



Your Guide to Starting Life At Edinburgh Napier University

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☆ SECTION 1 — Welcome to Edinburgh Napier and ENSA!

Welcome to Edinburgh Napier University

This is the start of an amazing chapter in your life, and we are genuinely excited to have you here. Whether you are fresh out of school, returning to education or travelling from another country, this guide is written to help you settle in, feel confident and make the most of your time at Napier.

Meet ENSA - Your Students' Association

ENSA stands for Edinburgh Napier Students' Association. Every university has one but at Napier your Students' Association is particularly active and supportive. ENSA is a full support system, run with the input of students for students, and it exists to make your university experience easier, happier and more connected.

So, what does ENSA actually do?

Events and social life

ENSA knows how to throw a good party, and we run loads of fun events throughout the year. Whether you are into epic club nights or movie marathons, there is something for everyone. Our events are open to everyone, and they make it easy to meet people, even if you are shy or new to the city.

We run sports clubs and societies

Whether you want to join football, dance, cheer, basketball, gaming, photography, debate or something more niche, there is a club or society for you. And if there is not, you can start one. Joining a club or society is one of the easiest ways to build friendships and feel part of a community. It's also a great way to meet people outside of your course or accommodation.

Free, confidential advice

Need advice? Our experienced Advice Team is here to help. ENSA Advice is the friendly, professional support service that you can come to whenever something feels difficult. Whether you've got academic worries, housing issues or if money is tight - we've got your back and we are on your side.

Representation and your student voice

ENSA is your voice on campus, making sure students have a say in the big decisions that affect them. Our team is committed to winning improvements for students. We also have three elected Sabbatical Officers. They are students (just like you!) who are elected by their fellow students in online elections, to represent their voice. They work

hard to improve the student experience, challenge issues, highlight problems and make sure students are heard in every important decision. They represent you at the highest levels of the University.

☆ **Sabbatical Officers**

Our Sabbatical Officers serve a term of one year, and in the 2025/26 year they are:

☆ **Evans Eghan** – Societies & Community

☆ **Chika Marvis** – Education & Employability

☆ **Austen Brunton** – Sport & Wellbeing

You will see them around campus, at events and online. They are friendly and easy to talk to, so do not hesitate to ask questions or say hello.

😊 **Do I need to join ENSA to get involved in all of this fun?**

No need! Membership is free and is automatic when you register at the university.

📍 **We'd love to meet you!**

Please drop in for a chat if you're passing by one of our offices:

- Merchiston Campus: Room B34
- Craiglockhart Campus: Room 1.48
- Sighthill Campus: Room 1.C.30

You can drop in for help, attend events or find out what is happening that week. You can also [contact ENSA](#) online if you prefer messaging instead of in-person chats.

👍 **Why ENSA really matters**

People often underestimate how important it is to feel included and supported at university. When something goes wrong, even something small, it can feel overwhelming. Having ENSA on your side means that you never need to face problems alone.

ENSA is a safety net. It is also the fun, social and energising part of university life. It is where people find friends for life, join groups they love and feel part of the Napier community.

This guide will show you all the ways to get involved, stay supported and enjoy your university experience, one step at a time.

☆ SECTION 2 – THINGS TO THINK ABOUT BEFORE YOU ARRIVE IN EDINBURGH ✈

Preparing for university can feel exciting and stressful at the same time. This section breaks everything down into simple steps, so you feel organised before you even set foot in Edinburgh.

Sort your accommodation

Where are you going to live? There are various options (University halls, private halls, private rental) - whichever you opt for, you should make sure you have everything in place before arriving in Edinburgh. You should also consider whether you need to purchase contents insurance to protect your possessions.

 **Tip:** Check out section 9 of this guide for our full guidance on accommodation in Edinburgh

Sort your finances

Managing your money can be a big change when you become a student. Get ahead by taking these simple steps before you arrive:

Apply for your student funding nice and early : See ENSA's handy [Student Funding and Fees](#) guide and this helpful [Student loans guidance](#) - which includes an FAQ about what to do if there are any delays on your first payment. International and self-funding students can find more information about [Making Payments](#) on myNapier, including how to pay, and who to contact with any issues.

Plan your basic monthly budget : See section 7 of this guide for our helpful tips on Managing your Money.

And remember that the first few weeks can be particularly expensive - Welcome Week events, deposits, new stuff for your room and just generally adjusting to living on your own.

Open a bank account : Consider setting up a student bank account – these tend to offer better perks than normal bank accounts, for example freebies including vouchers, budgeting tools, and interest free overdrafts. You will need to choose the best account for you, but if you are overwhelmed by the choices, you can get some comparisons from [Money Saving Expert](#) and [Save the Student](#). It is worth being aware that not all options are available to 17-year-olds or international students.

To set up an account you will likely need several documents including ID and proof of address, and possibly proof of immigration status if you are not a UK national. The documents required may vary slightly between banks so ensure you check what they need on their website before you get started. There are also several online banks that are quick and easy to set up. These include Monzo, Revolut and Starling.

International students 🌐: UKCISA have put together some specific guidance which you may find helpful: [Opening a bank account as an international student](#)

Think about part-time work

If you want or need to work whilst you are studying, you can look into part-time jobs and prepare a CV. A word of caution here - make sure that your job doesn't interfere with your studies - remember the primary reason you are at university is to get the most out of your degree!

Jobs and the hours available can also change, so where possible do not rely on working lots of hours to cover your essential costs.

The Employability and Careers team can offer support with preparing your CV, finding a job and also getting started with your career planning for after graduation. It is never too early to start thinking about your future: [Careers Support](#)

International students: 🌐 International Support have some guidance for Student visa holders, including where you can get a university letter to provide to your employer: [Working in the UK](#)

Prepare for studying

Get ahead of the game prior to starting your course. Have you been sent any pre-reading, or been asked to complete any online Registration Modules? Check that you have a working laptop or any other tech that you are going to need: [Equipment for your studies](#)

Find out more about one-to-one academic skills support and online guides to getting started with assessments: [Preparing for study](#)

Health arrangements

Before arriving in Edinburgh, you should also ensure that you are up to date with all [Vaccinations](#) including Measles, mumps and rubella (MMR), Meningitis ACW and

Human papillomavirus (HPV). Make sure that you have a good amount of any essential prescriptions to get you through the first few weeks of term.

