A STUDENT’S GUIDE TO LIFE IN TRURC
There’s something unique about Cornwall. Maybe it’s the county’s 422 miles of coastline, providing unfettered access to beaches, coves, and scenic clifftop views. Maybe it’s the cosiness of the towns, where it doesn’t take long for a newcomer to meet all the neighbours and start to feel at home. Or maybe it’s the rich history of artistic and scientific innovation, documented in the many local galleries and museums.

Whatever it is – the sight of the sun setting into the ocean, the smell of pasties wafting on the sea breeze, the sounds of shanties coming from the pubs – it’s intoxicating. You’ll feel it as soon as you cross the Tamar and catch sight of the ruggedly beautiful Cornish landscape, criss-crossed by its iconic windy lanes and dotted by old stone tin mine chimneys.

It’s a place like no other, and it’s yours to explore. Study at our Truro Campus and you will have the time of your life – which is exactly what university is all about.

So come to Cornwall. See it, feel it, fall in love with it and live it.
Truro has long been the heart of Cornwall's political, commercial, and social scene. Located at the confluence of two rivers, it is home to the University of Exeter’s Medical School, based at the Knowledge Spa on the Royal Cornwall Hospital site. The city boasts stunning views of the impressive Truro Cathedral, as well as many opportunities for shopping, dining and cultural outings.
Cornwall can easily be explored by bus, train, car, foot and even – for the adventurous – by bicycle. During their time at the Truro Campus, most students make at least a few forays across the peninsula to Newquay and St Ives, or down to Penzance and The Lizard. However, the bulk of our students find that there is plenty to do right on their doorsteps in Truro.
If history is your thing, then you’re in luck. Cornwall has been inhabited since the Palaeolithic period, and it is not difficult to find burial chambers, hill forts and standing stones dotted across its rolling green hillsides.

For those who would like to learn about Cornwall’s past without straying too far, there are fantastic local museums full of information about Cornish natural and human history, as well as its famous and highly respected art.

Truro is also home to a wealth of beautiful gardens and outstanding natural beauty.

**Bosvigo Gardens and House**
Bosvigo Lane
bosvigo.com

**Lemon Street Gallery**
13 Lemon Street
lemonstreetgallery.co.uk

**Royal Cornwall Museum**
25 River Street
royalcornwallmuseum.org.uk

**Tregothnan Gardens**
Tresillian
tregothnan.co.uk

**Trelissick Gardens and House**
Feock
nationaltrust.org.uk/trelissick

**Trewthen Garden and House**
Grampound Road
trewthengardents.co.uk

**Truro Cathedral**
14 St Mary’s Street
trurocathedral.org.uk
There’s nowhere more beautiful than Cornwall on a sunny day, and the county offers no shortage of footpaths, parks, gardens, and beaches where you can go to enjoy the scenery. Eight of the county’s beaches (Porthtowan, Porthmeor, Polzeath, Widemouth, Gyllyngvase, Trevone, Carbis Bay and Great Western) have been awarded Blue Flag status – an international designation recognising quality of the water and local facilities.

Those who enjoy watersports – not just surfing but also paddle boarding, kayaking, sailing and more – can take advantage of opportunities provided by the nearby sea. There are a number indoor recreational facilities within a few miles of campus in case the sea breezes get a bit chilly.

Make your way to the south west coast path for a gentle stroll or if you’re after a more strenuous work out, there are plenty of nearby gyms and sports clubs you can join.

Anytime Fitness
26-27 Calenick Street
anytimefitness.co.uk/gyms/uk-0153/truro-south-west-tr1-2sf

Breakers Surf School
Breakers Quay Road
surf-lessons.co.uk

Greenleisure
Multiple locations in and around Truro
greenleisure.co.uk

Loe Beach Watersports Centre
Feock
loebeach.co.uk

PB Adventures
Health and Wellbeing Innovation Centre
pbadventures.co.uk

Truro Leisure Centre
College Road
better.org.uk/leisure-centre/cornwall/truro-leisure-centre

