Fiba Time-Out Induction Workshop
8th - 15th July 2017
Dear TIME-OUT participants,

We would like to wish you a warm welcome to the FIBA TIME-OUT Induction workshop hosted by Newcastle Business School at Northumbria University. As the first institution in Europe to be awarded double AACSB accreditation in business and accounting and with more undergraduate programmes accredited by EPSS than any other university, Newcastle Business School is a vibrant and dynamic leader in business education internationally and in 2015 was awarded the Times Higher Education Business School of the Year Award. The workshop is hosted at the iconic Newcastle Business School building located in the city centre, which provides state-of-the-art conference facilities with hotel and high quality student accommodation on hand.

The Leadership and Management programme has been designed to enable you to develop your knowledge and skills required for a leadership role in basketball, sports, or more general business management. We hope that you will find the Programme intellectually stimulating and personally rewarding.

At the Business School great emphasis is placed on the learning process to help link theory with practice, and obtain the skills that will develop your personal effectiveness in your current role or, perhaps, further your chosen career. The School’s mission is to maintain its high standard of teaching and to strengthen its research profile. During the course of your studies you will receive a lot of information from us, primarily via Blackboard – our online eLearning platform, but please feel free to contact us (using email, telephone or Blackboard discussion boards) with your questions and requests. We hope you enjoy your blended learning studies and we look forward to supporting you in achieving your qualification.

The induction workshop for the Leadership and Management Programme is full of interesting and exciting events and activities. Newcastle is a vibrant and historic city with excellent transport links to airports and other cities throughout the UK. We are looking forward to welcoming you to a stimulating and dynamic Induction workshop and to offering you some of the excellent ‘Geordie’ hospitality for which the city is famous.

Professor Fraser McLeay  
FIBA TIME-OUT  
Advisory Board Member

Joanne James  
Head of Department

Dr Edita Petrylaite  
Programme Leader

Northumbria University

Newcastle Business School

FROM ELITE PLAYER TO TOP MANAGER

Empowerment of basketball players through a sustainable dual career and good governance training supporting programme

Project Partners

Professor Fraser McLeay  
FIBA TIME-OUT  
Advisory Board Member

Joanne James  
Head of Department

Dr Edita Petrylaite  
Programme Leader

For more information visit northumbria.ac.uk
BA (Hons) Programme Aims
At Northumbria University while studying BA (Hons) Leadership and Management, there are several programme aims that we hope you will achieve:

By studying BA (Hons) Leadership and Management we pride ourselves on the highest quality of teaching by industry, business-focused and research-active academics giving students the most recent and up to date information on business practices when going into industry.

We aim for our students to receive a degree which integrates cutting edge research and professional skills informed by appropriate industry and professional standards. Also, alongside contemporary subject knowledge and development of professional skills, this programme will help you develop a set of distinctive range of graduate attributes.

BA (Hons) Programme Learning Outcomes
While studying BA (Hons) Leadership and Management at Northumbria University, you can expect to meet the learning outcomes;

1. Knowledge and Understanding (K&U)
   • Goal 1 - Acquisition of internationally relevant business, management and leadership knowledge (Knowledge & Understanding);

2. Personal Values Attributes (Global / Cultural Awareness, Ethics, Curiosity) (PVA)
   • Goal 2 – Reflection on a role as a culturally and ethically aware global citizen.

A student will be able to demonstrate a critical understanding of how their own cultural and ethical values may impact on their ability to engage and work ethically, constructively and sensitively in diverse environments and/or teams.

3. Intellectual / Professional Skills & Abilities (IPSA)
   • Goal 3 – A student will develop the capability to apply international relevant business, management and leadership knowledge. Also, to apply business, management and leadership knowledge in order to appreciate potential implications for strategic performance.

   • Goal 4 – A student will develop the capacity for informed enquiry into business-related issues/projects and apply techniques of analysis and enquiry through initiating and carrying out investigations into business related issues/projects.