 **International students:** If you have an existing prescription, plan what you can bring to the UK, speak to your doctor at home about your travel plans, and ensure that you see a Doctor in the UK well in advance of running out of your medication. Find out more about [taking medicine into the UK here](#).

Visas and travel documents

Arriving in the UK for the first time can be daunting if you are an international student, and one of the most important things to get sorted out on time is your visa. The International Support team offer lots of guidance, including support with questions about your visa: [New international students](#)

The UK Council for International Student Affairs also offer great advice for international students: [Charity Supporting International Students in the UK | UKCISA](#)

Packing for Scotland

There are plenty of online guides to help you with packing: [What to take to university](#). For Edinburgh in particular, you may want pack layers of warm clothes – it gets very chilly. A raincoat is also advisable, particularly a light one that you can take on and off easily as the weather changes throughout the day. Scottish weather can take a bit of getting used to [Weather in Scotland | VisitScotland](#).

You may also want to think about any sporting equipment you may need to help you get back into a hobby [A - Z of Sports Clubs](#) and important documents including ID. If you are coming from abroad, remember to be mindful of what you can't bring including certain food products [Immigration on entry to the UK](#)

Don't worry if you forget anything though - Edinburgh is a large city with lots of shops, so you will be able to buy anything you need.

If you are buying new items to use in university accommodation, it can even be worth holding off until after you have arrived. One kitchen doesn't necessarily need 5 different cheese graters and a flat trip to IKEA can be a great bonding experience!

☆ SECTION 3 – ARRIVING IN EDINBURGH: YOUR FIRST FEW DAYS IN THE CITY 🏰

Arriving in Edinburgh is an exciting mix of nerves, curiosity and pure “wow” moments. It is a city that looks like it has fallen out of a storybook with old cobbled streets, dramatic hills and beautiful old buildings. This section helps you understand exactly what those first days and weeks will feel like so you can settle in smoothly.

Your first impression of Edinburgh 🤗

Many students say that Edinburgh feels like a big city and a small town at the same time. You have shops, nightlife, culture, festivals and thousands of students, but you can still walk almost everywhere. It feels safe, friendly and full of character. You will see people from every background and age group, and it is normal to hear multiple languages in a single day.

The city is built on hills, so be ready for a bit of uphill walking. The views make it worth it though. Calton Hill, Arthur’s Seat and the Castle are some of the best spots to visit in your first week if you want some epic photos to send home.

Arriving at your accommodation 🏠

Your arrival day can be a bit of a whirlwind. If you are moving into student accommodation, there will usually be plenty of staff and student helpers around. They can point you to your flat, help you figure out your keys and guide you to the nearest shops.

Meeting your flatmates for the first time might feel awkward but remember that everyone is nervous at the start. You don’t need to have a big introduction speech prepared. A simple “Hi, I am excited to meet everyone” is enough to start things off.

A few quick tips:

- 🧹 Bring a small cleaning kit
- 🍲 Buy easy food for the first few days
- ☁️ Expect rain even if the sky looks clear
- 🔌 Bring extension cables
- 😊 Keep your door open when unpacking if you want to meet people

Little things like that make a huge difference to how quickly you settle in.

Your first week essentials

To make your first few days a bit easier, here are some top tips:

 **Organise your [Student Card](#):** You will need this for library access, printing and campus doors.

 **Learn how to get to your campus:** Edinburgh Napier has [three campuses](#) (Craiglockhart, Merchiston and Sighthill). Make sure you know your route so you are on time for classes on your first day!

 **Explore local shops:** Most student flats will be located near a Tesco, Sainsbury's, Lidl or Aldi. These are the cheapest places to get your basic groceries.

Download essential apps

- [Transport for Edinburgh](#) for bus and tram info
- [SafeZone](#) for on-campus safety & support
- [MyAccount](#) for your timetable and email
- [Too Good To Go](#) for discounted food
- [UNiDAYS](#) for student deals

 **Go to [Welcome Week](#) events:** These events are relaxed, friendly and designed to help you make connections. You do not need to be loud or outgoing. Just turning up is enough.

Transport around Edinburgh

Edinburgh is one of the easiest cities in the UK to get around.

Buses

The Lothian Bus network is excellent and covers the entire city. They run every few minutes and take contactless payments.

!Free bus travel: If you are under 22, you can apply for free bus travel which is a huge money saver – [apply here](#).

You can find out more about travelling between campuses and the bus numbers you should take [here](#).

You can download the [Lothian bus app](#) for real-time travel information.

Without any form of bus pass the current bus fare on any journey is £2.20. If you need to make multiple journeys in one day, use the same card to make your contactless payment. The system will recognise your card and cap your total bus fare for the day at £5. When you continue to use the same card for the entire week, your total weekly fare will be capped at £24.50. You can also pay in advance for a Student Ridacard for further discounts, if you use the bus a lot, this starts at £21.00 per week: [Fares & Tickets - Lothian Buses](#)

If you are disabled and meet the eligibility criteria you can get a disabled person's bus pass. You can find out more about the eligibility criteria and process for applying [here](#).

Trams

The trams run from the airport to the city centre and out to Newhaven. They are clean, reliable and easy to use. You can buy a ticket at the stop or tap on- **but** unlike the bus you need to tap off to avoid being charged the maximum fare!

Read more about the tram [here](#).

Cycling

There are designated places to store your bicycle at all three campuses, and Edinburgh has several off road cycle routes which you can use to get around the city. There are opportunities to get help with repairs and equipment on camps. Find out more about it here: [Cycling to campus](#)

Car

Student parking on campus is significantly oversubscribed, and a permit is required to park at all three Edinburgh Napier campuses. [Car Parking FAQs](#)

If you need to park on a public street, be very mindful of parking restrictions. Fines can be expensive, and there are regular patrols to issue tickets to anyone parked in the wrong place. You should also be mindful of speeding and bus lane restrictions, especially if you are new to driving in Edinburgh. There are also Park and Rides outside the city: [Find a park and ride – The City of Edinburgh Council](#)

Taxis

Taxis can be a great option, especially if you are travelling in a group late at night and are splitting the cost. However, for getting around the city day to day, they can be significantly more expensive than public transport. [Uber](#) operates in Edinburgh or black taxis can be hailed in the street, booked by phone, or found at one of the many official central taxi ranks. Private Hire Cabs must be booked by phone in advance. They must display their taxi license inside the car on the dashboard.