Truro Bowl
1-2 Oak Way
truro-bowl.co.uk
There’s a reason that Truro is known as the shopping capital of Cornwall. It boasts a huge selection of shops selling everything from jewellery and gifts to food and homeware. Head to Lemon Quay to visit the farmers’ market (on Wednesdays and Saturdays) and larger shops such as M&S, Debenhams and Primark. The nearby Pannier and Lemon Street Markets have smaller boutiques, while the Pydar Mews and Victoria Square areas boasts everything in between.
<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoy Clothing</td>
<td>Vintage clothing</td>
<td>Pydar Street</td>
<td></td>
</tr>
<tr>
<td>Illustrated Living</td>
<td>Lifestyle</td>
<td>Lemon Street Market</td>
<td>illustratedliving.co.uk</td>
</tr>
<tr>
<td>Modern Music</td>
<td>Music and technology</td>
<td>21 Kerwyn Street</td>
<td>modernmusic.co.uk</td>
</tr>
<tr>
<td>Music Nostalgia</td>
<td>Music and technology</td>
<td>Pannier Market</td>
<td>musicnostalgia.co.uk</td>
</tr>
<tr>
<td>Penloe</td>
<td>Men's Urban Apparel</td>
<td>29A River Street</td>
<td>penloe.com</td>
</tr>
<tr>
<td>Pennyworth’s</td>
<td>Independent sweet shop</td>
<td>5 High Cross</td>
<td>pennyworths.co.uk</td>
</tr>
<tr>
<td>Scentstore</td>
<td>Health and beauty</td>
<td>10 Cathedral Lane</td>
<td>scentstore.com</td>
</tr>
<tr>
<td>Seasalt</td>
<td>Cornish women’s fashion company</td>
<td>6-7 Duke Street</td>
<td>seasaltcornwall.co.uk</td>
</tr>
<tr>
<td>The Great Cornish Food Store</td>
<td>Newquay Road</td>
<td>greatcornishfood.co.uk</td>
<td></td>
</tr>
<tr>
<td>The Vor Store</td>
<td>Women’s fashion</td>
<td>7 Cathedral Lane</td>
<td></td>
</tr>
<tr>
<td>Tugboat</td>
<td>Tea and coffee shop</td>
<td>23 New Bridge Street</td>
<td>tugboatbrews.co.uk</td>
</tr>
<tr>
<td>Uneeka Life</td>
<td>Lifestyle</td>
<td>5 Boscawen Street</td>
<td>uneeka.com</td>
</tr>
<tr>
<td>Whirlwind Sports</td>
<td>Sports and leisure</td>
<td>Lemon Quay</td>
<td></td>
</tr>
<tr>
<td>Topshop</td>
<td>Women’s fashion</td>
<td>9, King Street</td>
<td></td>
</tr>
<tr>
<td>New Look</td>
<td>Women’s fashion</td>
<td>90 Pydar Street</td>
<td></td>
</tr>
<tr>
<td>Penloe Premier</td>
<td>Streetwear store</td>
<td>29A River Street</td>
<td><a href="http://www.penloe.com">www.penloe.com</a></td>
</tr>
</tbody>
</table>
Whether you’re looking for a quick snack en route to the beach, or an elegant sit-down meal to celebrate a special occasion, Truro is guaranteed to have something that suits your tastes.

Many Truro establishments use only locally sourced, sustainable ingredients, which means that your meal will not only be tasty, but eco-friendly as well. You can’t come to Cornwall without trying a pasty or a Cornish cream tea, and there are many venues offering these and other county specialities. If you really want to treat yourself, you can visit one of the several Michelin-recommended restaurants that rival any eatery found in London. On the other hand, you can keep it low-key with a visit to one of the many local cafes where you can sip a cup of tea and nibble on delicious homemade pastries.
Piero’s Pizzeria:  
Italian restaurant  
Kenwyn Street  
pieros-pizzeria.co.uk/

Sam’s in the City:  
Contemporary UK  
1-2 New Bridge Street  
samscornwall.co.uk

Sole Plaice:  
Fish and Chips  
20 Pydar Street,  
soleplaicetruro.co.uk

Tabbs:  
Fine dining  
85 Kenwyn Street  
tabbs.co.uk

Truro Lounge:  
Café / Bar  
12 Prince’s Street  
thewoues.co.uk/truro

The Cornish Vegan:  
Vegan café  
15 Kenwyn Street  
thecornishvegan.com

The Old Warehouse:  
Espresso bar  
The Leats  
warehousetruro.co.uk

Angelato:  
Gelato Italian ice cream  
1 St Mary’s Street

B Juicy:  
Café and juice bar  
2 The Leats

Emily’s Truro Comfort & coffee:  
Coffee bar  
20 River  
emilystruro.com

Café Azure:  
Modern British food  
Bissoe Road  
thevalleycornwall.co.uk/cafearurestaurant

