the FRESHERS' MAGAZINE



THE SAINT *WELCOMES YOU* TO THE BUBBLE

WELCOME TO ST ANDREWS *FROM US AT* THE SAINT

WHO *ARE WE?*

The Saint is a newspaper published by students of the University of St Andrews. Founded in 1997, *The Saint* is an entirely independent publication and receives no compensation from either the University or the Students' Association. The newspaper was initially established in 1953 as *Quorum* and then later evolved into *Aien* and the *St Andrews University Chronicle* before it was founded under its present name. Print issues of *The Saint* are published five times each term, both in print and online, alongside photo and video content uploaded on social media. The content featured in the newspaper spans nine sections, providing commentary and reportage that covers all facets of university life. Our aim is to feature relevant news, events, and opinions in a manner that is balanced and fair, for students.

In this print edition, you will find *The Freshers' Magazine*, a folio published by *The Saint* that is advertised towards first years matriculating into the University of St Andrews. Published annually at the start of each academic year, it contains articles written by the members of *The Saint*'s editorial board. You can expect to read advice, reflections, and viewpoints from each editor's respective niche. The articles that follow consider relevant Fresher concerns such as dating, events, town history, and sport, among many more. We hope you can find some value in what's inside, and *happy reading!*

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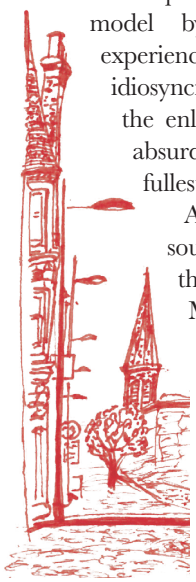
EDITORIAL

& Alden Arnold
EDITORS-IN-CHIEF

It's once more that time of year where clattering suitcases out-cackle the seagulls on Market Street, where droves of taxis, shuttles, and buses clog this town's three arteries, and the unseasonably warm air temporarily shelves your woollens. Your week ahead will seem undoubtedly vast — the year, infinite, and the next four incomprehensibly far: it's Freshers' Week, after all.

In this magazine edition, *The Saint*, St Andrews' independent student newspaper, aims to inspire you, Fresher, to drink in the sheer breadth of opportunity your four years here can offer. Editors from our publication's nine sections, each representing the very best of their respective niche, will share their sage wisdom for the class of '30. Be you a Sinners-loving jock, a frivolous socialite, an over-caffeinated STEM student, or a painfully obscure connoisseur of all things culture, the following 26 pages have a prescription for whatever your special ailment may be.

Hobbling into our fourth and final year, we, *The Saint*'s Editors-in-Chief, have found in the numerous facets of this publication a model by which to experience St Andrews' idiosyncrasies — both the enlightening and absurd — to their fullest.



At the risk of sounding like the repetitious Market Street evangelist, we believe that journalistic initiative, the kind students of *The Saint* have practised for 30 years, remains the best way to traverse St Andrews' great and diverse scenes. To speak only of our own adventures, we have found ourselves marching in costumed processions, chatting in pipe-smoke-filled cars with local aristocracy, riding in denim on mechanical bulls, schmoozing on the red carpet with Hollywood directors, sprinting barefoot on Exeter's motorways, deafened by shotgun reports at shooting tournaments, serenaded by student bands in Edinburgh's underground, front row at countless student theatre productions, and in fish lockers and Victorian printing presses along Fife's coast. All in a day's work.

This isn't to imply that *The Saint* is simply one raucous gala, as much as its founder Tim Samuel's doubledecker party bus might suggest otherwise. Nor is this a ploy to petition you to join our staff (though applications are indeed still open, and we encourage you to apply). We rather wish to convey the merits of remaining earnest, of seeking conversation and sincere connection with this town's singular community. You don't need a dictaphone to ask an intriguing stranger to coffee, nor is a press pass required to RSVP for a niche social, garden party, debate, or sports match.

We are aware, however, that the work we do in this student newspaper cannot always be groundbreaking. The same publication which has produced exposés, investigated misconduct at major establishments, and interviewed Britney Spears in 2002, has also produced front-page stories on South Street pavement extensions. The work can be as mundane as it is riveting — quite similar to St Andrews itself.

All which at first dazzles you — the old, stone buildings, professors learned and wise, dinner parties and dilettantes — will invariably become commonplace. That is why the most important things to keep with you during these years are intentionality and awareness.

> **"Be aware, at all times, of what's taking place around you and how fortunate you are**

Therein lies the value of our writing; on a Thursday mid-deadline season, you might pick up the latest issue of our paper. You might read of the bookseller at the end of Market Street or a piece about the latest student play at the Byre. You may learn of the ongoing three-year feud between our Rector and the University, or read of black-tie balls and boisterous Port and Policy nights with the Tories of St Andrews. And you might remember, in the midst of deadline-induced panic and despair, that in this town there is always more than what meets the eye.

While isolation and idiosyncrasy undoubtedly earn St Andrews its nickname 'The Bubble,' this town's residents — student, faculty, or local — are anything but insular. If you approach your new neighbours with candour, you will discover, as we have, profound adventure and companionship in these three streets.

We ask that you be intentional about what you read and consume. Be aware, at all times, of what's taking place around you. It is a real privilege to study at one of the world's leading academic institutions amidst a hugely diverse group of people. This gratitude — celebrating local events, opinion, and culture — is what our paper will always try to capture. We recommend you try the same, whether through art, writing, studying, debaucherous nights out, or whatever you deem fit.

In short, be a journalist; interrogate everything, explore recklessly, and embrace the ludicrous without reserve. There are only so many cobblestones in this small town — don't leave any unturned. Invariably, your first year at St Andrews will be stressful and overwhelming. More often than that, it will push you to grow, grant you incredible opportunities, and put you in contact with singular, like-minded friends. Rest assured: it's all great fun.

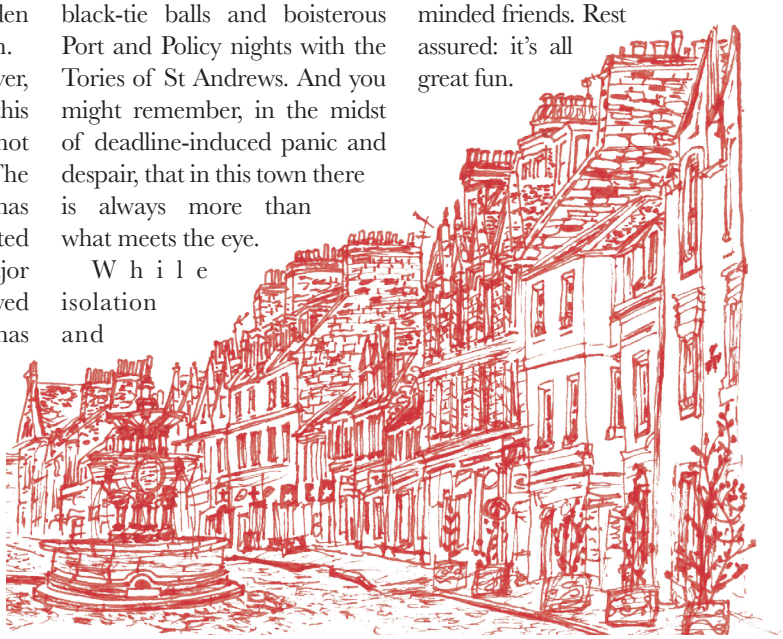


ILLUSTRATION BY NIAMH MCPARTLIN

MEET THE SABS

Petra Pender
NEWS EDITOR

Please note: Students' Association laws passed this year formally rename the Sabbatical/Executive Officers the "President Team."

ROBERT MORAN
PRESIDENT OF STUDENT OPPORTUNITIES
PRESOPPS@ST-ANDREWS.AC.UK

Robert "RoMo" Moran is entering his second year as the President of Student Opportunities at the St Andrews Student Union. He has spent the past year transforming how the Union supports student activity, building new structures designed to last well beyond his time in office. Over the last twelve months he has led the activation of an Activities Team with society liaisons, created a new Employability Team to work with the Careers Centre, and restructured the Opportunities Executive into a board-like group of ordinary students that hold Union leadership to account.

"The coming year is a very exciting time as we open our new pub, The Red Gown, which, as my first manifesto pledge, will see the Union return to consistent profitability for the first time in almost a decade — profits that are spent on students through representation, advocacy and our student activities."



Moran's remaining four pledges will occupy his final ten months in office. Chief among them is a St Andrews version of JobShop, a scheme run by students' unions across the UK that supports student employment alongside studies. "I want to perfect it for St Andrews," he said.

Societies could, for the first time, endorse candidates in this October's Rectoral Elections. "If this goes well, I plan to extend this right to all Union elections, as our affiliated groups should be able to use their voices to get the representation they deserve."