   • Goal 5 – A student will develop the competence of enabling an effective personal contribution in a business environment. Demonstrating evidence of how self-reflection has enhanced personal impact in a business / organisational environment through its influence on changes in personal behaviour. Finally, demonstrate the capability to manage your own learning, exercise initiative and demonstrate ability, qualities and skills required by an ‘emerging leader’ in a business/organisational environment.

MSc Programme Aims
In addition to the Northumbria Graduate Characteristics, a Northumbria Postgraduate will:

For PG Cert / Diploma:
• Critically reflect on your own work and that of others
• Present and justify your work, in the context of wider theories and practice, to your peers
• Display and critically apply expert knowledge within areas of your discipline and/or practice

For Masters degree:
• Conceptualise, theorise and undertake research which addresses complex issues and which advances understanding within the discipline or practice

1. Knowledge and Understanding (K&U)
   • Demonstrate critical understanding of (1) the relationship between leader identity and leadership practice and (2) to critically analyse behaviour on individual, group and organisational level.
   • Demonstrate an appreciation of the potential implications of leader identity and leadership practice on individual, group and organisational effectiveness.

2. Intellectual / Professional Skills & Abilities (IPSA)
   • Apply relevant knowledge relating to leader identity and organisational behaviour to a range of complex situations taking account of its potential relationship with implications for organisational practice.
   • Present findings derived from critically reflecting on leader identity and organisational behaviour initiatives to enhance personal impact in the organisation.
   • Demonstrate the qualities and transferable skills for enabling leadership capacity, entailing self-direction and autonomy.

3. Personal Values Attributes (Global / Cultural Awareness, Ethics, Curiosity) (PVA)
   • Present findings derived through demonstrating originality in applying techniques of research and enquiry in creating and interpreting new knowledge which may be used to inform business practice.
   • Demonstrate a comprehensive understanding and critical evaluation of established methodologies and techniques of research and enquiry through application to your own research into complex business-related issues/projects to create new knowledge.

Masters Degree Programme Learning Outcomes
1. Knowledge & Understanding (K&U)
   • Demonstrate critical understanding of research methods, approaches and methodologies
   • Demonstrate an appreciation of the potential implications of the uncertainty, ambiguity and limits of knowledge (in the context of research methods, approaches and methodologies) for business research

2. Intellectual / Professional Skills & Abilities (IPSA)
   • Present findings derived through demonstrating originality in applying techniques of research and enquiry in creating and interpreting new knowledge which may be used to inform business practice.

3. Personal Values Attributes (Global / Cultural Awareness, Ethics, Curiosity) (PVA)
Induction Workshop Speakers

**Professor Fraser McLeay**

Fraser has over 20 years of leadership experience in marketing, strategic management and international business where he has assisted businesses in more than 60 countries to develop and implement successful start-up, international business expansion, marketing, branding and new product/service introduction strategies. These range from SME’s to multinationals as well as organisations such as the World Bank and EU.

He is currently Professor of Strategic Marketing Management at Newcastle Business School (NBS). In this role, he has received research funding from numerous external businesses or organisations as well as research councils such as the Engineering and Physical Science Research Council (EPSRC), the Economic and Social Research Council (ESRC) and the Arts and Humanities Research Council (AHRC) and has won prizes for his research and contribution to practice. Fraser has published over 150 journal articles, book chapters, refereed conference papers and commissioned reports. He is a frequent keynote speaker and invited advisory member for several international research events and has a sustained record of research supervision success, academic leadership and citizenship. In July 2016, he was Chair of the Academy of Marketing annual conference (UK leading academic marketing conference), attended by 400+ academics from 39 countries.

During his tenure at NBS Fraser has acted as Subject Group Chair, Associate Dean of Business and Enterprise and Head of Corporate and Executive Development. Prior to his appointment as Professor of Marketing at Newcastle Business School in spring 2009, Fraser was the CEO of a US based export management and consulting company.

