

Welcome to Scotland

The Best Wee Country in the World



Welcome to Glasgow “Glesga”

Although Edinburgh is the capital of Scotland, Glasgow is the biggest city in the country with around 600,000 residents. Look around you and you will notice that there are people from all over the world living in Glasgow: from Europeans to South Americans, Africans and Asians.

For many years people from other countries have come to live in Glasgow. For example in the 1800's many Irish people crossed the sea looking for work in Glasgow and as a result many people living in Glasgow today are related to the Irish.

People from Glasgow are called “Glaswegians” and English is their main language but even if you speak good English it can be difficult to understand the Glaswegian accent. Glaswegians have their own words and phrases. These may sound strange at first but you will probably get to know some over time.



Some Glaswegian words and phrases

How zit gaun? = **How are you?**

Pure brilliant by the way = **That is excellent.**

naw = **no.**

aye = **yes.**

ginger = **The name given to all kinds of fizzy juice.**

It's pure baltic = **It is really cold.**

If you are bored or feel lonely in Glasgow there is always something to do - even if you do not have any money! If you want information on things to do in Glasgow ask someone who is providing support to you. Another good place to start is your local library. They have information on activities in your area as well as things happening in other parts of the city.

The good thing about Glasgow is that it is very easy to get out of the city and see the Scottish countryside. Buses or trains will take you in and out of the city or some local groups might organise trips (See 'Groups to Join' Page 10).

Ceud Mille Failte

(Pronounced Kay-u-t Meel-uk Falsh-u)

Did you know that 70,000 Scottish people still speak a language called Gaelic? Gaelic was the traditional language of the Scottish people. It is mainly spoken in the Highlands and Islands of Scotland but there are around 7,000 Gaelic speakers living in Glasgow.

The traditional Scottish welcome in Gaelic is 'Ceud Mille Failte' (One Hundred Thousand Welcomes.)

SHOPPING

Glasgow has one of the largest selections of shops and stores in the UK. They range from fashionable clothes shops to discount food shops. If you are looking for good bargains then it is important to know where to spend your money.

Buying food

You can buy food from all over the world in Glasgow. Food shops can range from Chinese supermarkets to Middle Eastern delicatessens, African and Caribbean grocers to shops selling Halal foods.

Glasgow markets

If you are looking for bargains and you like the hustle and bustle of a big market the The Barras Market or Blochairn Car Boot Sale are the places to go. There you will find hundreds of stalls selling everything from fruit to clothing.

The Barras Market

(between the Gallowgate and London Road) Glasgow, every Saturday and Sunday 10.00 am until 5.00 pm.

How to get there: from Union Street in the city centre take a Number 62 or 40 bus.

Blochairn Car Boot Sale

130 Blochairn Road, every Sunday 6.00 am – 3.00 pm

How to get there: from Union Street in the city centre take a Number 9 or 11 bus.



Many of the large supermarkets also sell some food you may like. There are a wide range of low cost supermarkets. Many supermarkets reduce the price of food that must be sold that day.

In Scotland, we call a lake a 'loch'. Did you know that Loch Lomond, one of the biggest lochs (lakes) in Scotland is only 30 minutes from the city centre by train?

Class Ticket

STD CHE

From

EDINBURGH

LASGOW CE



“

It is very hard because when I came to Glasgow I was a lonely girl, nothing interesting at all in my life, bored with not many friends and I was very shy with no confidence. When you see me now looking so happy and confident it's amazing.

- Aisha

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For more information on specialist food shops in Glasgow look at the **Directory** section at the back of this pack.



Buying clothes

You do not have to spend a lot of money to get good quality, fashionable clothes in Glasgow. Clothing shops such as Primark, Dunnes and TK Maxx, all located in the city centre, offer a range of clothing at prices that are much lower than most other clothes shops in the city. Asda and Tesco supermarkets also sell cheap, fashionable clothing.

Charity shops

Everyone loves a bargain. Charity shops are full of bargains, for example clothes, books, music and household goods. The great thing is when you buy something from a charity shop your money goes to a good cause! Examples of charity shops are Oxfam, British Red Cross, Shelter and Barnardos. If you are patient you can often find some good value but stylish designer clothes in these shops.

For more information on charity shops look at the **Directory** section at the back of this pack.



Hairdressers

There are lots of hairdressers in Glasgow, although many are expensive. Ask to see a price list before getting your hair cut! Some hairdressers offer discounts to students.

There are also a few Afro-Caribbean hairdressers in Glasgow. One of these is located minutes from Kelvinbridge subway station in the west end of the city. Some hairdressers and shops sell specialist hair products e.g. beads and extensions.

For more information on Afro-Caribbean hairdressers in Glasgow and the services they can offer look at the **Directory** section at the back of this pack.



CULTURE AND LEISURE

Glasgow has many cultural activities that do not cost any money. Check at your local library or Tourist Information Centre for more information or log on to www.scottishrefugeecouncil.org.uk/arts for a list of free activities.