"Real change in institutions like ours does not happen in a single year," he said. "My focus for the year ahead is simple: to deliver unprecedented levels of support for societies, to create clear pathways into employment and opportunity, and to ensure that every student — undergraduate and postgraduate alike — can find their place within a Union that works for them."

Positions across the Activities and Employability Teams are open now, with more information available via @YourUnionActivities and @YourUnionEmployability.

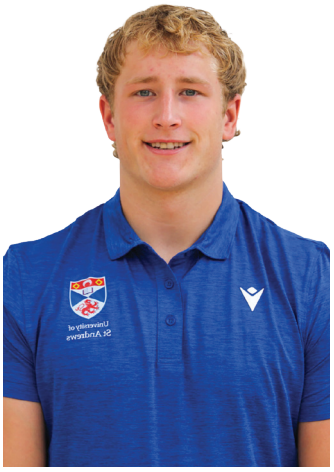
AIDAN HORSBURGH
ATHLETICS UNION PRESIDENT
AUPRES@ST-ANDREWS.AC.UK

Aidan Horsburgh is the newly-elected Athletics Union President. Raised in a military family that moved between England, Germany, Canada and Scotland, Horsburgh says sport was the one constant through every relocation. Hornsburgh takes the mantle from previous AU President Amy Gordon, whom he completed the Three Peaks Challenge alongside last year.

"Sport has had such a positive impact on my own life, and I want to help ensure it can do the same for others."

With over 40% of the student population involved in club sport and the AU coming off its highest-ever BUCS finish, Horsburgh's two priorities this year are to strengthen the sporting community and improve accessibility. "I want to encourage greater collaboration between clubs, creating more opportunities for teams to support one another and for friendships to develop beyond individual sports."

Having interned in the Social Sport programme for the past two years, Horsburgh wants



to expand its reach "so that every student is aware of the opportunities available, whether they're looking to compete, stay active, or simply try something new."

"Above all, I want to be a visible and approachable President," he said. "I will listen, engage, and advocate for our students, ensuring that every voice within our sporting community has the opportunity to be heard."

> "the AU coming off its highest-ever BUCS finish

EMILY BANNISTER

PRESIDENT OF EDUCATION

PRESED@*ST-ANDREWS.AC.UK*

Emily Bannister returns for a second term as President of Education, representing students on learning, teaching and research. Originally from Chorley in Lancashire, she came to St Andrews to study Art History before moving through the Union's academic representation system — from Class Representative to Academic Representation Intern to Arts and Divinity Faculty President.

Bannister oversees a structure of 440 academic representatives working across every degree programme. "My calendar is jam packed with university committees and meetings with students, so I am well-placed to coordinate and escalate concerns related to your learning and research experience."

Last year's focus areas included study spaces, over-crediting, hidden degree costs, and national education policy on AI and compassionate communications. This year she will prioritise the assessment experience — "increasing feedback and past papers, improving marking criteria and AI clarity, implementing an essay bank, and fighting for more consistent extensions" — alongside continued work on over-crediting through the University's Curriculum Delivery Review.

She also plans to strengthen support from academic advisors, improve the module catalogue, and make the Union more accessible through an Annual Members Survey and stronger postgraduate representation routes.

> **structure of 440 academic representatives**

"Expanding student representation," she said, "to ensure every student has a student rep in their corner."



AMY ELVINS

PRESIDENT OF UNION AFFAIRS

PRESAFFS@*ST-ANDREWS.AC.UK*

Amy Elvins is the Union's President of Union Affairs, responsible for ensuring that the Students' Association's services — from accommodation to environmental sustainability — work for students. "My core mission is to ensure that our Students' Association effectively represents you," she said. "I will do this through dialogue, by meeting students in their spaces, listening to their experiences, and showing up for the issues that matter most to our community."



Elvins says the President Team is focused on ensuring all voices are heard through student forums, including the All-Student Forum, and through direct engagement with students across campuses and communities. "Not all students experience university in the same way," she said. "So, if you see me — or any member of the President Team — around town, come and have a chat. Let us know what you love, what could be better, and what we could be doing to support you."

BARTOSZ ROGALA

PRESIDENT OF WELLBEING AND COMMUNITY

PRESWELL@*ST-ANDREWS.AC.UK*

Bartosz Rogala, a Geography and Sustainable Development graduate, is the Union's President of Wellbeing and Community, leading the Union's work on students' mental, physical and sexual health as well as equality, diversity and inclusion across the community. "My time here has been one of the most meaningful chapters of my life," he said of his decision to stay on in St Andrews after graduating.

A key priority is establishing a Sexual and Gender-Based Violence Forum within the Students' Association. "Recognising both my position and my limitations in this work as a white man, I want this forum to be shaped by a diverse range of voices and experiences," he said, inviting students to get involved.



Bartosz credited the Union's officers and student leaders for the breadth of work under the "Wellbeing and Community" remit, and said strengthening their representative structures will be his major focus this year. "Together, we are working to create a St Andrews where students can find their community, have their concerns heard, and access the support they need to thrive. See you around town, legends!"

PHOTOGRAPHS PROVIDED BY THE UNIVERSITY OF ST ANDREWS STUDENTS' ASSOCIATION

St Andrews Private GP Clinic delivers prompt and comprehensive primary health care just a few minutes outside the town centre and offers same-day blood and urine testing with results usually within 24-36hours, rapid STI results, quick access to advanced MRI and CT imaging along with in house Ultrasound scanning and expert urological assessments. Our services also include ADHD support, allergy testing, personalised health checks, and on the spot Rapid strep testing, all tailored to meet your needs.

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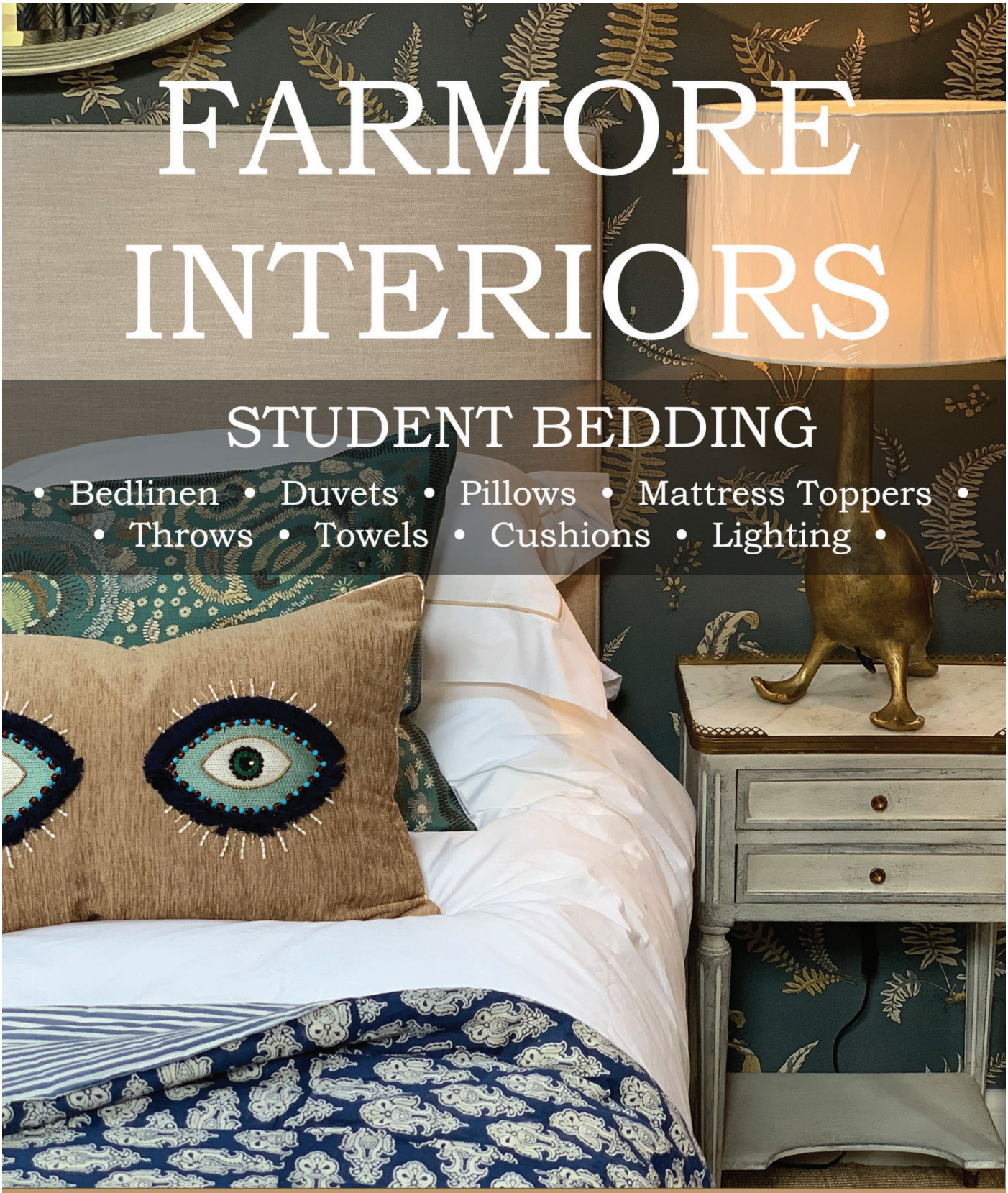
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HOW TO BECOME A ST ANDREAN

Why volunteering *can bridge the gap between* Town and Gown

Gracie Jones
FEATURES EDITOR

Can a St Andrews student become a true St Andrean? When you're caught up in all the balls, essays, and fashion shows, going beyond the "student" label feels almost impossible, no matter how much you love the town. Some, however, have found community beyond the university through volunteering. I spoke to several local volunteers to learn more about how to bridge the town-gown divide.