Train

If you are coming from further afield, the train may be the best way to get to campus. You can plan your journey and buy tickets on either the Scotrail or Trainline apps. Or you can buy a paper ticket from a ticket office or machine at the station.

Rail travel can be costly in Scotland. Advance tickets are typically a lot cheaper, but much less flexible. There is guidance on the cheapest fair options available here: [Find The Right Ticket For You | ScotRail](#)

It is often worth applying for a 16-25 Railcard. Importantly, full-time students who are over 25 can also apply for this railcard. The Railcard gets you 1/3 off all rail travel. Find the details here: [Find The Right Ticket For You | ScotRail](#)



Walking

Many central areas are walkable which makes Edinburgh feel cosy and connected.



Healthcare and safety

See ENSA's guidance here [Health and Wellbeing](#)



Register with a GP

Find a GP near your accommodation using the [NHS website](#) as soon as possible after you arrive. Registration is simple and free. Do not wait until you are ill- as it may delay you getting help.

GPs are typically only open on weekdays, 8.30am to 5pm. You usually need an appointment in advance and should check with your practice how to arrange one. Sometimes, there can be a bit of a wait if your practice is busy. If you are unwell and it is impacting your studies, you may need to submit a letter from your GP as part of the [Fit to Sit and extenuating circumstances](#) process.



Feel sick and unsure what to do?

- Call **999** for emergencies. You can also travel to A&E at a hospital in an emergency, if it is safe to do so.
- Call **111** for medical advice or go online to [Check your symptoms - NHS 111](#)
- Use [SafeZone](#) for on-campus support

Dentists

You should register with a dentist as soon as possible after arriving in Scotland. Anyone aged 25 and under who is registered with a Scottish dental practice also gets free NHS treatment. You can find dentists [here](#).

If you are not registered and experience a dental emergency, you can find emergency contact details here: [Dental emergencies - NHS Scotland](#). For out of hours emergencies, it is recommended that you call NHS 24 on 111.

Opticians

If you think you need glasses, or need to replace your glasses, you will need to visit an optician. Eye tests are free, but you will have to cover the costs of the glasses/contact lenses unless you qualify for help on the grounds of low income.

There are optician chains such as Specsavers or Vision Express, however, you may also be able to find a local, independent optician as well.

Sexual Health

You can access condoms for free in Edinburgh & the Lothians under the C:Card scheme. Pop into an ENSA office, or arrange to have them delivered free to your address: [C-Card Safe Sex](#)

Free sexual health services are available to all students through Lothian Sexual Health, including tests for Sexually Transmitted Infections (STIs), emergency contraception and pregnancy advice. [Lothian Sexual Health | Sexual Health advice for Edinburgh and the Lothians](#)

What healthcare do I have to pay for?

If you are from outside the UK, find out more about how to access healthcare and what it may cost here: <https://www.ukcisa.org.uk/student-advice/life-in-the-uk/healthcare>

Campus

Edinburgh Napier security team are always on hand to offer support to students, whether it's reuniting you with something you've lost or letting you back into your flat after locking yourself out. [Security and safety](#).

Using the [SafeZone](#) app can help you if you need to get First Aid support, lock yourself out of your halls or even if you find yourself in an emergency situation. Download it early on, so it's there if you need it.

Student Life

See ENSA's guidance on [Drugs and Alcohol](#), [your home](#), being [out and about](#), and [protecting yourself from Scams](#).

[Police Scotland's Online Student Safety Guide](#) is a must-read for learning about scams and issues that students face online.

Your first week emotions 😊

It is normal to feel:

- Excited
- Homesick
- Overwhelmed
- Tired
- Nervous
- Confident
- Or even bored in the early evenings

There is no right or wrong way to settle in. Everyone adjusts at their own pace. Edinburgh is a very welcoming city and students usually feel at home much quicker than they expect.

☆ SECTION 4 – GETTING STARTED AT UNI & REGISTRATION

Your first month at Napier is all about finding routine, building confidence and getting comfortable with university life. This section covers the things that everyone experiences in their first few weeks and how to make the most of them.

Registration

Before starting at ENU, you need to formally **register as a student**. You can find out how to [do this here](#).

Welcome Week and induction

Once you have registered, you will get access to your [personalised welcome timetable](#). Here you will find details of all university welcome events, academic orientations and timetabled teaching events.

Your induction normally includes:

-  Course overview
-  Informal meet and greets
-  Campus tours
-  Library introductions
-  IT setup sessions
-  Meeting your lecturers
-  Social activities

You do not need to attend absolutely everything, but try to make the academic sessions and at least one social event. They help you feel connected from day one.

Each September, ENSA runs an official Welcome Week to help all new & returning students settle in, make friends and explore the city. All [Welcome Week events will be posted here](#).

Understanding your timetable

Your timetable will show lectures, seminars, tutorials and labs depending on your course. A few quick points:

- Lectures are larger sessions with lots of students

- Tutorials and seminars are smaller and more interactive
- Labs are practical sessions for certain subjects

Keep an eye on Moodle and your university email because timetable changes do happen.

Your three campuses at a glance 📍

Did you know that ENU has [3 different campuses](#)? You will be based on one of the three, but you may want to check the others out!

Merchiston: this campus is home to our creative, computing and engineering students. Situated in the buzzing neighbourhood of Bruntsfield, independent cafes, restaurants and shops are just around the corner

Craiglockhart: Home to our business, law and management students, this campus blends old and new architecture and has beautiful hillside views.

Sighthill: This campus houses our Applied Sciences and Health & Social Care students. Facilities include life-like hospital wards, a clinical skills suite, sports science labs and our [EN]GAGE sports centre.

Libraries and Laptop Loan Scheme 📖

The Napier libraries offer silent study zones, access to thousands of online resources, group rooms, printing facilities and more. Read everything there is to know about the [ENU Libraries here](#). Our Librarians are friendly and genuinely helpful. If you feel lost while researching, ask them. They are experts. You can also ask them about [ENU's laptop loan scheme](#).

IT Support and

Digital Tools 💻

New technology can take some time to get used to, but using these new tools will soon they become second nature:

Moodle: Once you have registered as a student, you will automatically be registered in Moodle. This is where you access modules, readings, assignments and announcements. Log in using your University email address and password.