The Mitchell Library

One of the largest reference libraries in Europe. North Street, Glasgow G3 7DN.
Tel: 0141 287 2999 or 2876



Libraries

Local libraries allow you to borrow books for free. You can also borrow music CDs or DVDs, although there is sometimes a small charge for these. They are a good place to visit to get information on local services and events.

All libraries have free internet access and some have free tutoring programmes to help you with school homework. For more information about library tutoring programmes ask at your local library.

To join a library you need to show identification with your name, address and signature and complete an application form.

Museums and Art Galleries

Glasgow has many museums and galleries that are free to visit on most days of the week. The Tourist Information Centre will have a list of all the art galleries and museums but some of them are also listed in the **Directory** at the back of this pack.



What's on?

For information on all events and attractions in Glasgow you can visit: **Glasgow Tourist Information**
11 George Square, Glasgow G2 1DY. Tel: 0141 204 440
www.seeglasgow.com

Sport

If you are under the age of 18 and living in Glasgow you are entitled to free entry to swimming pools (See information on 'Young Scot Card' on Page 08). Many swimming pools also run women-only or men-only sessions.



Many of these swimming pools are found in leisure centres which also run sports clubs in athletics, football, cricket, swimming, martial arts, dance and much more.

To find out more about sporting activities in Glasgow go to www.glasgowclub.org or look at the **Directory** at the back of this pack.



School holidays

Every school holiday there are lots of free sporting activities throughout the city.

For more information on activities in your area, go to www.holidayprogramme.glasgow.gov.uk



Get Active in Glasgow

Operation Reclaim run several sporting activities throughout the city such as football, cricket, basketball and dance. If you are aged between 12 and 19 years old and want to get involved in one of these activities contact Operation Reclaim on 0141 532 4667 or 0141 779 5688 (sidekix)

In Glasgow, Celtic and Rangers run community football programmes that are free to young people. To find out more visit their websites www.celticfc.net and www.rangers.co.uk





Glasgow Young Scot Card

If you are aged between 12 and 18 you can get a free Young Scot Card which entitles you to loads of amazing discounts in shops, eating places, cinemas and events. You can also get special rates at sports and leisure centres, including free swimming and reduced gym membership!

How to get a Young Scot Card?

You can pick up a Young Scot Card application form from your local library, leisure centre or school office. You will need to fill in the form and send it back to Young Scot (the address is on the form). For more information go to www.youngscot.org.uk

Cinemas

Cinemas will sometimes show foreign language films. Tickets are less expensive during weekdays but increase in price in the evenings and at weekends.

Some cinemas give discounts to students and young people or offer a season ticket which can be paid over a period of time and allows you to go to the cinema as many times as you want.

For more information on cinemas look at the **Directory** section at the back of this pack.



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Arriving in Glasgow gave me so much uncertainty of everything. I was not sure of how I felt about the places it was so different from my country. - Dia

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Theatre

If you are interested in acting or enjoy watching theatre performances there are lots of opportunities in Glasgow.

If you are interested in acting try The Citizens Theatre Young Company for 16-21 year olds call 0141 418 6244, www.tag-theatre.co.uk or Scottish Youth Theatre www.syt.org.uk

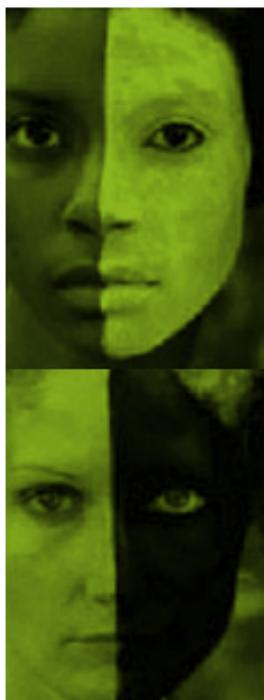
The Tron is another theatre that also teaches drama to young people. To find out more about their weekly workshops call 0141 552 6657.

RSAMD YouthWorks Drama is a programme that welcomes applicants from all backgrounds, physical and learning abilities and cultures. You can participate in a wide range of classes, projects and performances. If you are interested please contact them on 0141 270 8213 or e-mail youthworksdrama@rsamd.ac.uk

If you like to watch theatre performances look at the entertainment website www.s1play.com for more information.

Visual arts

Street Level Photoworks has a photography and new media art Gallery, and have worked on many arts projects with refugees and asylum seekers. Check out their website on www.multi-story.org to view some of the results.





Worship

Most religious groups have places of worship in Glasgow. Check at your local library or ask one of the people supporting you to find out where you can worship.

Check out the **Directory** at the back of this pack for some places of worship or look in the **Yellow Pages** under 'Places of Worship'.