After moving to St Andrews, Sibylle Reboul, a fourth-year French international student, wanted to make sure that she wasn't taking too much from her adopted home, so she signed up right away when she found the charity Families First at the Freshers' Fayre. "We get so much from the community as students, I wanted to feel like I was giving back as well," Reboul told me.

> "Going beyond the "student label feels almost impossible, no matter how much you love the town

Located just off South Street, Families First is a charity that works to improve social connections, educational outcomes, and the general wellbeing of children with additional support needs. Reboul's time volunteering there has been spent as a "befriender," which means that she acts as a one-to-one companion for a child matched to her based on similar interests and personality. Every two weeks, she spends two hours in the Families First centre playing games, cooking, going on walks, or doing anything else the child wants to do. The goal is "just to be there and make a connection with a child so that they feel important and valued," Reboul said. "I've mostly been paired with one child every year, which means you can develop a friendship and get to know each other over time."

Volunteering with Families First has been rewarding for Reboul because she's made connections with St Andreans she wouldn't typically meet, but also because it's provided "a respite from uni.". As Reboul put it, volunteering is "two hours where I won't think of anything else" — a very freeing feeling for the overwhelmed student.

Third-year student Gabby McIntyre agreed that a huge benefit of volunteering is getting to spend a few hours that "have nothing to do with the University." For McIntyre, her volunteer role at Cambo Gardens is the perfect way to give back while getting away. Every Monday morning, McIntyre heads out to the Gardens to lead accessible nature walks. Though her role also consists of planning the routes and providing mobility support for the mostly elderly participants, McIntyre said that her job is essentially just to provide company for attendees — and getting to spend time with people "who aren't aged eighteen to twenty-four" is her favourite part of the experience.

"I think in uni you often forget that [...] there's an entire world out there," McIntyre said. Her role at Cambo Gardens has allowed her to see a bit further into that outside world and learn more about all of Fife's "little corners [she] hadn't heard of" before. Though nature walk attendees filter in and out, one group of friends has come to every walk for the past two years, allowing her a window into a "tight-knit community" of longtime Fifers. "Some live in St Andrews, some live in Leven,



Kingsbarns, Strathkinness — all around," McIntyre said, "and they have all these stories about how much has changed over the last twenty, thirty years.

There's this whole history that you don't know about [...] as a student because you only have your four-year window here."

Local resident Caroline Makein, on the other hand, has over four decades of experience living in St Andrews, but still learns more about the town every day through her volunteer role at the St Andrews Preservation Trust. Makein recently became a trustee of the charity, which aims to protect the historic buildings of St Andrews', and has worked as a front-of-house volunteer at the Trust-run Heritage Museum since the summer of 2024. Makein first moved to St Andrews at the age of four, and besides a decade or two away, she's spent most of her 72 years living in the town.

Though she's more than familiar with the town and its people, Makein still appreciates her time spent working the front desk at the Heritage Museum because she's able to get to know other volunteers, especially those outside her normal social circle. "Working with students has been lovely," she said. "It's actually been quite fun chatting with people because [...] it's interesting to hear about where they came from and what they're interested in. Quite often you find you've got a lot in common with these younger folk."

Over summer, the Museum struggles with the lack of students, said Makein. "We've got gaps [in the volunteer schedule] and everyone is having to take on extra shifts." At a small charity like the Preservation Trust, Makein explained that "it is important that we have students as volunteers" just to keep things running. She also believes that "it's a good way for students to feel part of the community" and to form intergenerational friendships.

Whether or not it's possible for students to fully integrate into non-university circles, everyone I spoke to agreed that when there's a charity in need and a job to be done, there's no difference between town and gown. Volunteering often gives students a way to learn what it means to be a St Andrean beyond the University.



ILLUSTRATION BY SANDRA PALAZUELOS GARCIA

THE WILL & KATE MYTH (AND WHY EDUCATION COMES FIRST)

Presumably, when you told your friends the exciting news about your soon-to-be home, they immediately made some connection to *that* iconic royal couple, Kate and Wills. This constant, majestic allusion paints St Andrews in a particularly romantic light, and while wind-swept beaches and its humungous decrepit cathedral uphold this ambience, you will soon come to discover that the St Andrews romance scene is far hazier than the foggy, cobblestoned streets. You will also inevitably face the reality that dating in St Andrews is a fun game but should never interfere with a prestigious education. Today, I bring you a cautionary tale, forged from my own first-year delusions, about the expectation of dangerous liaisons and heated rivalries when approaching university and the importance of sorting out your priorities.

I will begin with an embarrassingly honest confession to you: Hearing the story of Kate and Wills fuelled my belief that, immediately upon arriving at St Andrews, I would be met by a handful of eager suitors, hopefully in possession of a small fortune. Hearing other stories of university sweethearts only furthered my fantasy that I would be boo'd up before I had even unpacked my bags. During Freshers' Week, I kept my eyes peeled for any possible candidates with whom I could kickstart my own romantic mythology. However, after being faced with many a two and three, I realised that searching for the one was a redundant task, and my time was better spent focusing on the thing I came here to do: study and learn.

Well duh, you think to yourself. Yet, I would advise you to hold that judgement until after you've found yourself wandering away from the school side of university. It is only then that you realise that an institution founded in 1413 cares more about how hard of a worker you are than your insane ability to pull at 601. Thus, it's probably best to find your reason to give it your all now and stick with that. Save reading body language for another day, and instead pick up that book for Tuesday's seminar and get annotating.

> "an institution founded in 1413 cares more about how hard of a worker you are than your insane ability to pull at 601.

I understand that the opportunity to date becomes only more exciting when one is inexperienced in the recreation of romance, and isn't everyone truly an amateur when it comes to affairs of the heart? So then, why shouldn't you come to St Andrews with an open heart, expecting a whirlwind of passion? If the royals could pull it off, why can't you? And you know what, sure. However, the issue arises when you begin to overlook everything that university *could* be in favour of an idealised view of what it *should* be. There is more to university than aristocratic love stories, and though Kate and Wills have a tale as old as time, they received something else that will follow them for their entire lives: degrees from the University of St Andrews.

Moving swiftly on from my Freshers' naivety, please allow me instead to play my best 'Tiger Parent' as I whole-heartedly emphasise the significance of maintaining your academic career over everything else. It's fun to have a crush! It's a delight to be in love! However, if you're sitting in the library

Poppiena Horsington
VIEWPOINT EDITOR

pontificating why they aren't texting you back, contemplating that extension request, ask yourself how Malala would feel. If you sense she may be disappointed, then maybe you should reevaluate. St Andrews was famous before the royal couple and will remain famous long after them — because of its legacy of prestigious, world-class education.

To put it bluntly: A hand is nice to hold, but a first-class degree is even nicer. You have so many opportunities to make the most of: there are a plethora of books in the library to read, a mass of professors and tutors who are passionate about their chosen subjects, and the independence to seek out your interests. Following your curiosity will fulfill you infinitely more than following a crush — and will probably benefit you more in the long run too.

I'm not here to scare you about the academic rigor of this university, nor am I here to dissuade you from interacting with anyone of your preferred gender for the duration of your degree. There is a place for romance at university, undoubtedly. I just ask for you to remain conscious that study is the focus of your time here, even if that has to shift priority every now and then. In both romance and school, some are here for a good time, not a long time, and it's up to you to decide where your allegiances lie. Yes, you should ask that person out on a date, but also ask your tutor to clarify that concept you didn't understand. Both are admirable, courageous acts.