Email: fraser.mcley@northumbria.ac.uk

**Professor John Wilson**

Pro Vice-Chancellor for the Faculty of Business and Law at Northumbria University

Prior to joining Northumbria University in 2017, John has been the Director of Newcastle University Business School since November 2012, and his previous roles have included Professor of Strategy and Director of Programmes, University of Liverpool Management School (2008-2012), and Director of Research and Professor of International Business, University of Central Lancashire (2004-2008). With a strong academic track record as a world-class researcher, John is a strong advocate of research-led teaching. He is a regular invited speaker at major conferences, and a member of numerous learned societies. John has facilitated and led significant change in his previous role, working through consultation and engagement; recent successes have included the triple accreditation (AMBA; EQUIS; AACSB) and improvements in research reflected in an improved outcome in the 2014 Research Excellence Framework.

Email: john.f.wilson@northumbria.ac.uk

**Joanne James**

Head of Corporate and Executive Development

Joanne is responsible for the oversight of all of our work based learning and executive education programmes including the MBA, the Chartered manager Degree Apprenticeship and bespoke in-company programmes. Joanne is also an executive coach working with a number of clients from public, private and 3rd sector organisations.

Joanne joined Northumbria University in 2008 having spent the previous 20 years working with large multinational organisations - Procter and Gamble and IBM. Her experience spans line management, project leadership, organisation development and Human resource management. She has a passion for helping others succeed and has a record of accomplishment obtaining results through people. Joanne has a particular interest in leader development and leadership, executive coaching, team coaching and developing high performance cultures. Joanne’s doctoral research explores organisational team coaching.

Email: joanne.james@northumbria.ac.uk

**Dr Edita Petrylaite**

Lecturer and Programme Leader of BA (Hons) Leadership and Management

Edita is Lecturer and Programme Leader of BA (Hons) Leadership and Management programme (FIBA) at Newcastle Business School, Northumbria University. Since 2016 she led 2 International distance learning programmes – the BSc (Hons) Business and Management and BSc (Hons) Human Resource Management and Leadership for Level 36 overseas students. Her responsibilities involve the day-to-day management of the programme, including the teaching team and students; and provision of positive student learning experience. She teaches across various programmes and disciplines including leadership, management and marketing and leads an Undergraduate Dissertation module for distance learning students.

Her research interests include gender, consumer behaviour, leadership, entrepreneurship and entrepreneurial marketing.

Email: e.petrylaite@northumbria.ac.uk
Professor James Cunningham

James Cunningham is Professor of Strategic Management at Newcastle Business School. He has held academic positions at University College Dublin and National University of Ireland Galway (NUI Galway). At NUI Galway he held a range of leadership positions including Head of Strategic Management group, Executive MBA Programme Director, Director of the Centre of Innovation and Structural Change and founding Director of the Whitaker Institute. His research intersects the fields of strategic management, innovation and entrepreneurship. His research focuses on strategy issues with respect to scientists as principal investigators, university technology transfer commercialization, academic, public sector and technology entrepreneurship, entrepreneurial universities and business failure.

He is currently associate editor of the Journal of Technology Transfer and a co-editor of a Springer Book Series on Academic Entrepreneurship, Scientists and Scientific Careers. He has successfully secured research funding and is an experienced principal investigator leading large scale multi partner publicly funded research programmes for funded agencies such Northern Peripheries Programme (EU), the Higher Education Authority, Ireland, Irish Research Council and Science Foundation Ireland. He has delivered keynote talks and presentations nationally and internationally to business, policy and academic audiences, as well as delivering executive master classes on strategy development, innovation and technology entrepreneurship. He has had developed and delivered Positioning Your Research for Impact workshops for post doctoral and early career researchers. Over the last two decades he has provided strategic consultancy and advice to start-up firms, SMEs, voluntary organisations and public sector organisations.

