbours know if you are planning to have a party.

Figure out the bin situation

Find out when your rubbish collection days are and don't leave rubbish in the garden or outside the property.



Do you know who's added you as a friend?

Be selective with requests, if you don't know the person, don't accept. It could be a fake account.

Check your security settings on social media

Be wary of what people can see on your social media channels. Depending on your privacy settings it can be easy for individuals to get a hold of your personal information.

· Be kind online

Every time you log on, you have the power to impact people, make sure it's in a positive way.

Speak up

Talk to a trusted adult or a friend if you are getting cyberbullied. It affects us all, you aren't alone.

5 TIPS

FOR COMMUNAL LIVING

- 1. Sharing food and taking turns to cook you will save money and reduce the amount of time that you spend cooking.
- 2. Make a rota for chores and do small tasks whenever you have time. Cleanliness and good hygiene is an important part of communal living.
- 3. Consider having a 'house kitty' for items such as milk and toilet roll.
- 4. Agree between yourselves how bills will be paid. You may want to designate one person who is going to take responsibility for each bill.
- Resolving issues that arise between flatmates can be difficult. The key is compromise and keeping channels of communication open.

MIND

YOUR STUFF

Ulster University works closely with the Police Service of Northern Ireland and local councils to help keep you safe and reduce assaults, thefts and domestic burglaries.

General safety tips:

- Close all windows
- Lock doors when you go out or are in the house alone
- Don't leave valuables in view
- Chain your bike to an immovable object with a good lock
- Stay away from deserted roads and paths. Keep to well-lit areas
- Walk in the middle of the pavement
- · Make sure your mobile is charged
- If strangers come to the door, ask for ID
- For advice go to psni.police.uk/advice_information/ advice-for-students/

IT'S OK NOT TO FEEL OK

But it's absolutely ok to ask for help.

Time at University can be challenging; we recognise the pressures faced by students at Ulster University and are here to help students better manage their mental wellbeing.

Please contact the Ulster University Student Wellbeing team:

T: 028 9536 7000

E: studentwellbeing@ulster.ac.uk

W: ulster.ac.uk/wellbeing

OUT OF UNIVERSITY HOURS (24 HOURS):

Inspire (Student counselling service)
0800 028 5510 or email
ulsterstudents@inspirewellbeing.org

Lifeline on 0800 808 8000

Samaritans (listening ear) 116 123





THINK OF YOUR

FUTURE

Living away from home is a time to make new friends and enjoy socialising. It is important to respect the neighbourhood where you choose to live and socialise. Remember – Anti-social behaviour (ASB) includes on-street drinking and noisy parties, these could result in a fine or criminal conviction.

This could:

- Reduce employment prospects
- Affect professional accreditation for specific careers
- · Restrict travelling abroad
- Impact on the reputation of the University
- · Lead to internal discipline penalties

USEFUL CONTACTS

For further info contact:

E: communityrelationsbelfast@ulster.ac.uk W: ulster.ac.uk/communityrelations





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