> **if you're sitting in the library pontificating why they aren't texting you back**
>
> **... ask yourself how Malala would feel.**

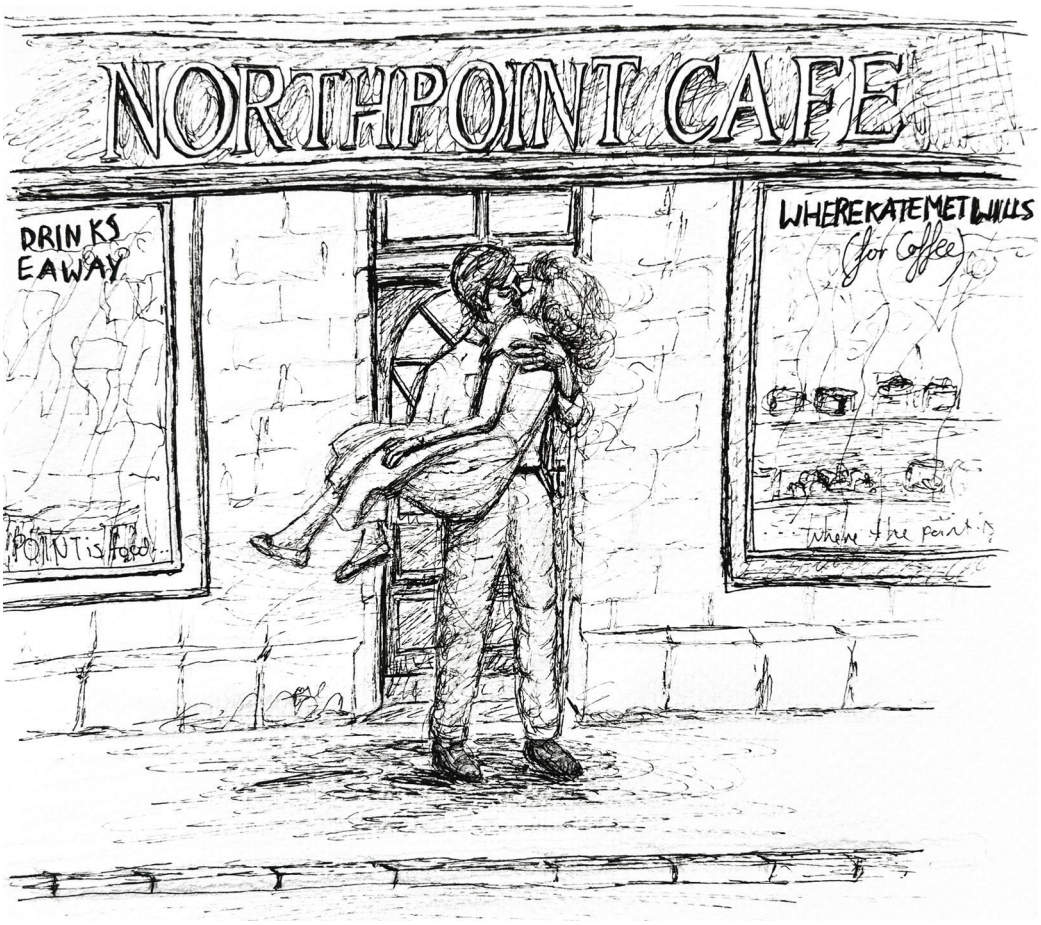
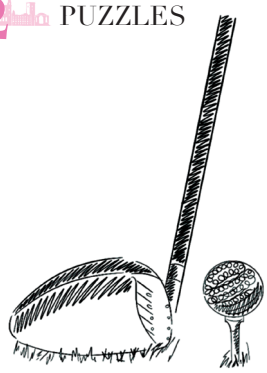


ILLUSTRATION BY
NIAMH MCPARTLIN

AROUND ST

Julia Emery
PUZZLES EDITOR



SERENADE SOMEONE

GIVE EVERYONE A SUPERLATIVE

HAND OUT SIX SIPS

THE SCORES

DANC BATTL SOMEONE

KISS A PLAYER OPPOSITE YOU

TEAM VS TEAM BOAT RACE

DUCK DUCK GOOSE

NORTH ST.

UNION

DO A HANDSTAND TO WIN

POST AN INSTAGRAM BOOMERANG

TWO TRUTHS & A LIE

CHOP DRI

MARKET ST.



PRES

MAKE A RULE

SHAG MARRY KILL

PICK A DRINKING BUDDY

TRU OR DA

T ANDREWS IN 7 (OR SO) DRINKS

Welcome (or welcome back) to St. Andrews! This board game is designed to highlight some essential spots across the three streets and forge some Freshers' Week friendships. Trust me, they are a cannon event. This game can be played as a scavenger hunt around town* or from the safety of your hall. Additionally you can play it sober by substituting any drinking challenges for dares or forfeits of your choosing, get creative! Have fun - (replace with something cheekier)!

**The Saint* does not condone breaking the law, including the possession of an open container in public.

To get started, all you need is:

- 1x coin
- 2+ bottle caps, although any small thing on your desk will probably work – with a larger group you can separate into more teams and use multiple game pieces
- Drinks of your choice
- As many friends as you can gather

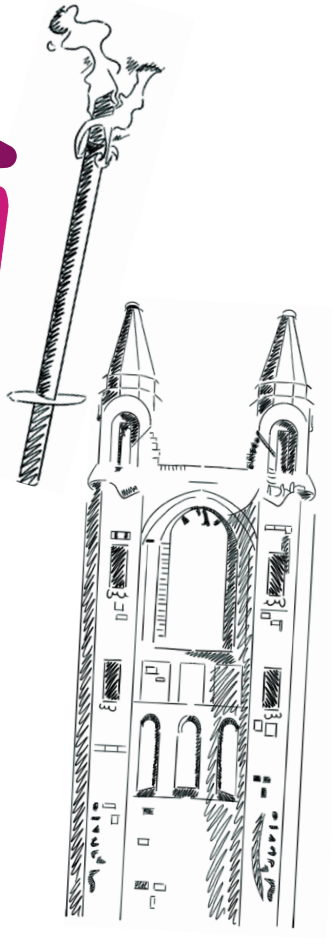
Now for some ground **rules**:

- The goal of the game is to make it to the Union, much like the goal of any good pre
- Whenever you land on a location in town, everyone (on your team) drinks
- Don't sit next to your teammates, this is a race
- If any task has a winner and a loser… loser drinks

Gameplay:

- The player furthest from wherever they call home starts. Place your piece on 'Pres', then flip the coin and move your piece (heads = move 1 step, tails = move 2 steps)
- Complete the task on the square
- Finish your turn by passing the dice to the clockwise player on a different team
- The first team to make it to the Union wins!





ILLUSTRATIONS BY EVE FISHMAN
BOARD LAYOUT BY LUANA VAN ORANJE

A DAY AT THE KOHLER WATERS SPA

ZAINAB HAJI & TILLY FRAIN BELL
GRADUATE WRITERS

It's not hard to treat yourself in St Andrews. From five-star hotels and restaurants to boutique stores, this small town can be unexpectedly dangerous for students on a budget - especially for those with a penchant for the finer things in life…

But indulgences are sometimes necessary. As two student journalists who have spent most of the past four years chasing down sources and frantically filing stories in lecture halls, we felt our final article for *The Saint* called for a little rest and relaxation: a trip to the spa.

Just a stone's throw from West Sands is the Old Course Hotel, home to the highly rated Kohler Waters Spa – the perfect place to rewind.



SPA FACILITIES

We hadn't expected to start our day of wellness with a shot, but there we were knocking back a curious green concoction at 11am. Good thing it was only lemongrass and kale.

Renovated just a year ago, the spa's interiors had us feeling zen right from the get-go. From muted relaxation sounds to the calming mood lighting, every detail is carefully considered. The changing rooms are filled with crisp fur-lined white robes, endless fluffy towels and Dyson hair tools – you can be assured we took full advantage of the opportunity for a bouncy blow-dry.

Robed up and ready to go, we obviously had to slip into the rippling swimming pool first, looking up to see birds flying through the glass cupola. One pool dweller was clearly doing it right as she floated round with a glass of wine in one hand and an Emily Henry novel in the other. And if getting wet isn't your thing, you can easily sleep soundly for the entire duration of your spa day on the plush loungers dotted around the pool.

The sauna and hydrotherapy room was next on the agenda, with the spa offering two saunas, a steam room and, of course, an icy plunge pool. Think Wim Hof, but significantly less wild.

ESPURO FOAM STEAM ROOM

Have you ever experienced hot rain in Fife? The answer is probably no. But at Kohler Waters, you now have the chance.

Our absolute highlight was the Espuro Foam Steam Room, the only one of its kind in the UK. The experience promises a 15–20-minute sensory immersion of light, sound, and fragrant plant-based foam - or in other words a bubble bath for adults. We settled into the aromatherapy experience, with warm foam cascading from the ceiling. After submerging ourselves in the bubbles, monsoon-like rain began to shower from the ceiling. A true experience of a Tropical downpour without having to leave the East Neuk.

TREATMENTS AND LUNCH

Soon it was time for our spa treatments. We each chose between a 50 minute massage or facial, both of which left our skin feeling refreshed and rejuvenated. Afterwards, we enjoyed the relaxation room, where we slurped strawberry infused water and nibbled on some dried coconut flakes – the perfect way to recover from the stress of the semester.