Email: james.cunningham@northumbria.ac.uk

Professor Jamie L. Callahan

Jamie L. Callahan is Professor of Leadership & Human Resource Development at Northumbria University. A veteran of the US Air Force, she came to HRD through her role as a personnel officer and member of the Pentagon Air Staff Total Quality consultancy team.

Jamie’s research explores issues of power and privilege in relation to leadership, emotion management and organization contextual issues (e.g., organizational learning, communities of practice).

Her most recent co-edited book, Realising Critical HRD: Stories of Reflecting, Voicing, and Enacting Critical Practice, received the Academy of Human Resource Development 2015 R. Wayne Pace Outstanding Book of the Year Award.

Email: jamie.callahan@northumbria.ac.uk

Dr Nicola Patterson

Dr Nicola Patterson is Senior Lecturer in Leadership and Management Development at Newcastle Business School, Northumbria University UK. She is the Programme Leader for the full time and part time MBA. Her research interests focus on leadership, gender, entrepreneurship and small business.

Nicola has previously published papers in the International Small Business Journal, Gender in Management: An International Journal and European Journal of Training and Development as well as co-authoring a book chapter on the experiences of women senior leaders and another on diversity. Nicola is a frequent delegate at the ISBE conference, winning the best in track prize in the gender track in 2007 at Glasgow and both her papers being nominated for best in track at 2012 conference in Dublin.

Nicola teaches research methods, leadership and entrepreneurship across Undergraduate, Postgraduate, Research programmes. Nicola is a Fellow of the Higher Education Academy, a qualified coach, and a member of CPD.

Prior to joining NBS, Nicola worked within the private sector as a Researcher for a small consultancy firm and within enterprise development in both the private and higher education sectors working to embed enterprise within the curriculum, assisting students and graduates to start up in business.

Email: nicola.patterson@northumbria.ac.uk

Peter Rowley, OBE

Peter Rowley spent over 30 years in senior roles in banks and building societies before retiring as chief executive of Darlington Building Society in 2009 after 17 years in post. Since then, he has enjoyed a second career providing advice and guidance to a diverse range of private, public and not for profit clients.

He is Chairman of British Weight Lifting and The Sports Council Trust Company, Vice-chairman of Steeplechase UK, the lead non-executive director of the Sports Grounds Safety Authority and a trustee of Middleton Football Club Foundation and Teess Valley Community Foundation. He has served previously as a board member of Sport England, an independent member of UK Sport’s Audit Committee, chairman of SkillsActive UK and a director of Coachwise Ltd.

A Fellow of the Centre for Governance, Leadership and Global Responsibility at Leeds Beckett University undertaking Doctoral research into the board effectiveness of National Governing bodies of Sport, he lectures in economics, finance and strategic management in sport at 3 Universities and is a consultant on governance and assurance for 2 grant making trusts.

Peter believes passionately in the power of sport to change lives and communities for the better and received the OBE for services to sport administration in the New Year Honours List 2017.

Email: peter.rowley@northumbria.ac.uk
Dr Helen Charlton
Lecturer in Leadership
Helen is a lecturer in leadership, and is the programme leader for the Chartered Manager Degree Apprenticeship.
Helen’s professional practice was in senior HR management in the not-for-profit and arts sectors. She has taught within HRM-related programmes in FE and HE for a number of years, and has also specialised in the development of students’ academic and employability skills.
Helen holds a Doctorate in Education and a Masters in Human Resource Management. She is a Fellow of the Higher Education Academy and a Chartered Member of the Chartered Institute for Personnel and Development.
Her research interests are in the experiences of practitioners and professionals engaged in parallel part-time study.
Email: h.charlton@northumbria.ac.uk