Groups to join

Young Survivors Steps to the Future

This group is for young people who have been separated from their family, are seeking asylum in Scotland and are looked after and accommodated in Glasgow. Young people who have common interests and experiences come together once a month to discuss different issues that affect their lives and to have fun through a range of activities. The group offers an opportunity to meet new friends and influence change. 0141 287 8810

The Princes Trust - The Shared Road Project

The Shared Road Project is another good opportunity to meet people. They offer young people a chance to explore and develop talent in film; music; drama and dance; art and design; and sports and outdoor activities.

See the **Directory** at the back of this pack for more information on these groups.



Still looking for something to do?

Go to www.glasgow.gov.uk and click on 'Young Glasgow' to read about activities in your area such as sport, comedy, music and festivals.

Clubbing for under 18s

Most nightclubs in Glasgow are for over 18s only, however some of the main nightclubs run club nights once a week for young people under 18. Clubs play lots of different kinds of music, for example: R&B, Pop, Heavy Metal, Funk and Dance.

Lots of young people dress in different ways to show the type of music they like. Fashions in clothes and music change all the time but this is all part of the fun!

Nightclubs are not allowed to sell you alcohol if you are under 18. If you are drunk you will not be allowed entry. Drugs are illegal and if you are found in possession of drugs this is a criminal offence and the police may become involved.

For more information on clubbing look at the **Directory** at the back of this pack.





Fugees United

is a group of young musicians who come together to sing, rap, break dance as well as organise regular club nights in Glasgow city centre.

Many members of Fugees Utd are refugees or asylum seekers and some of their songs are about these experiences. If you are interested in joining the group or would just like to find out more about them and listen to their music visit www.fugeesunited.com

There are lots of other music projects in Glasgow. Contact Scottish Refugee Council for more information.

SUPPORT

Helpful websites

Scottish Refugee Council has a website dedicated to young refugees and asylum seekers. Check it out by visiting www.scottishrefugeecouncil.org.uk and clicking on 'Youth'.

When you arrive in Scotland you may feel lonely and isolated. The information in this pack may seem interesting but you may not be ready or have the confidence to do these things by yourself.

The people supporting you can help you to find ways to get involved in things that interest you. If you talk to them about this they will be happy to help arrange or accompany you to activities or places.

There are also some organisations that offer social support, for example orientation (finding your way around the city) and befriending (informal one-to-one support).

BULLYING

Hopefully you will make good friends and feel welcome in Scotland. Sometimes this might not be the case and someone in school or where you live may be rude or unfriendly to you. If you think they are being nasty to you this is called bullying.

If you feel you are being bullied you can get help and support to deal with this whether it's where you live, at school or somewhere else.

Bullying means many different things. These are some of the ways young people are bullied:

- > being called names;
- > being made fun of;
- > being pushed or pulled about;
- > being hit or attacked;
- > having your bag and other possessions taken and thrown around;
- > having rumours spread about you;
- > being ignored and left out;
- > being forced to hand over money or possessions; and
- > being attacked, teased or called names because of your religion, colour or sexuality.



Bullying hurts. It makes you scared and upset. It can make you so worried that you cannot concentrate or sleep. It can make you feel that you are no good, that there is something wrong with you. Bullies can make you feel that it is your fault.



What can I do about it?

If you are being bullied, you can do something about it.
You can make a difference!

- > do not give up;
- > keep a note or diary of what is happening;
- > talk over what to do with a friend, a teacher, someone from the children's unit or someone you trust;
- > ask someone who is supporting you to help you stop this. For example, they could visit your school and speak to a teacher.

Remember that adults have to listen carefully when a young person tells them about being bullied.

Remember - it's right to tell an adult that you are being bullied and to ask for their help, but you do not have to let them take over. You can talk with them about what you would like to happen.

Respect Me

The anti-bullying information section of their website provides information designed to answer any questions you may have and provides advice on who to speak to if you are being bullied. www.respectme.org.uk

ChildLine

- Scotland's Anti Bullying Line

A great helpline dedicated to helping and listening to people who are concerned about bullying problems.

0800 44 11 11 (Free of charge) Open Monday to Friday 3.30pm to 10:00pm; Saturday to Sunday 2:00pm to 8:00pm. (If the Anti Bullying Line is closed please call our main number 0800 11 11)



Racist attacks and harassment

If you are being bullied because of the colour of your skin or because you are from another country then this is called racism. Scotland has laws to protect all members of the community from racism. Racism is unacceptable.

If you or someone you know is being racially abused you should report it to someone you trust or directly to the police or you can call ChildLine for more information on what to do about racist bullying.

There are people who can give you loads of information on how to deal with racism. You could contact Scottish Refugee Council or Glasgow Anti Racist Alliance (GARA).

Check out their details in the **Directory** at the end of this pack.



The police

Some young people mistrust the police due to bad experiences in their home country. However the police in Scotland recognise racism as a crime and take the mistreatment of refugees very seriously.

If you do not feel comfortable reporting a racist crime directly to the police you can speak to Scottish Refugee Council about it. This is called the “3rd Party Reporting Scheme”. www.strathclyde.police.uk

If you need the police in an emergency call 999.