Back in our gorgeous fur lined robes, we set off to the spa cafe for a one course lunch complete with a glass of non-alcoholic Prosecco – we're on the job remember. After deliberating over a delicious range of colourful salads and healthy brunch options, we decided on a classic caesar salad and a smoked salmon platter, topped with caviar. Light, nourishing and beautifully presented – the cuisine was a much needed reset from some of the dire dishes we had been scraping together from our end of semester fridge.

TILL NEXT TIME

After a day that had already felt like Christmas, the spa handed us each a gift bag containing Bamford candles to take home, the smell of which still takes us straight back to Kohler Waters. But we couldn't leave without one more treat – an iced latte at Herbs, the Old Course's newest country club inspired eatery. Lounging in a striped deckchair, with the Fife sun beating down we both had one thought in our head: 'we could get used to this.' Though that thought was quickly followed by another: 'we might need to switch professions.'

There are few things in life more indulgent than a full day dedicated to detoxing, declogging and – of course – debriefing. The Kohler Waters Spa certainly lived up to these expectations.

Kohler Waters Spa also offers a 'Wellness Wednesdays' offer, where University of St Andrews Students receive 20% off the full treatment menu, with every treatment including two hours' access to the beautiful spa facilities. All you need to do is bring your student ID along on the day of your visit.

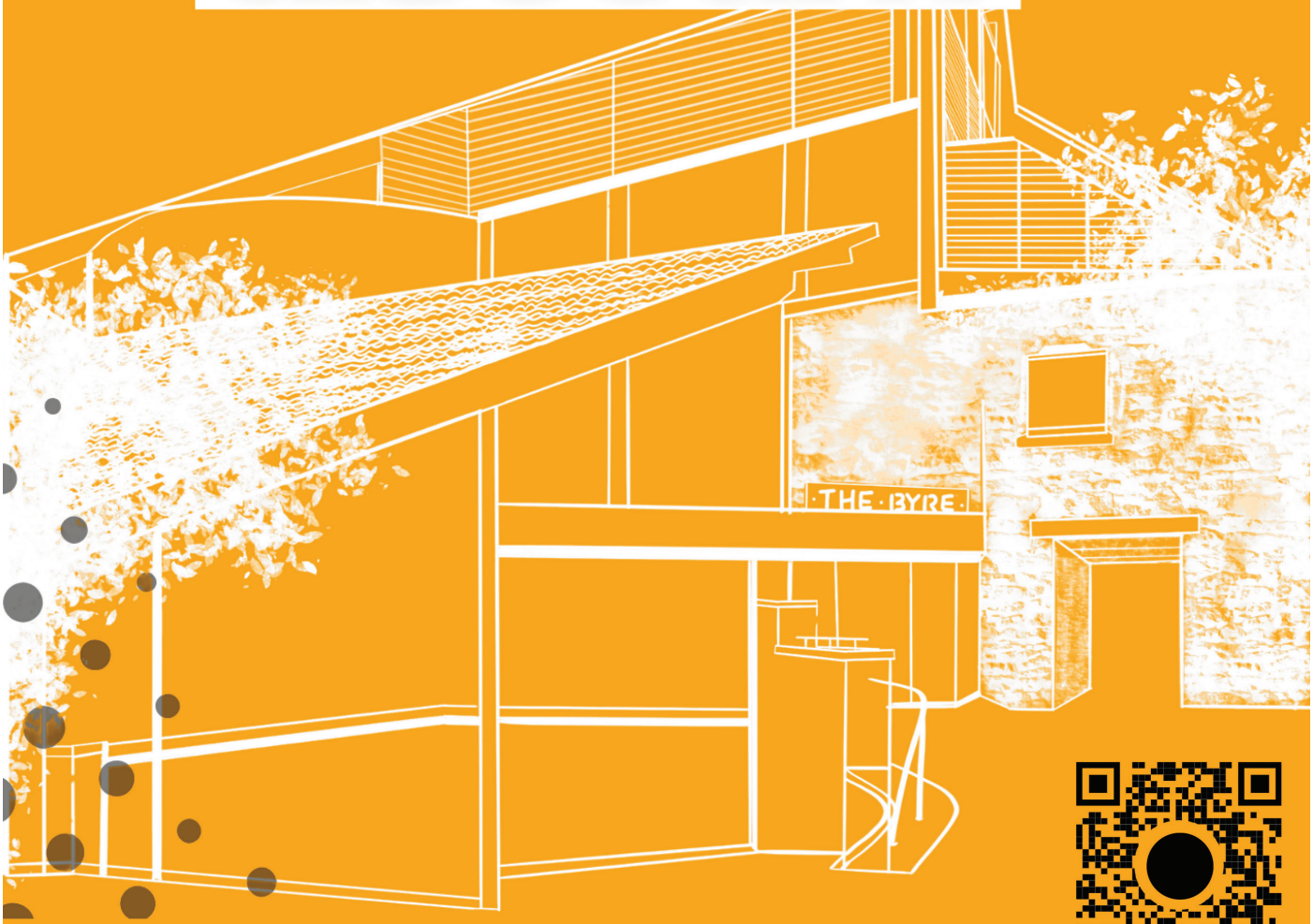
This article was sponsored by The Kohler Waters Spa at The Old Course Hotel in St Andrews. Writers Tilly Frain-Bell and Zainab Haji enjoyed the Indulge package which included two hours access to the spa facilities, a 50-minute facial or 50-minute massage, lunch in the Spa Café and a gift from their spa therapists.

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Snilla Spasic
PHOTO EDITOR

DEBUNKING THE *'ST ANDREWS AESTHETIC'*

PHOTOGRAPHS BY SMILLA SPASIC

> It is only once the covert algorithm's filter fades that St Andrews begins to truly form.



Before even stepping foot on the ankle-breaking Market Street cobblestones, how many dark academia pictures did you save to your Pinterest board coined 'My New Life' or 'Entering the Bubble'? They didn't have to be dark academia, but you surely doom-scrolled through photos of the Raisin Foam Fight or the sea of red gowns at the Gaudie torch procession. Maybe you've stumbled across the photo of Kate writing 'King' on William's chest. Iconic? Yes. Albeit photoshopped. Admittedly, we have all been there. One must visualise to actualise, right?

While it is natural — if not required — to look at glimpses of what your future life might be, I am here to issue a warning. The photos you view are not only saved to a specific board or collage, but are stored in a little subfolder within your mind, which consciously or maybe subconsciously becomes a blueprint. The effects of needing to follow this blueprint are especially felt in the first few months. There's a panic in the air, an unspoken obligation to achieve the St Andrews image that you saw online.

When you're sitting on the fresh cut grass in Sallies Quad with your 'best friends' — the ones you met three days ago at Starfields — you may think, '*put me on a promotional poster already*.' For many St Andreans, there is an internal pride fuelled by how you epitomise the coastal University's aesthetic.

However, this curated appearance is just that, curated. It is a matter of *when* — not *if* — your experience will deviate from your idealised expectations.There will be moments when you're ten hours deep into a library session, with rain pissing down outside while you try to read an article through your blurred vision while someone — likely the same person that you somehow see everywhere — is pacing endlessly by your desk. In your unhinged state of psychosis you will wonder how many books a person is allowed to hoard, or how many water bottles they could possibly need to fill?

Maybe as you sit in your half-decorated room, listening to your hallmate's music bleed through the walls, you will see that the same group of people that you were joyously babbling with in Sallies have all posted the same story of a walk on East Sands. Betrayal. How could your best friends do this to you? These are the moments where the romanticised filter begins to slip. These are the moments conveniently cropped out by the people who created and enforced this specific depiction of St Andrews. Sneaky bastards.

My tone may seem a bit harsh, but is intended as anything but negative. I hold firm that it is only once the covert algorithm's filter fades that St Andrews begins to truly form. As the polished facade fades away, the layers of someone else's experience unpeels, revealing your own.

A gin and tonic at Molly Malone's may slowly be replaced by a sacred pint of Belhaven Best at Aikman's. A coffee walk to see the cows on the Fife Coastal path may fall into a routined stroll through Lade Braes that ends with a visit to the Botanical Garden's cafe.

I will stop the list here to avoid accidentally revealing my favorite spots. Spots that are hardly secret — probably unoriginal — but nevertheless mine. I'm possessive because they were found through experiences that cannot be captured through a screen and contain memories with real, beautiful people and close friends.

Eventually, you'll build a version of the town that does not exist online: the cafe where you're on your tenth stamp card, the shortcut you take when the weather denies the scenic route home, or the booth at the pub that's somehow always yours. None of it is particularly 'aesthetic'. Probably none of it will go viral. But it'll be yours. And that's the version of St Andrews you'll learn to love and embrace.