Tamás Sterbenz
Vice-Rector
University of Physical Education, Budapest
Tamás Sterbenz holds a PhD and a Masters in Economics from University of West Hungary achieved from 2007 and 2002 respectively. Tamas started his Basketball playing career in 1992 where he played for Hungary’s National Team for two years and then became the Head Coach for various Hungarian Youth Basketball Teams from 1996 to 2004, then becoming Head Coach for the Women’s Hungarian Basketball team in 2004.
Tamas, then moved on to University of Physical Education in Hungary in 2011, where Tamas became Head of Sports Management Department and then the Managing Director of the department. In 2015, Tamas was promoted to Vice-Rector of General Affairs at University of Physical Education in Budapest.
Furthermore, Tamas has serval memberships to other organizations such as FIBA Europe Youth Commission, Hungarian Olympic Committee and Hungarian University Sports Federation where Tamas is Vice President. While Tamas’s passion is Basketball, Tamas has academia research interest in decision making in sport, performance analysis and incentive systems and competitiveness of sporting organizations.
Email: sterbenz.tamas@tf.hu

Paul Blake
Owner Newcastle Eagles Basketball
Paul Blake graduated from Northumbria University in Sport Studies BA (Hons) and received a Post Graduate Diploma in Marketing. Paul is currently the proud owner of Newcastle Eagles Basketball Team.
After purchasing Newcastle Eagles in 1999 with business partner Ken Nottage, they turned around the club on and off the court, where the company was making a loss of £1.7 million and now makes a small profit and turnover is now 4 times that of the sporting club era. Paul has then set up Eagles Community Foundation charity in 2006, a basketball development organisation setting up clubs and running curriculum programmes which now has 10 full time staff and 30 part time staff. On court, the Eagles have won 24 trophies in last twelve seasons including the British Basketball League title three years in a row. Furthermore, Paul is leading the development of a £7.2 million arena build for the club and Foundation in the West End of Newcastle, which is due to completed in summer 2018.
Alongside Paul’s involvement in Newcastle Eagles, Paul is a founder member of the All Party Parliamentary Group of Basketball and a Director of the British Basketball Foundation, which is a national charity which received a support grant from Sport England of £1.9 million in 2014.

Dr Turam H. Emir
Academic background started by studying Business Management at Bosphorus University in 1978. Turam then went on to study a Masters in the History of Turkish Renovation, then become a Doctorate of Philosophy in Political Communication in 1993 from The Ataturk Institute, Bosphorus University.
Once a professional basketball player, Turam played in the Turkish Basketball League between 1978 to 1995 where he captained the Turkish National Basketball team at all levels in 1977 to 1992 playing 215 international games. Due to Turam’s passion and enthusiasm for the sport, Turam later become a member of several committees including Executive Local Organising Committee of the FIBA World Basketball Championship for Women in 2014 and Executive Organising Committee of the FIBA World Basketball Championship for Men, 2010.
Turam’s main area of interests lie in Political Communication, Campaign Management, Sports Management, Sports Marketing and International Relations. Turam started his academic career as a Graduate Assistant at Ataturk Institute, Bosphorus University in Istanbul before becoming a full-time Assistant Professor between 1993 to 2005 focusing on courses such as History of the Turkish Renovation and Politics and the Media. Furthermore, he has assisted with other courses such as “Management of Large Scale International Sports Events” at Istanbul Bahçeşehir University in 2015 to 2016.
Email: EmirT@tbf.org.tr

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Timetable and Activities

Saturday 8th July 2017
09.00 – 13.00
TASS Workshops
TALS Qualification sessions for 30 students
Task 3 & 4: Conducting Meetings, Communication Skills, Practice Meetings, Evaluation Practice
CCE1 – Rooms 012 and 220a

12.30 – 15.00
A tour at Sport Central
(deliberates will be informed about their group and time)
12.30 – 13.00 (6 people)
13.00 – 13.30 (10 people)
13.30 – 14.00 (10 people)
14.00 – 14.30 (10 people)
14.30 – 15.00 (10 people)