ENU App: Make sure you download the Edinburgh Napier App (also known as MyAccount), for easy access to your emails, timetable and more.

MyNapier: Make sure to familiarise yourself with MyNapier - this is ENU's student intranet. Here you can access your student email and Moodle, read university news, find key dates and find details of support services.

Panopto: Here you can find Lecture recordings.

Turnitin: For Assignment submissions and plagiarism checks.

OneDrive: Cloud storage for your files.

IT Services: You can get IT support from the IS Service Desk 24 hours a day, 7 days a week.

Your first month socially

Most people don't form a solid friendship group on day one. It takes time. Here are a few ways to make it easier:

- Leave your flat door open when you are around
- Say yes to small plans
- Join a sports club or society early on
- Attend events even if you go alone
- Keep in touch with people who seem positive

The truth is that the majority of students are looking for friends just like you.

Culture Shock

While usually temporary, culture shock is common among international students arriving in the UK. However, university can also be a big adjustment to UK students being in Scotland, or away from home, for the first time.

You might notice differences in way people dress, speak and behave, teaching and learning styles, food - potentially all aspects of life. Some people also struggle with the accent, and some of the unique phrases used in Scotland.

This can be frustrating and disorienting at first, as even something simple like buying a bus ticket needs figuring out. There will also be changes to the weather, it might be colder and get dark earlier than you used to. It's hopefully reassuring to know that it's perfectly normal to struggle at the start, you are not on your own, and there is lots of support if you need to chat to someone about settling in.

You can book a chat with an ENSA adviser about support with settling in, and there are also drop-ins run by the [Keep on Track](#) team.

UKCISA also have some great guidance on [Culture shock for international students](#)

Finding routine 🧑

A good weekly routine makes you feel settled. Try to balance:

- 📖 Study
- 🍳 Cooking
- 👯 Social life
- 💪 Exercise
- 🧹 Cleaning
- 🛌 Rest

Do not expect perfection. A simple routine is enough to feel grounded and in control.

☆ SECTION 5 — SUPPORT, WELLBEING & INCLUSION AT NAPIER ♡

University is exciting, but it also comes with challenges. Everyone needs support at some point whether it is academic, emotional, financial or practical. Napier and ENSA have a wide network of support services that exist to help you stay healthy, confident and on track throughout your degree.

This section is one of the most important in the entire guide. Knowing where to go for help makes your student life easier and much less stressful.

Homesickness 🏠

It's very common to feel a bit homesick in the first few weeks of university. It's important to keep in touch with family and friends from home, but you can also try to build a new support network here in Edinburgh: Join one of the ENSA [Sports Clubs](#) or [Societies](#). Join a local gym. Reach out to classmates. Join in with ENSA [Social Events](#). There are some good tips for combatting homesickness [here](#). If you are struggling with settling in, contact [ENSA Advice](#), the [ENU Counselling Service](#) or the [Keep on Track](#) team

S.A.D. ⚙️

The cold, dark winter months can also impact your wellbeing, with the lack of daylight making you feel down. This is known as [Seasonal Affective Disorder](#). There are a [number of things](#) you can do to improve your symptoms.

Counselling & Emotional Support 🌿

University life can bring stress, loneliness and pressure. Talking to someone makes a huge difference. Napier offers free counselling and emotional wellbeing support. Waiting times are usually shorter than the NHS and the counsellors are trained to work with young adults and students. You can also access workshops on:

- Managing stress
- Building confidence
- Improving sleep
- Handling anxiety
- Staying motivated

Many students say these workshops helped them stay grounded when things got overwhelming.

You can reach out to the University's [Counselling & Mental Wellbeing team](#) any time you need support with your mental health. They can help you with counselling, CBT, mental health advice, single session therapy and mindfulness sessions. Registered students can access online support via Silver Cloud and Togetherall.

You can book appointments or access online resources at any time during the year. The staff understand that every student's situation is different and they tailor their advice to your needs.

Disability & Inclusion and Learning Adjustments

If you have a disability of any kind, you can access support here at ENU. Contact the [Disability Inclusion team](#), who will work with you to help you thrive at University. If you need adjustments, the team can help you create a Learning Profile. This is a document that explains the support you require, such as extra time in exams, note taking support or specific resources. Your lecturers will receive your Learning Profile so they know how to support you.

Keep on Track Team

The [Keep on Track](#) team supports students who feel stuck, lost or unsure about university life. You might feel like you are falling behind or not fitting in. You might feel anxious about classes or you might simply need someone to talk things through with.

The Keep on Track Team offers relaxed and informal chats. You don't need a huge reason to contact them. Even a small wobble is enough.

ENSA Advice — Your independent support service

[ENSA Advice](#) is one of the strongest support systems you will have at University. It is completely free and confidential. The advisers are independent from the University which means they represent *your* interests only. [Book an appointment](#) if you need support with any academic or welfare issues.

Students contact ENSA Advice for all sorts of things. You do not need to wait until a problem is serious. Even if you are unsure, just ask. They will tell you what your options are.

Chaplaincy

The [Multi-Faith Chaplaincy](#) service is for students and colleagues from all faiths and from none. They provide a listening ear, and practical support. On their page you will also find details of Quiet Rooms and Prayer Rooms on each campus.

Inclusive community and belonging

Napier is a diverse university with students from over one hundred countries. The University works hard to make sure everyone is included and respected.

Support is available for:

-  LGBTQ students
-  International students
-  Faith groups and religious communities
-  Women in STEM
-  Disabled students
-  Students with families
-  Trans and non binary students

There are cultural societies, faith societies, identity based groups and friendly communities you can join. No matter who you are, there is a place for you here.

Safety and emergency support

Edinburgh is generally a safe city. Napier also has security teams on every campus and the [Safezone App](#) connects you directly to campus support.

In an emergency:

-  Call **999** for police, fire or ambulance
-  Call **111** for NHS urgent advice
-  Use [Safezone](#) for campus help

Security staff are approachable and helpful. They can walk you to transport late at night, help if you feel unsafe or support you during incidents.

Looking after yourself

Being at university means finding the right balance between study, social life, exercise, sleep and rest. Your wellbeing matters. A few small habits can make your whole experience feel easier:

- Eat regular meals
- Get fresh air every day
- Do some kind of movement
- Keep your room tidy
- Talk to people
- Take breaks

If something does not feel right, reach out sooner rather than later. There is no benefit in struggling alone, and there are people who can help you.