Through this magazine, you'll hopefully gain a panoramic view of what it's like to live and attend university in St Andrews. We can't predict how your future here will unfold (and who would want that?), but as returning students we can offer reflections on our own experiences and hope they provide some sense of the cobblestone path before you. In the pursuit of conveying the elusive essence that is The St Andrews Experience, might it be helpful to travel back in time? Of course, much has changed over the years and for the better, but by discovering what still remains intact, we may learn something of that core essence. With that in mind, I've taken the liberty of dusting off a little time machine: a book to send us back exactly one hundred years to see the St Andrews experience of 1926.

Our DeLorean can be found among the oft-neglected shelves of the University's Walter Bower House Library, a modest 50-page volume simply titled: *St Andrews: Two Poems*. Published by the university following the end of Rudyard Kipling's term as university rector, the book contains (you'll never guess) two short poems followed by sixteen works by the Scottish artist Malcolm Patterson of views around town. Kipling and the English writer Walter de la Mare (who received an honorary doctorate from the university in 1923) each contributed a lyrical ode recounting their memories of the town, and despite the fact that neither attended university here, they offer a nostalgic vision of St Andrews as it was in the early twentieth century.

So what do Kipling and De la Mare recall in their fond lyrics? Of course, they remember the weather. In Kipling's "A Rector's Memory", a third-person narrator tells of a Rector's arrival to a "far, guarded City" flanked by a "grey warlock ocean" from which "the roar of the wind shall refashion" one's soul. It's an autobiographical tale of his arrival in 1923, when he found himself unexpectedly restored from the callous and embittered state he'd assumed since his son's death seven years prior. The magical qualities invested in the North Sea wind clearly had a resounding effect. Meanwhile, in De la Mare's "A Memory", his speaker declares he will always hold onto "those bleached grey streets, / Grey skies, a glinting sun, a wind" (he must have lived by T-Squared). Unsurprisingly, dismal Scottish weather is a consistent element of our experience. But you didn't need poetry to tell you that.

De La Mare moves from the weather to the second defining feature of the town: its history. Specifically, its capital-H

> "Ghosts in that sunlight come and go

History: the mythic struggles on museum placards, our medieval fairy tales of conquerors and conquered. "Ghosts in that sunlight come and go," his speaker writes, and while he goes on to cite names that blur the lines between St Andrews history and Scottish history writ large, he does capture the supernatural sensation of walking through town surrounded by generations that refuse to surrender their presence, who "of their long wild centuries / Left but these stones their bones beside". Kipling offers a similar impression too through his protagonist's realisation of "[t]he lives that caught fire 'neath Her hand — / The fires that were tamed to Her mood". Anyone who's ever avoided the stone letters outside St Salvator's cathedral knows exactly what he's talking about. We still take our ghosts seriously in this town.

There is a second meaning to this fire, though. When Kipling arrived in St Andrews, he was greeted by a mass of eager students who pulled his carriage around town, demanding impromptu speeches. While he's biased by the effects of celebrity, he still identifies the quintessential element of every great university experience: what his poem's speaker declares as "the passion / Of Youth over all". With that, "the lives that caught fire" imply not just the martyrdom of Patrick Hamilton and George Wishart, but also every St Andrews student past, present, and future inflamed by the town's "magic unspoken". Their passion is the key ingredient to this magic, both fuelling it and fuelled by it, a self-sustaining spell which — along with the grey climate and the ghosts of History — leaves each generation of guests as it left Kipling in his poem's final line: "Changed and renewed in that hour."

Reading this magazine, with all its advice and predictions of what your university experience will be like, it's easy to gain the familiar sensation that there's no such thing as a unique experience. At a school as old and bowed to tradition as this one, where you'll shuffle behind a thousand others in the same red robe and arrive at your academic wedding only to find two other ceremonies have already commenced on Castle Sands, the experience can feel formulaic or, at worst, pre-determined. If, like me, you occasionally do, it's useful to remember that singularity was never the goal. In fact, it's the opposite of the goal. That these two poems convey something of my own university experience — an overcast, blustery communion of haunted ashes and eager new flames — doesn't lessen but enhances that experience. The remarkable thing about this town is how much of that you share across how many centuries, how the memories that Kipling left with won't be dissimilar from mine or yours, how each class carries that shared memory forward. This isn't to say you've got the weight of St Andrews history on your shoulders so you better sit up straight and enunciate, but it's easy to forget everything you share in these four years and everyone you share it with. Sometimes it's helpful to listen to a couple of ghosts to remember that.

> "singularity was never the goal. In fact, it's the opposite of the goal

REMEMBERANCE OF ST ANDREWS PAST

Soren Rasmussen
ARTS & CULTURE EDITOR

PHOTOGRAPHS BY SMILLA SPASIC



The, Gods that are wiser than Learning
But kinder than Life have made sure
No mortal may boast in the morning
That even will find him secure.
With naught for fresh faith or new trial,
With little unsoiled or unsold,
Can the shadow go back on the dial,
Or a new world be given for the old?
But he knows not that time shall awaken,
As he knows not what tide shall lay bare,
The heart of a man to be taken —
Taken and changed unaware.

He shall see as he tenders his vows
The far, guarded City arise —
The power of the North 'twixt Her brows —
The steel of the North in Her eyes;
The sheer hosts of Heaven above —
The grey warlock Ocean beside;
And shall feel the full centuries move
To Her purpose and pride.

Though a stranger shall he understand,
As though it were old in his blood,
The lives that caught fire 'neath Her hand —
The fires that were tamed to Her mood.
And the roar of the wind shall refashion,
And the wind-driven torches recall,
The passing of Time and the passion
Of Youth over all!
And, by virtue of magic unspoken
(What need She should utter Her power?)
The frost at his heart shall be broken
And his spirit be changed in that hour —
Changed and renewed in that hour!

'A RECTOR'S MEMORY'
BY RUDYARD KIPLING

RECTOR OF THE UNIVERSITY 1922-25

THE SOCIAL 200

St Andrews has an *events scene.*

St Andrews also has *about 200 people who attend it.*

Having worked for the Events Section for a year now, I've had the privilege, and burden, of attending pretty much everything this town has to offer. I've had Father Patrick shout at me in the middle of Bible Study, bought wellies two sizes too big; frozen to death at a poorly attended ceilidh, scrapped with the fashion show cabal, and caught one too many taxis home because I couldn't be bothered to wait for the coaches.

Having experienced everything to the moon and back, I can lean back behind my desk and tell you one thing: the surface of the headline events change — different names, different themes, different dress codes — yet the attendees stay the same.

I exaggerate, slightly. The edges shift; I've been pleasantly surprised to see wholly-unexpected characters at the VS Fashion Show or Welly Ball, but every time I find myself at Falside Mill or Lower College Lawn again, I find I'm always swimming in a sea of familiar faces. Pattern recognition, you understand? So I lean back even further behind my desk, run a hand through my hair, and wonder to myself: Why? Why do I see all the same people every time?

As a man who once onsidered taking Social Anthro, let me pose three explanations:

> "the surface of the headline events change ... yet the attendees stay the same.

Joss Wildgoose Ballard
EVENTS EDITOR

1. OUR BEAUTIFUL SOCIAL BUTTERFLIES.

Of the two thousand-odd freshers who arrive every September, a healthy chunk are hypersocial extroverts. The 601 bouncers have gone from worrying about seeing you out at 3am six times a week to offering you a warm smile and a hug when you hop into the Union queue. Yet, your FOMO now demands you be present at every single event out there: Starfields, Opening Ball, Welly, Szentek, Barn Bash, Cocktail Week, Fight Night, FS, Catwalk, Silo, Oktoberfest, and, of course, JBH ball. Whether or not the events themselves change is irrelevant. Your attendance, however, is what matters.

2. CONNECTIONS.

Show up to everything and, eventually, everything shows up for you. In first year, you may simply be a silly fresher who got lucky refreshing FIXR every twenty seconds on ticket release day. But your fellow silly fresher attendees will spend the next few years climbing the committee ranks. The acquaintances you accumulated purely through your shared hypersociality — the people you kept running into at everything — are now the ones who can secure your table at Oktoberfest and Welly and simultaneously, the ones who insist on your attendance. Knowing everyone, it turns out, is a double-edged sword. The more you attend, the better your access; the better your access, the more you *must* attend.

3. HOW MUCH FOR A TICKET?!

Membership for this hypersocial group comes at a cost, I'm afraid. Often, your mandatory membership fees come to more than your rent for the month. The committee has paid the coach drivers to slow down to ensure your sobriety — those £6 shots won't buy themselves. The blunt truth of events in this town is that they are expensive and require a well-paid part-time job, or more commonly, a large donation from the Bank of Mum and Dad to afford. The Circuit™ has a membership fee. It's just never written on the ticket.

> "The more you attend, the better your access; the better your access, the more you *must* attend.

Which brings me to the reality that took me an embarrassingly long time to notice.