13.00 – 14.00
Lunch
CCE1 – Ground Floor

Monday 10th July 2017
08.00 – 09.00
Breakfast and Networking
Faculty of Business and Law
CCE1 – Ground Floor

Tuesday 11th July 2017
09.00 – 11.00
Library Induction: Getting started with information.
Practice using the resources
For students with limited experience in studying at university
Entry Level 4 and 5
Northumberland Building – Room 301
Facilitator – Library staff

11.00 – 12.00
Strategic Innovation in Practice
Prof James Cunningham
CCE1 – Room 401

12.30 – 13.00 Lunch
CCE1 – Ground Floor

13.00 – 17.00
Visit to Newcastle Falcons
Leaving from the Car Park
CCE1 – Ground Floor

19.30 – late
Dinner
Carluccio’s restaurant
Newcastle City centre

Wednesday 12th July 2017
08.00 – 09.00
Breakfast and Networking
Faculty of Business and Law
CCE1 – Room 401

12.30 – 13.00 Lunch
CCE1 – Ground Floor

14.00 – 15.00
Referencing and avoiding plagiarism
Library staff
CCE1 – Room 401

15.00 – 16.00 Workshops for TASS/ Ambassadors
TALS Qualification session
Towards Task 3 and 4. UKAD advisor
CCE1 – Rooms 220, 227

11.00 – 12.00
Sport Governance
Speaker: Mr Peter Rowley, OBE
Faculty of Business and Law
CCE1 – Room 401

12.30 – 13.00 Lunch
CCE1 – ground floor

13.00 – 14.00
Student Support Service
– Ask for help
Facilitator: Ask for help staff
CCE1 – Room 401

14.00 – 15.00
A visit to the Business Clinic
Prof Fraser McLeay and Mr Nigel Coates

15.00 – 16.30
Preparation for the tour and Black-tie dinner at NUFC, St James Park

16.20 – 16.30
Meeting for the tour at St James’ Park Stadium
Faculty of Business and Law
CCE1 – outside Business School

17.00 – 18.00
Tour at St. James’ Park Stadium
4 St James’ Street
Newcastle Upon Tyne
NE1 4ST

For more information visit northumbria.ac.uk
18.30 – 19.30
Drinks Reception at the Magpie Club, at NUFC,
St. James' Park
4 St James' Street
Newcastle Upon Tyne
NE1 4ST

19.30 – late
Black Tie Dinner at the Magpie Club,
at NUFC, St James Park
4 St James' Street
Newcastle Upon Tyne
NE1 4ST

Thursday 13th July 2017
09.00 – 09.50
Breakfast and Networking
Faculty of Business and Law
CCE1 - ground floor

10.00 – 11.00
Corporate Social Responsibility
Dr E. Turam
Faculty of Business and Law
CCE1 – Room 401

11.00 – 13.00
Introduction to FIBA Platform
Facilitators: FIBA staff Radmila Tumer and Elisabeth Cebrian
CCE1 – Room 401

13.00 – 14.00 Lunch
CCE1 - ground floor

14.00 – 15.00
FIBA Ambassadors
Facilitators: FIBA staff Radmila Tumer and Elisabeth Cebrian
Faculty of Business and Law
CCE1 - Room 220

15.00 – 16.00
Corporate Social Responsibility
Dr E. Turam
Faculty of Business and Law
CCE1 – Room 401

16.00 – 17.00
Career Development and Q and A session
FIBA/NI's Practicum
Facilitators: FIBA staff Radmila Tumer and Elisabeth Cebrian
CCE1 – Room 401

17.00 – 19.00
Team building and 3x3 session
Facilitators: FIBA staff
Small Hall at Sport Central

19.00
Free evening

Friday 14th July 2017
08.00 – 09.00
Breakfast and Networking
CCE1 - ground floor

09.00 – 11.00
A session with Newcastle Eagles
Paul Blake
CCE1 – Room 401

11.00 – 12.00
Thinking about academic writing in context
Dr Helen Charlton
CCE1 Room 401