☆ SECTION 6 – UNDERSTANDING ACADEMIC LIFE AT NAPIER 🧐

Academic life at university is very different from school or college. There is more independence, more freedom and it can sometimes feel more daunting. This is completely normal. This section explains what to expect in your course, how teaching works and how to stay on top of everything without feeling overwhelmed.

Academic Staff

You will be taught by multiple different members of academic staff, and they will all play a different role in your learning journey. Here are the main types of academic staff that you will encounter:

Personal Development Tutor (PDT)

You will be assigned a PDT during your first few weeks at Edinburgh Napier. They will be your first point of contact for any academic or personal issues you may experience – similar to a guidance teacher in High School. Your PDT will stay constant throughout your time at Napier. You can read more about them here: [Your Personal Development Tutor](#)

Programme Leader (PL)

Your PL is the person who heads up your course; they are responsible for the overall delivery of the programme. Again, this person should remain constant throughout your time on your course. You can find out who your PL is using this search function: [Programme leader](#)

Module Leaders (MLs)

Each module that you take at Napier will have its own ML. These are the staff members responsible for overseeing a module's content, delivery, and assessment. To find the leader for a particular module, you can check the module's specific page. The module leader is the primary contact for any issues you may encounter relating to the module's materials and activities, such as those on [Moodle](#).

Teaching styles at Napier 🏠

Each course varies but it could include a mixture of:

 **Lectures:** Big sessions led by a lecturer where you learn key ideas and theories.

 **Tutorials:** Small classes where you discuss topics, ask questions and explore ideas in more detail.

 **Seminars:** Interactive sessions that often involve group tasks or discussions.

 **Labs or practical workshops:** Hands-on sessions for science, engineering, computing, health and other practical subjects.

 **Recordings:** Many lectures are recorded so you can revisit them later.

The mix will depend on your subject, but most students have at least two or three different types of sessions each week.

Independent study

This is one of the biggest changes at university. You are expected to study outside of class and manage your own time. Independent study might include:

- Reading
- Research
- Practice questions
- Watching recordings
- Preparing for tutorials
- Group work
- Drafting assignments

Most students take a couple of months to find their rhythm with this. The key is to do small chunks often instead of trying to cram everything at once.

Assessments and assignments

Your course might have a mixture of assessments such as:

- Essays
- Reports
- Exams
- Presentations
- Group projects

- Portfolios
- Practical assessments

Everything you need to know is on [Moodle](#) which will have your deadlines, possibly as well as instructions and marking criteria. Reading the marking criteria helps you understand exactly what your lecturer is looking for.

Academic integrity and referencing

[Academic integrity](#) means being honest in your work. This includes:

- Writing your own assignments
- Citing your sources
- Avoiding plagiarism (including self-plagiarism)
- Not sharing answers
- Not using unauthorised help
- Not misusing AI

Napier gives you the tools you need to reference correctly, including guides and one-to-one support from the library team. [Turnitin](#) is used for submissions and helps you to check originality; it can detect AI use and plagiarism.

¶ It is very important that you take academic integrity seriously ¶

Students who are not sufficiently careful in their work can face disciplinary proceedings. You can read the University's academic integrity regulations here: [Academic Integrity Regulations 2025-26](#). The university's specific guidance on AI is here: [Artificial intelligence tools](#)



Feedback and improvement

You will get feedback on most assignments. Some is written, some is verbal and some is delivered as class comments. It can be strange at first because feedback at university is often more detailed and more direct.

A few tips:

- Do not take it personally
- Read all comments
- Make notes on what to improve

- Apply the advice to your next assignment

Getting good at using feedback is one of the fastest ways to get higher grades.

Emailing staff professionally

Lecturers are friendly but busy. A clear email helps you get a quick reply.

A simple structure is:

Hello [Name]

My name is [Your name] and I am in [Year and course].

I am emailing because [your question].

Thank you for your time.

A polite message is always appreciated, and lecturers are usually happy to help.

Academic support services

Napier offers a wide range of academic support:



Academic Staff: Always reach out to your Programme Leader or Module Leader if you are struggling to understand anything.



Academic Skills Team: They can help with essay writing, referencing, research skills, revision and organisation. You can book an appointment with an Academic Skills Adviser, attend a drop-in or look at some tutorials here: [Improve your academic & study skills](#)



Librarians: They can help you understand academic sources and how to use databases.



Peer support: Some courses offer peer mentors or study buddies.

You do not need to struggle with coursework. Asking for help is normal at university.

☆ SECTION 7 — MANAGING YOUR MONEY

Hopefully, having sorted out your funding and planned your budget in advance, you will have no issues managing your money during your studies. However, you are not alone if you do, and there are places to seek support.

Student funding and financial help

Your student funding depends on whether you are from Scotland, England, Wales, Northern Ireland, Ireland or studying as an international student.

For Scottish students: Apply through [SAAS](#). They cover tuition and can support with loans for living costs.

For students from the rest of the UK and Ireland:

Apply through:

[Student Finance England](#)

[Student Finance Wales](#)

[Student Finance Northern Ireland](#)

[Student Universal Support Ireland](#)

For international students: Check [MyNapier](#) for payment guidance and scholarship options.

Budget not going as far as you thought?

A lot of students fear budgeting because it sounds restrictive, but it actually gives you more freedom. If you know your limits, you control your money instead of your money controlling you.

A simple monthly plan should include:

-  Rent
-  Food
-  Transport
-  Phone bill
-  Course materials
-  Social life
-  Clothes and essentials

You can make budgeting more fun by using apps like: Monzo, Revolut, Starling or Emma. These apps show your spending in colourful categories and help you track everything without doing complex maths.

ENSA Advice is here if you need some help with budgeting, and you can also book a budgeting appointment with a Napier [Student Funding Advisor via My Future](#). There are a variety of university funds, bursaries and scholarships available to help students cover living costs, childcare costs, tuition fees or specific projects. Check your eligibility at [Find-a-Fund](#). You may also be eligible for the University's [Discretionary Fund](#).

Find our guide to creating a budget here: [Budgeting and Money Management](#)

If you are struggling

Book an appointment with [ENSA Advice](#) to explore any external support that we can find, including any benefits you may be eligible for. Napier has emergency financial support for students in difficulty. We can help you apply and understand what support you might be eligible for. Never be embarrassed to ask. Many students need help at some point.