Each of these events supposedly sells a different identity. Barn Bash markets itself on Americana, Welly the romance of clay pigeoners and chaos, DONT WALK the serious fashion show, FS the heaving party. Each implies a different reason to be there. Yet you arrive and find, give or take a few strays from visiting universities, essentially the same room.

The red-blooded American exchanger is there, and they are wonderful, but they are outnumbered by the St Andrews regulars who have put on cowboy boots for the afternoon. The Clay tourist is there, bemoaning the death of the food fight, but they are outnumbered by The Circuit in Hunter wellies who couldn't tell a clay pigeon from a digestive biscuit. The set rotates, but the cast does not.

Where does that leave us?

Seeing the same faces again and again is exciting and joyous the first few times, but over the years it produces fatigue. I rejoice now when I see someone new — a stranger who quite obviously feels out of their depth and is desperately trying to keep their head above water in a frankly incestuous and far-too-interconnected town. But they are always outnumbered by the St Andrews regulars.

None of this kills the fun. I always have a good time, more or less, because you know people, and knowing people is 90% of having a good time anywhere. That's rather the point.

The Circuit delivers what it promises. It just doesn't always deliver what the event promises.

So that being said, see you again, same time, next year?

> knowing people is 90% of having a good time anywhere. That's rather the point.



APPLICATIONS TO JOIN *THE SAINT* ARE OPEN

Find the form on our Instagram @thesaintsta

Applications close Saturday 12 September at noon

ILLUSTRATION BY STELLA KEKALOS

CLUBS&SOCIETIES

Whether it's your first year or your last, clubs and societies are the go-to way to meet new people, explore niche hobbies, and make a fool of yourself (leaving you with funny stories galore!) You could dig a hole on the beach, battle out in a medieval reenactment, become a Sunday-league football star, and much more... the world (ahem the Bubble) is your oyster.

So, where to start? *The Saint* has lined up some of our favourite free events that you might otherwise overlook. Don't be scared to go alone – we've all been there and have made the best of friends as a result! Remember that no one will notice if you leave half way through, so why not at least shoot your shot?

*This calendar includes daytime events, but don't be fooled – the night is always young! From the Union and 601 (60-Fun) to The Rule and The Vic, from Szentek and HAUS to the Barn Bash and Welly Ball launches — keep an eye out online for all the exciting events coming your way.

MODEL UNITED NATIONS
Beginners / Intermediate GIAG
13:00 / 15:00 – Union (Committee Room)
*Followed by Social @ BrewCo

EMPOWHER
@empowherstandrews
Self Defence
14:00 – Sports Centre (Main Hall)

MUSLIM SOCIETY
@stamuslimsociety
Games Night
18:00 – Chaplaincy

WOMEN IN POLITICS
@stawomeninpolitics
Social Mixer
19:00 – Union (Beacon Bar)

Th 10

M 7

DANCE CLUB
@ustadanceclub
Lyrical / K-pop / Highland Dance Sessions
18:00 / 19:00 / 20:00 – Town Hall
*Check their instagram for sessions on other days

MATHS SOC
@usta_sums
Pub Social
19:00 – The Rule

TAEKWONDO CLUB
@ustataekwondo
Taekwondo GIAG
20:30 – Sports Centre (Dance Studio)

F 11

ENVIRONMENTAL SUBCOMMITTEE
@standrewsenvironment
Sustainability Summit
14:30 – Upper & Lower College Halls

BALLADS
@balladsstandrews
Bedazzling Picnic
15:00 – St Mary's Quad

BADMINTON CLUB
Women only / Open to all GIAG
16:30 / 17:45 – Sports Hall
*More sessions on other days

MEDICAL SOC
@butemedics
Bonfire Night
19:00 – Castle Sands

JEWISH SOCIETY
@standrewsjsoc
Rosh Hashanah Dinner
DM JSoc for location & time

DANCE CLUB
@ustadanceclub
Blue Angels / Highland Fusion GIAG
15:30 / 16:30 – Sports Centre (Dance Studio)

SAILING CLUB
@ustasailing
Garden Party
18:00 – 3 Park Street

CLASSICS & ANCIENT HISTORY SOC
@bacchae.sta
Toga Bar Crawl
20:00 – BrewCo

COMEDY SOC
@ustacomsoc
Comedy Show (Open Mic)
20:00 – Union

T 8

HILLWALKING CLUB
@breakawaystandrews
Running the Coastal Path
10:00 / 14:00 – Meet @ Library

WOMEN IN BUSINESS
@womeninbusiness_sta
LinkedIn Headshots
10:00 – St Salvator's Quad

DOG WALKING SOC
@dogwalk_standrews
Freshers' Dog Walk
13:00 – West Sands

KARATE CLUB
@ustakarate
Sports Day & Beach Games
14:00 – West Sands

SHIRE MEDIEVAL SOCIETY
Freshers' Feast (ticketed)
17:00 – St Andrews Episcopal Church

Sa 12

W 9

BEE SOCIETY
@stabeesoc
Gardening GIAG
13:00 – St Mary's Garden

BIOLOGICAL SOCIETY
Coastal Walk
15:30 – East Sands

DEBATING SOC
@stadebates
Debating GIAG
14:00 – Union (L. Rehearsal Room)

FRENCH SOC
@stafrench
Free Welcome Crepes
14:30 – St Mary's Quad

DISABLED STUDENTS NETWORK
@stadsn
Boardgames and Crafts
16:00 – location tbc.

Su 13

KENDO CLUB
@ustakendo
Kendo GIAG
11:00 – Sports Centre
*More sessions on other days

INDIAN SOC
@indiansocofsta
Games Night + Bonfire
Time and location tbc.

SPORTS ANALYTICS SOCIETY
@sportsanalyticssociety
Manchester Derby Watch-A-Long
16:30 – The Rule

VARIOUS WOMEN'S SOCIETIES
Bonfire (WIB, EmpowHER, HerCampus, Piscopia, Women Who Invest, StA Women in STEM, STA Feminist Soc)
19:00 – East Sands

EVENTS CALENDAR

FRESHERS WEEK ↓ WEEK 1 ↓

14 M

WATER POLO CLUB
@ustawaterpolo
Water Polo GIAG
18:00 – location tbc.

LIKE WHAT YOU SEE? EMAIL SALES@THESAINTNEWSPAPER.CO.UK IF YOU ARE INTERESTED IN ADVERTISING YOUR EVENTS IN OUR MONTHLY EVENTS CALENDAR

15 T

ECONOMY SOC MAGAZINE
@standrewseconomist
Meet the Editors
19:00 – The Rule

CALEDONIAN SOCIETY
@caledoniansocietystandrews
Beach Reels & Free Drinks
18:00 – West Sands

WOMEN IN POLITICS
@stawomeninpolitics
Discussion Session GIAG
18:30 – Zest Cafe

16 W

KENDO CLUB
@ustakendo
Kendo GIAG
11:00 – Sports Centre
*More sessions on other days

VARIOUS SOCIETIES
Socials, Pres
Check Instagram to see the time & location of various societies
Normally ~21:00 onwards

Th 17

LABOUR SOC & STAUCA
@standlabour & @sta.uca
Labour vs Tory Joint Debate
20:00 – St Mark's Parish Church

18 F

LAW SOCIETY
HSF K Champagne Reception
19:00 – The Rusacks Gallery
*Ticketed

SHIRE X WARDLAW
Knight at the Museum
20:00 – The Wardlaw

INDIAN SOC
@indiansocofsta
Speed Friending
Time & location tbc.

Sa 19

AIKIDO CLUB
@ustaaikido
Aikido GIAG
11:30 – location tbc.
*More sessions on other days

Su 20

MUSIC SOC
@stamusicsociety
Welcome Bach Bonfire
19:00 – East Sands

PROJECT ANIME
@project.anime.sta
Weekly viewing
19:00 – Union (Meeting Room 0) tbc.

ONLY SIX HANDSHAKES AWAY...

Matty Vowell
SCITECH EDITOR

Hello, What's your name? What do you study? Where are you from? Over, and over, and over.

No matter who you are, I can bet you will hear these same questions more now than ever before. Around 2000 students are just like you, starting their St Andrews experience for the first time. And while figuring out classes, advising, and eduroam are important, university remains a time for socialising.

Objectively speaking, never before and never again will you come into contact with so many new people so quickly. This might feel daunting, but what if I were to tell you that those people might not necessarily be strangers?

For one thing, St Andrews is one of the country's most international universities. Almost half of the student body comes from a country besides the UK, with more than 145 countries represented. The chances of finding someone from your home country, if not your home city, are relatively high.