12.30 – 13.00 Lunch
Faculty of Business and Law
– ground floor

13.00 – 15.00
Focus groups (invited TIME-OUT participants only)
Facilitators: NBS staff
CCE1 – Rooms 420, 409, 338, 220a, 012

15.00 – 16.00
Women's Basketball consultation
Facilitators: FIBA staff Radmila Tumer and Elisabeth Cebrian
CCE1 – Room 401

15.00 – 16.00
Q and A session about Leadership and Management programmes
Facilitators: NBS staff
CCE1 – Room 401

19.00 – late
Hog Roast Dinner
CCE1 – ground floor or outside

Saturday 15th July 2017
08.00 – 09.00 Breakfast
CCE1 – ground floor
Departure to Newcastle Airport
Meet and Great

Safety on Campus

We have a number of initiatives on campus to ensure that our students are as safe as possible at Northumbria, including:
• A security control room manned 24 hours a day
• 24 hour CCTV campus coverage
• A community police officer on site who can offer advice to students regarding safety and security issues
• Emergency taxi scheme
• Well-lit campus
• A Saturday night bus to ensure students get home from the Students' Union safely

Security Service

The Security Service is responsible for:
• providing a security service 24 hours per day at the City and Coach Lane campuses
• providing a contact point for liaison with emergency services as well as a contact for out of hour’s repairs
• controlling visitor access via the contractor and visitor ‘signing in’ system
• carrying out regular patrols of Northumbria University properties and deal with and report any incidents of note

Student Support and Wellbeing

Student Support and Wellbeing aim to help by offering a wide range of services and are based in the University Library. Staff and students are encouraged to download the Safezone app at www.safezoneapp.com. The app enables you to receive critical notifications from the University around emergency or major incidents and provides immediate access to support should you need it, with a direct link to the emergency services.
Medical Services

Pharmacy
Also referred to as a chemist, offers advice on common problems such as coughs and colds, aches and pains. Pharmacists dispense prescriptions and other medicines.

111 NHS Telephone Advice
Telephone service offered by the NHS. If you are feeling unwell the telephone service will provide you with helpful advice and refer you to the appropriate support; this could be a GP, Hospital or Pharmacy. This service is available free of charge from any phone by dialling 111.

Walk-in Centre
NHS walk-in centres offer convenient access to a range of treatments including: infections and rashes, blood pressure checks, fractures, stomach aches, vomiting and diarrhoea, minor cuts and bruises.

Minor Injuries Unit
Can treat sprains and strains, broken bones, wound infections, minor burns and scalds, minor head injuries, insect and animal bites, minor eye injuries, injuries to the back, shoulder and chest.

Accident and Emergency Departments
These are extremely busy hospital departments and should only be used if your injury or illness is life threatening.

 Provision for international students:
If you are a student from outside the EU you need to pay for health care in the UK. The charge (approximately £150) will be paid as part of your visa fee, in advance of your arrival in the UK, and will secure the same access to primary and secondary NHS services in the UK as someone considered to be ‘ordinarily resident’ in the UK. If you have not done this at the time of applying for your visa you will be charged 150% of the usual cost of the treatment you receive. There is some treatment that is free for everyone and some exemptions. For further information, please refer to the University Website https://www.northumbria.ac.uk/study-at-northumbria/support-for-students/welfare-and-health-support/

Doctor near City Campus:
Saville Medical Group on Saville Place Situated on the corner of Saville Place & College St (off John Dobson St) - www.savillemed.co.uk/contact.php