International students

It is important to be mindful of meeting your tuition fee payment deadlines, as missing one and then not following up with the university can have a serious impact on your studies.

[Problem paying fees?](#) If you have any issues with fees, contact the fees team as soon as possible.

Money can be one of the biggest stress points for students, but with the right support and a bit of planning, it becomes manageable. This section helps you understand budgeting, part time work, housing and the services that can support you when things feel tight.

☆ SECTION 8 - WORKING IN EDINBURGH

You may have left employment to commence studies at ENU or may be looking for a part-time job while you complete your studies. Ensure that any employment you undertake does not interfere / conflict with your studies. As long as it doesn't take up too much study time, finding a part-time job is a great way to earn more money, accrue less debt, and will provide new skills for your CV. International students should be aware of the restrictions relating to employment on your Student visa.

Working part-time as a student

Edinburgh is a busy city with plenty of opportunities for part time work. The most common jobs for students include:

- Hospitality
- Retail
- Events
- Festival work
- Customer service
- Tutoring
- University jobs
- Care roles

Paying tax

Working students are taxed in the same way as other employees. This means that if you take on a job – for example working shifts around your studies – you will need to check your Pay As You Earn (PAYE) tax code to check you are paying the [right tax](#).

National Minimum / Living Wage

The minimum wage a worker should get depends on their age. The National Minimum Wage is the minimum pay per hour almost all workers are entitled to. The National Living Wage is higher than the National Minimum Wage - workers get it if they're 21 and over. It does not matter how small an employer is, they still have to pay the correct minimum wage so you should ensure that you are on the [correct rate](#).

International students

Working in the UK as a student can be a rewarding experience. It's important to understand and comply with your immigration rights and restrictions and any limits to working that your institution might have. Always check your visa conditions before applying for work. You may have restrictions on the number of hours you can work during term time. [UKCISA](#) is an excellent resource for international students and they have produced a [comprehensive guide to navigating work and study in the UK as an international student](#)

Zero-hours contracts (and how to make them work for you)

The reality is that, as a student looking for part-time work, you're very likely to encounter zero hours contracts. Here are a few ways you can make them work for you -

Know Your Rights!

Contrary to popular belief, zero hours workers do have some rights. As a zero hours contract worker, you are entitled to:

- The national minimum wage for your age group
- Holiday pay based on the hours you work
- Pay if you're asked to be "on call"
- Rest breaks at work and between working days or shifts
- Statutory sick pay (with conditions)
- Freedom from bullying, harassment, or unfair treatment based on protected characteristics

Further information on zero-hours contracts can be found [here](#)

For further information on zero-hours contracts or to discuss any individual cases with an Adviser please contact [ENSA Advice](#) to arrange an appointment

Support / Resource

Whether you're looking for part-time work to fit alongside your studies or thinking about a job for when you graduate, at ENU you will find the [Employability and Careers Team](#) who can provide a wide range of support and resource to guide you. The team are here to support you with all your career and development needs, whether it's exploring career options and finding jobs, setting up placements and work experience, writing CVs and making applications, and much more. Support is available to all students and appointments can be booked with one of the team

You can find all the resources you need on [myFuture](#) - an online platform where you can search for a range of job opportunities, workshops and events, and careers appointments. Book one-to-one meetings, confirm your place at one of our employer events, or search for part-time and graduate vacancies. You can also access our Career Hub, where you'll find a range of digital placement support and interactive resources such as a CV builder and interview simulator. They also run workshops on job searching, confidence and communication.

☆ SECTION 9 - HOUSING ADVICE & TENANCY SUPPORT 🏠

As a student, you will need to [think about where you are going to live](#). You can usually choose between renting a room in student halls or renting privately.

🏠 **ENU Halls of Residence:** [ENU Student Halls](#) are run by Edinburgh Napier, and the rent is inclusive of utilities and internet. This is where most first year undergrad students will live. There are some limited spaces available for postgrad students too. It can be a great way to meet new friends. You will be asked to sign a fixed-term Tenancy Agreement, either for the full Academic Year (39 weeks) or an Extended Tenancy (50 weeks)

🏠 **Purpose Built Student Accommodation (PBSAs):** A quick google search will show that there are lots of PBSAs in Edinburgh. These are privately owned Halls of Residence, designed specifically for student life. They tend to be modern and well-located, with excellent facilities, but they can be pricey. Rent will normally be inclusive of bills but do check this. These tenancies will usually have a fixed start and end date. Contract terms can vary, so make sure you read them carefully before signing up.

🏠 **Private Residential Tenancy (PRT):** If Halls of Residence are not available, or not your preference, you can rent from a private landlord. Make sure you get a [tenancy agreement \(a PRT\)](#) in writing. The PRT will state whether bills are included in the rent or not. Your tenancy will have no fixed end date. You can stay as long as you like (unless the landlord has legal grounds to evict you) and you will usually need to give 28 days notice if you want to leave.

🏠 **Lodging:** This is a type of tenancy where you rent a room in someone's home while they also live there. You will normally have a private bedroom, with shared living spaces. Tends to be a cheaper option, but as a lodger you will have fewer legal rights than a tenant with a PRT. Make sure you get a [Lodgers Agreement](#) in writing. These tend to be fairly flexible, typically running on a rolling basis. The Landlord can normally ask you to leave with reasonable notice.

Housing can be confusing, especially for students renting for the first time. [ENSA Advice](#) is an excellent place to go if you have questions about:

- Contracts. There is some [useful information](#) on housing rights and responsibilities on the ENSA Advice website.
- Deposits
- Repairs

- Damp or mould
- Safety
- Bills
- Landlord disputes
- Scams: You will find some information on how to avoid being scammed on the [ENSA Advice pages](#).

ENSA can check your tenancy agreement before you sign it, which many students find reassuring.

Key housing tips

- Only rent from registered landlords
- Always get everything in writing
- Take photos on move in day
- Ask questions if something feels unclear
- Do not rush into the first flat you see. Edinburgh can be expensive, but there are affordable areas if you research early.