> "Everyone ... gets to their first day of uni with the fear, be it big or small, of not making friends and feeling lonely

Since the 1930s, mathematicians and social scientists have been fascinated by the "small world hypothesis." This theory claims that human society, despite its size, is actually closely interlinked. Indeed, multiple experiments have led to what is known as the "six degrees of separation" idea, the notion that we are connected to any given person on the planet by no more than five other people. Reading this, you might be skeptical, and rightfully so. How is it possible that a random person from anywhere in the world is just six handshakes away from world leaders, Hollywood stars, Olympic athletes, and even yourself?

With eight billion people and still counting, calling the world "small" can sound ironic, but with the advancement of technology and travel, our planet is better connected than it has ever been. Obviously, there are exceptions to the theory. Certain isolated communities still exist, forming closed loops which stop them from connecting with the outside world. These groups are, however, extremely rare, and so for the overwhelming majority of cases the theory still stands. In fact, it could even be too pessimistic.

The invention of social media has given humans the ability to connect and stay in touch with so many people in so many different places. Indeed, analysis conducted first by Facebook and then by Twitter (or X, if you fancy that) has shown that any two users are, on average, only 4.5 people away from each other. Think about it — I am sure you have had the experience of adding someone on Instagram and realising that you already had mutuals you would have never expected.

This concept has become



so famous that it inspired not just an opera but its movie adaptation (called "Six Degrees of Separation", nominated for both an Academy Award and a Golden Globe), and the idea reached even Hollywood star Kevin Bacon. Indeed, the "six degrees of Kevin Bacon" is a fun way of labelling every actor based on how long a chain of movie co-stars is needed to link them to the American actor.

Now, let's get back to why all of this matters to you, newly arrived fresher. Everyone, no matter how outgoing or confident they are, gets to their first day of uni with the fear, be it big or small, of not making friends and feeling lonely. Trust me when I say that will not be the case. Trust me, that will not be the case.

Many like to refer to St Andrews as "The Bubble," a unique community set apart from the outside world. It makes sense why people think this way. You currently find yourself in a flyover town on the coast of Scotland, with only three main streets and a population that's fifty-percent students. Everything here feels slightly different, and if you come from a big city, you will definitely feel the change. But it is precisely this characteristic that makes socialising so much easier than you might think. You do not have to do anything special. Halls, canteens and classes will inevitably lead to those almost cliché questions we mentioned in the beginning. And if those are not enough, the university boasts over 200 societies and sports clubs where you can meet even more people with similar interests.

And here is where the math of the six degrees of separation comes into play. If we have seen that the whole world is only a couple of handshakes apart, imagine how much lower that number must be in our little bubble. Maybe you will not find that chain that connects you to every other student before you even set foot in St Andrews, but you will surely find someone with something in common with you. And once you get through your first conversation with another fresher, then you can be mathematically certain that, just by spending time with them or tagging along, you are connected to every single other fresher (and more) in town

Meeting people sounds simpler when viewed this way, but if you are worried about making that first conversation, do not stress: everyone is in the same situation. We all get here on the same boat (or bus, in most cases), so just as you would like someone to come up to you and introduce themselves, do not be scared of doing the same yourself; I can guarantee the other person was hoping you would.
At the end of the day, they are just a "friend of a friend" away from you.

> At the end of the day, they are just a "friend of a friend" away from you.

ILLUSTRATION BY DASHA ANDREEVA

FALSIDE MILL
KINGSBARNS

FALSIDE MILL



FALSIDE MILL IS A RENOVATED STEADING EVENTS VENUE

YOU CAN FIND US IN A STUNNING AND EASILY ACCESSIBLE LOCATION ONLY A SHORT DISTANCE FROM ST ANDREWS

WE APPRECIATE EVERY EVENT IS UNIQUE, WHICH IS WHY OUR EXCULSIVE USE VENUE IS OFFERED FOR YOU TO STYLE IN A WAY THAT SUITS YOU

FOR FURTHER INFORMATION PLEASE CONTACT US ON:
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YOUR FRESHERS'

Did you ever watch that film *Yesterday*? The one where it turns out The Beatles never happened. Well, it's happened again — not with the Beatles,but with lectures. And seminars. And labs and tutorials and coursework and readings and definitely exams. MySaint? Never heard of it.

Naturally, you'll be wanting to fill every waking minute with sport, so here's your new timetable: a week of sport in St Andrews...

Mon.

Start with a stretch. Seriously. We have a big week ahead, and we can't have you doing a Derek Redmond '92 (though that clip is a beauty).

The sun is out, so start with a hike along the Fife Coastal Path, setting off from East Sands. The path hugs the entire Fife coast and takes over a week in total, so we'll just do a brisk section and head back into town.

On your way back, take a swim at East Sands — St Andrews students are obsessed with immersion in the North Sea, any season; by the way, it's never 'alright once you're in'. Not all bad though, as you've booked a sauna session — good planning! Be sure to check for student rates at the town's saunas.

Next you've got training for BUCS (different teams and sports train at different times, of course). You can do over 50 different sports through the Athletic Union (AU).

Head to the Freshers' Sport Fayre (Tuesday 8 September) and check their website or sport Instagrams to find their "Give it a Go" sessions.

For today? How about shinty, an ancient game from the Highlands, or perhaps cheerleading, or even surfing?

Tue.

Tuesday night, the AU is bustling, and you've got your first timetable clash.

"Try Sport Tuesday" at the AU starts with dodgeball, and then it's a different sport each week — time to meet new people and burn through some competitive energy.

Alternatively, gather a team and sign up for a semester of the Tuesday (or Monday) night football sixes league on the astro. Admittedly, the team names are often better than the football on display, but it's a cracking way to get some footy in. Anyone can enter a team, and many teams have mixed genders. I think you've earnt a drink afterwards too — perhaps just the one.

Wed.

I hope it really was 'just the one' last night, as it's game day.

BUCS Wednesdays are a staple of the UK university landscape. 'Aberdeen (away), 8pm Kick-Off'. It's what your whole sporting journey has been leading to. If you're not keen to play for a team, go and support a friend who does… though perhaps not for the Aberdeen away game.

Most sports host socials in the evening: off-pitch chemistry improves on-pitch performance, of course (Noosa in the '25 Ashes, a prime example).

WEEK IN SPORT

Freddie Coughlin
SPORT EDITOR

Thur/Fri.

Thursday, you've earnt a rest. A sporty one though, obviously. How about writing up a match report for yesterday's game? Or interviewing a pro athlete from Fife?

Apply to write for *The Saint's* Sport Section, open to all.

Thursday evening, head to one of the town's gyms for a light-touch session, or a fitness or yoga class. Alternatively, continue your rest day and head to a pub quiz, where you'll be able to flex some of your otherwise useless sporting knowledge. There're usually quizzes at Ham's Hame, The Central, Union, The Rule, The Vic, and more — check which days they are on, and don't be the person who says "I knew that" after every wrong answer.

Trainers on, and off to Bubble Run Club, a student-led run club with a range of paces and discounted coffee at Spoiled Life — there are a few running clubs about, so check out which one fits your vibe and schedule.

This is the bit in the film where the choir of angels are singing and everything goes very bright. Sling your clubs over your shoulder. The time has come to play the St Andrews Old Course.

Students at St Andrews have the undisputed best deal in world golf. Purchase a 'Links Ticket,' and you'll have access to the town's eight courses. Eight.

Never played? The AU offers lessons. Alternatively, ask one of the superb golfers you'll meet here to take you down to the range. It is worth trying; if you end up loving it, there's no better place to be.

Sat.

Sunday, get creative:

Fly fishing on Cameron Reservoir — we made a video on it for *The Saint's* Instagram, learn more there — that could be fun?

Use your Young Scot Card and explore some of the hiking on our doorstep.

Ice skating in Dundee? Windsurfing? Spikeball on the beach?

Whatever you choose, make sure you're back in time for our final fixture: Sunday League.

There are two fiercely competitive eleven-aside leagues, played on the 3G pitch. Put together a team or join a pre-existing one. Could your team topple the elite Botswana Meat Convention? Can Strokers bounce back from a poor season just gone? Could Sheffield Tuesday go one further and claim the title? Oh the thrill.

Stay up to date on the League with *The Saint*. If you don't play, go and support your friends. Remarkably, it's free to watch (don't tell Infantino).

Sun.

You've made it. How are the legs?

I suppose this has been a slightly contrived way of demonstrating just how much sport St Andrews can offer you, and how great a uni life with lots of it can be.

A week wasn't enough to mention everything, so go to the AU; they're a great port-of-call for further questions about how to get involved.

Play well.



PHOTOGRAPH BY ELISE LIU

DISCOUNT FOR USTA STUDENTS, SOCIETIES AND SPORTS CLUBS*



ST ANDREWS SEASIDE SAUNA

East Sands, St. Andrews, between The Coastal Path and East Sands Leisure Centre



EVENTS, SILENT SAUNAS, SOCIAL SAUNAS, SUNRISE SAUNAS, SUNSET SAUNAS...





*TERMS & CONDITIONS APPLY

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