Campus Facilities

Facilities | Opening hours
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Castles Restaurant | Open – 08:00 – 15:30 Monday to Thursday 08:00 – 15:00 Friday
Go Eat @ City Campus East | Open – 08:00 – 15:00 Monday to Thursday 08:00 – 12:00 Friday
Coffee Shop @ City Campus East | Open – 08:00 – 18:00 Monday to Thursday 08:00 – 16:00 Friday
Go Eat @ Lipman | Open – 08:30 – 16:00 Monday to Friday
Go Eat @ Northumberland Building | Open – 08:00 – 18:00 Monday to Thursday 08:00 – 16:00 Friday
Go Eat @ Pandon | 08:30 – 15:00 Monday, Tuesday and Thursday 08:30 – 14:30 Wednesday and Friday

sharethelove.co.uk/northumbria-home

On-Campus Cashpoints
• Lloyds Bank Cashpoint - situated on the outside of the Students’ Union Building, City Campus.
• Barclays Bank Cashpoint - at the reception in City Campus East, Business and Law Building.

Sports Central
As a visitor to the university, you are eligible to join Sport Central, Northumbria University’s state of the art sports facility, which offers facilities of the highest standard. Membership will include use of the Fitness Centre, Swimming Pool and various fitness classes throughout your stay in Newcastle. For further details, please refer to the website: northumbriasport.com

To complete your membership you will need to report to reception at Sport Central to sign a Physical Activity Readiness Questionnaire (PAR-Q) to confirm that you are in good health and able to use the facilities.

If you have any problems, please contact Sport Central Reception: northumbriasport@northumbria.ac.uk or 0191 222 7400

Places to Visit
Here is a useful site to visit if you wish to find out more about the region and a few pieces of information which may be of interest: www.newcastlegateshead.com/plan-your-visit/tourist-information

For more information visit northumbria.ac.uk
City Transport

Train
Newcastle Central Station
Neville Street
Newcastle-upon-Tyne
NE1 5DL

Metro stations
City - Monument, Haymarket, Manors,
www.nexus.org.uk

Taxis
It is always cheaper to ring a taxi (the metered fare is what you get when you pick one up in the street but if only going a short distance this is more convenient). It is customary to tip 10%.
- Budget Taxis 0191 298 5050
- Noda Taxis 0191 222 1888
- BlueLine Taxis 0191 262 6666

Examples of Food Options in Newcastle Upon Tyne

Frankie & Tony’s Sandwich Bar
Large sandwiches for low prices
I.e. £2.50-£4 a sandwich
Address: 19 Ridley Pl, Newcastle upon Tyne NE1 8JN

Eat 4 Less map here
Cheap fast food – £1.50 meal deals
Address: 125 Northumberland St, Newcastle upon Tyne NE1 7AG
www.eat4less.uk

Quilliam Brothers’ Teahouse
Hip, stripped-floor teahouse offering 60, loose-leaf varieties, plus small cinema and art exhibitions
£3.95-£6.95 hot and cold sandwiches
Address: Claremont Buildings, 1 Eldon Place, Newcastle upon Tyne NE1 7RD
www.quilliambrothers.com

For more information visit northumbria.ac.uk
Zapatista Burrito Bar
Burritos, fajitas, Mexican beers and tequila in a buzzy, bare-bones space with colourful wall art
£4-£5.50
Address: 28 Ridley Pl, Newcastle upon Tyne NE1 8JW
www.zapatistaburrito.com

Nudo Sushi Box
Quirky, contemporary joint for eat in and takeaway sushi rolls and boxes, plus salads and noodles.
£3.60 sushi box
Address: 147 Northumberland St, Newcastle upon Tyne NE1 7AG
www.nudosushibox.com

Chinatown, Newcastle
Huge selection of Chinese restaurants with lunchtime special prices.
Stowell Street

Eldon Square Intu Food Court
Grey's Quarter. With over 20 new restaurants to choose from, customers will be able to find a dining experience to suit them. Grey's Quarter features swanky restaurants offering elegant fine dining, family-friendly eateries and places to refuel with a quick snack.
intu.co.uk/eldonsquare/restaurants
intu.co.uk/eldonsquare/map

Notes