Bills and cost of living

If you live in private accommodation you might need to budget for:

- Deposit (typically one month's rent; all being well, you should get this back at the end of your tenancy)
- Gas & Electricity (not water or sewerage; in Scotland this is covered by Council Tax).
- Broadband.
- TV licence
- Contents insurance.
- Any household shared items e.g. cleaning supplies, basics for the kitchen.
- Check the Council Tax situation (the majority of Students are exempt from paying council tax, but there are some situations where this will not be the case).

The cost varies depending on your building. Splitting bills with flatmates makes everything cheaper.

☆ SECTION 10 – LIFE IN EDINBURGH 🏠

Edinburgh is one of the best student cities in the world. It is lively, historic and full of personality. Whether you love nature, nightlife, culture, food or anything in between, there is something here for you.

❤️ **Edinburgh as a student city**

With four universities and thousands of students, Edinburgh is full of young people from every background. This means you will find social events, study spots, late night food and student-friendly spaces everywhere you go.

It is easy to explore the city by foot and every neighbourhood has its own character.

🏠 **Neighbourhoods that students love**

Marchmont 🌿: Green, peaceful and popular with students. Close to the Meadows.

Bruntsfield 🌈: Filled with cafes, shops and friendly vibes.

Leith 🌊: Trendy, diverse and right next to the waterfront.

Old Town 🏰: Historic and atmospheric, but slightly more tourist-heavy.

Tollcross 🚶: Great for students, near the Meadows and well connected.

Newington 🍔: Popular with students from all universities, lots of food options.

Each area has a different price-point, vibe and personality, so explore a bit before deciding where you want to live long term.

Cultural highlights 🎨

Edinburgh is famous for its arts and culture. Some highlights include:

🎭 The famous [Edinburgh Fringe Festival](#)

🎬 The [Edinburgh International Film Festival](#)

🎷 The [Edinburgh Jazz & Blues Festival](#)

📖 The [Edinburgh International Book Festival](#)

🔥 [Hogmanay celebrations](#)

🎄 [Christmas markets](#)

 Museums and galleries

 Historic attractions

Many events offer student discounts or free entry.

Outdoor spaces and nature

Edinburgh is full of green spaces where students go to relax, study or hang out with friends.

 The Meadows: The most popular student park.

 Arthur's Seat: A must do hike with amazing views.

 Calton Hill: Easy climb, great for sunset.

 Portobello Beach: Perfect for summer days.

 The [Royal Botanic Gardens](#)

 Inverleith Park: Near the Botanic Gardens.

Even a short walk outdoors can boost your mood and reduce stress.

Food and eating out

Edinburgh has food from every corner of the world.

Cheap student favourites include:

 Italian

 Asian street food

 Pizza chains

 Sandwich cafes

 Curry houses

 Ramen bars

Vegetarian, vegan and halal options are widely available.

If you are trying to save money, check out the [Too Good To Go](#) app. You can also make your own meals and shop in more affordable supermarkets like Lidl and Aldi.

Nightlife in Edinburgh

Nightlife is varied and student friendly. You will find:

- Student bars

- Nightclubs
- Comedy clubs
- Live music venues
- Pub quizzes
- Open mic nights
- Late night cafes

You do not need to drink to enjoy nightlife. Many events are based on music, games, performances or socialising.

Getting active in Edinburgh 🏃⚽🧘

Whether you like sport or just want to move your body, there are loads of options. You can obviously join one (or more!) of our ENSA sports clubs! But outside university, Edinburgh also has a wide selection of:

- ⚽ Sports clubs
- 🧘 Fitness classes
- 🏋️ Gym sessions
- 🏃 Running clubs
- 🥋 Martial arts
- 🏸 Racket sports

Edinburgh City Council sport facilities are provided through [Edinburgh Leisure](#)

Napier sports facilities are provided through [ENGAGE](#).

🚲🧑 Edinburgh is also a great city for walking and cycling, with routes all over the city.

❤️ Feeling at home

The best part of Edinburgh is its welcoming atmosphere. People are kind, friendly and usually happy to help. Once you explore a bit, find your favourite coffee shop and settle into your routine, the city will start to feel like home.

☆ SECTION 11 - GETTING INVOLVED: CLUBS, SOCIETIES & VOLUNTEERING

One of the best parts of university life is the chance to join new communities, try new activities and discover interests you never knew you had. Getting involved is not just about hobbies, it helps build friendships, boosts your confidence and makes your entire experience more enjoyable. This section shows you exactly how to find your people at Napier.

ENSA Activities — Your gateway to fun and community

ENSA manages all the University's sports clubs and societies. There is something for everyone, whether you're into sport, creativity, activism, entertainment or something else entirely. If you cannot find a group you want to join - you can start your own!

Joining activities helps you:

- Make close friends
- Explore interests
- Build confidence
- Stay active
- Develop skills
- Switch off from study
- Feel part of the community

Even if you feel shy or nervous, these groups are designed to be welcoming and relaxed.

Sports clubs

Napier has a wide range of sports clubs. You do not need to be an athlete to join. Most clubs welcome beginners and many have non-competing (recreational) teams as well as competitive teams.

Popular options include:

-  Football
-  Basketball
-  Volleyball
-  Rugby

-  Jujitsu
-  Cheer
-  Swimming
-  Tennis
-  Running
-  Climbing

Some clubs compete in BUCS leagues and represent Napier across the UK. Others are just for fun, fitness and community.

Sports help you stay healthy, release stress and build friendships. Many students say their club becomes their main social group at university.

The easiest way to join is to message the club on social media. Their details are found here: [A - Z of Sports Clubs](#)

Societies

Societies are the heart of Napier's community life. They cover hobbies, interests, cultures, identities and academic subjects.

Examples include:

-  Drama
-  e-Sports
-  Art and craft
-  Musical theatre
-  LGBTQ groups
-  Cultural societies
-  Academic societies
-  Film
-  Faith groups
-  Conservation Volunteering groups

Joining a society gives you instant community. Most hold weekly gatherings, trips, workshops or events. Some are chilled and cosy, others are high energy and social.

The annual Societies Fair during Welcome Week is the best place to meet them all in one go. If you want to join late on, message them on social media and someone will get back to you. Their details are here: [A - Z of Societies](#)

Volunteering opportunities 🤝💛

Volunteering is a fantastic way to make friends while making a difference. There are many ways to get involved in the local community.

You can volunteer in:

- 🌿 Environmental projects
- 👦 Youth groups
- 🐶 Animal care
- 📅 Events and festivals
- 📖 Literacy programmes
- 🍲 Food banks
- 🏃 Sports coaching
- 🌍 Charity shops

Volunteering gives you:

- Real world experience
- Community connections
- A sense of purpose
- CV skills
- Confidence
- New friendships

Employers love seeing volunteering experience because it shows commitment, teamwork and empathy. You can read more here: [Volunteering](#)

Starting your own club or society 🚀

If there is something you love doing, and a club or society doesn't exist yet, you can create it. Students start new groups every year.

ENSA will guide you through:

- Registering your group
- Funding
- Promotion
- Events

- Room bookings

Starting your own group is easier than you think. Read more about doing so here: [Start a Society](#)

Events, socials and big nights 🎉

ENSA runs events throughout the year. Some are chilled, others are lively, all are friendly. Examples include:

- 🍕 Pizza nights
- 🎬 Movie screenings
- 🎤 Karaoke
- 🌅 Sunset walks
- 🏆 Sports events
- 🎭 Performances
- 🗺️ Trips around Scotland
- 🧘 Wellbeing sessions
- 🎮 Gaming tournaments
- 🎉 Welcome Week parties

Do not worry if you arrive alone. Loads of students do. These events are made to help you meet others in a relaxed and easy way.

Why getting involved is so important ❤️

Many students say the moment they join a club, society or volunteering group is the moment university truly starts to feel like home. It gives your week structure, confidence and community. Even joining just one group can transform your entire experience.

☆ SECTION 12 — YOUR SECOND TRIMESTER AND BEYOND 🦋 📅

Your first trimester is always a whirlwind. You are learning about the city, finding your daily routine and getting used to university life. Trimester two feels different in a good way. Everything becomes more familiar. You know your way around, you know what to expect and you start feeling like you truly belong here.

This section helps you understand what normally changes after the first few months and how to make the most of your continuing journey at Napier.

Feeling more confident in Trimester two ✨

It is very common to feel more settled once you return after winter break. You might notice:

- ★ You recognise people around campus
- ★ You understand how your course works
- ★ You feel more confident emailing lecturers
- ★ You know where you like to study
- ★ You have a small group of people you get on with

Even if trimester one felt chaotic, trimester two often feels smoother and calmer.

Improving your study habits 🎓

By now you know the style of your assessments and the expectations of your programme. This is a great time to:

- 📖 Review feedback from trimester one
- 📅 Set simple weekly goals
- 🕒 Spread your study time more evenly
- 📚 Visit the library earlier in the week
- 💬 Ask your lecturers for advice

Small changes can make a huge difference to your grades and your confidence.

Growing socially 👤

Friendships take time. Some students click with others immediately. Others find their people slowly throughout the year.

Trimester two is when friendships grow naturally. You might start:

- 🍷 Cooking with your flatmates
- 🎮 Meeting people through societies
- 🏃 Joining new sports clubs

 Going to events you missed in semester one

 Staying in touch with people on your course

Do not worry if your social life still feels uncertain. Growth at university is not a race.

Trying new things 💡

Trimester two is a perfect time to try something fresh:

 Join a new society

 Volunteer

 Find part time work

 Do a creative project

 Explore a new area of Edinburgh

 Join a wellbeing or fitness session

You do not need to do everything, but trying one new activity can transform your confidence.

Planning ahead 📅

The second trimester is also when many students start thinking about:

Summer jobs

Placements

Internships

Year abroad options

Future accommodation

Career goals

Napier's [Careers and Employability Team](#) can support you with all of these. They can help prepare your CV, give feedback on applications and talk through your options.

Looking after yourself ❤️

Trimester two can feel long. Keep checking in with yourself.

Make sure you:

Eat regularly

Sleep enough

Move your body

Take time to relax

Ask for support when you need it

University life is not about being perfect. It is about growing, learning and taking care of yourself one day at a time.

Appreciating your progress 🌟

Sometimes it is hard to notice how much you have changed. Look back at where you started. You have learned new skills, met new people, survived challenges and grown more confident. That is something to be proud of.

Trimester two is your chance to build on that progress and keep moving forward in your own way.

☆ SECTION 13 – YOUR JOURNEY AHEAD – A FINAL WELCOME TO NAPIER



You have reached the final section of this guide and hopefully you now feel prepared, confident and excited about your time at Edinburgh Napier University.

This last part is a reminder of what truly matters during your student experience.

You belong here 🧡

No matter your background, personality, age or experience, you are part of the Napier community. You will meet people who inspire you, challenge you and make you feel supported. There is space for you here and there are people who want to see you succeed.

University is a journey, not a race 🌱

Some students settle in quickly, others take months. Some get high grades immediately, others grow over time. Everyone moves at a different pace and every journey is valid. Be patient with yourself. All progress counts.

Support is always nearby 🤝

You are never alone at Napier. You have:

ENSA Advice

The Counselling & Mental Wellbeing Team

The Disability & Inclusion Team

The Keep on Track Team

The Chaplaincy

Your lecturers

Your Personal Development Tutor

The Academic Skills Team

Library staff

Peer support

Campus security

Friends

Flatmates

Your community

There is someone ready to help you at every stage of your degree.

Celebrate the small wins ✨

The first time you submit an assignment

The first friend you make

Your first successful group project
Your first society event
Your first class presentation
Your first night that truly feels like home

These moments matter. They build the confidence you carry for the rest of your life.

Edinburgh will become your city 🏴󠁧󠁢󠁥󠁮󠁧󠁿

The more you explore, the more you will discover your own little corners of Edinburgh.

Your favourite coffee shop
Your go-to walk
Your most productive study spot
Your favourite takeaway
Your quiet place to think

Soon they will be part of your daily life and part of your memories long after graduation.

A message for the future you ✨

You will have good days and hard days. You will laugh, learn, grow and sometimes struggle. That is part of being human and part of being a student.

But you will also: Make friends you never expected
Discover strengths you did not know you had
Achieve goals that once felt impossible
Create memories you will keep forever

Be proud of yourself. You are doing something brave and exciting by being here.

Your journey starts now 🎓💛

Welcome to Edinburgh Napier University.
Welcome to your new chapter.
Welcome to a community that is ready to support you, celebrate you and cheer you on.
You have got this.
And we are genuinely excited to see all the places you will go.

Remember if you ever need support or guidance, you can book an appointment with one of our professional advisors. [BOOK NOW.](#)