Yummy Scrummy Bakery:  
Café and bakery  
5 Quay St  
yummyscrummybakery.co.uk

The Thomas Daniel Gastro pub:  
Pub food  
Infirmary Hill  
tdtruro.com

Hubbox:  
Burgers and hotdogs  
16 Kenwyn Street  
hubbox.co.uk/locations/truro

Grounded:  
Café and bakery  
5 New Bridge Street

Hooked:  
Seafood restaurant  
Tabernacle Street  
hookedrestaurantandbar.co.uk

Kathmandu Palace:  
Nepalese restaurant  
19A Old Bridge Street  
kathmandutruro.co.uk

Student-friendly prices
Parent-friendly prices
Sunsets are beautiful in Cornwall – not just because you can watch their orange glow spread across the sea, but also because they signal the start of the county’s vibrant nightlife.

Visitors to Truro can choose from a wide variety of drinking establishments – many of which serve up not only alcohol, but also entertainment in the form of pub quizzes, local music and open mic nights. Favourites include Bustopher Jones and Kazbah, among other options.

Those looking to venture further afield to take in a show can head off to the unique Minack Theatre, one of the world’s most famous outdoor theatres, which provides a stage for Cornish talent as well as national and international productions. You can frequently watch dolphins frolic in the ocean in between acts.
Bunters
Live music and sports bar
58 Little Castle Street
buntersbar.co.uk

Bustopher Jones
Cocktail bar
62 Lemon Street
bustopher-jones.co.uk

Kazbah
Bar
2-4 Quay Street

Bear Bar
Cocktail bar
3-4 Quay St

Old Bakery Studios
Live music
Malpas Road
oldbakerystudios.co.uk

The Plaza Cinema
Lemon Street
wtwcinemas.co.uk/truro/
whats-on

Rocco’s Gin & Retro Bar
Bar
13 New Bridge St

The William IV Pub
Pub with live music
Kernwyn St
thewilliamivtruro.co.uk

The Brig
Rum and cocktails
9A River Street
thebrig.co.uk/copy-of-
falmouth

The Minack Theatre
Porthcurno, Penzance
minack.com

The Office
Nightclub
16A St Mary’s Street
theofficenightclub.co.uk

The Old Grammar School
Cocktail bar
19 St Mary’s Street
theoldgrammarschool.com

Vertigo
Live music bar
15 St Mary’s Street
vertigotruro.co.uk

Zafiros
Live music bar
3 New Bridge Street
zafiros.co.uk

Try Dowr
Weatherspoons pub
Lemon Quay

Vanilla
Cocktail bar
1 Duke Street
There is always plenty to do in Cornwall, but a bit of extra excitement is added by the impressive selection of special events that happen here year-round.

The Eden Project hosts the Eden Sessions, which is a series of outdoor music concerts featuring internationally renowned artists. The Royal Cornwall Show has an agricultural focus but is fun for visitors from a variety of backgrounds, while Boardmasters is a draw for lovers of surfing and music alike.

**Boardmasters**  
Newquay  
boardmasters.co.uk

**City of Lights Lantern Festival**  
Truro  
cityoflights.co.uk

**Eden Sessions**  
Bodelva  
edensessions.com

**Made in Cornwall Christmas Market**  
Truro

**Masked Ball**  
Porthleven  
maskedball.net

**Oktoberfest**  
Truro  
oktoberfestcornwall.co.uk

**Royal Cornwall Show**  
Wadebridge  
royalcornwallshow.org

**The Great Cornish Food Festival**  
Truro  
greacornishfood.co.uk/festival
Getting Involved
Truro MedSoc is a society which aims to get everyone at the Truro campus integrated. The society organises charity events that bring several years together, and also the occasional social! Truro MedSoc and the Paediatric Society are affiliated to Falmouth and Exeter Students’ Union.

The Students’ Union offers over 140 exciting and diverse societies that you can join: ranging from American Football to Zero Waste! Find out more at thesu.org.uk/studentopportunities
Coming to Cornwall to study is something that most students do as part of the BMBS course. I know that several people were apprehensive about this. But moving from Exeter to Cornwall for this part of my course has allowed me to enjoy the weekends and the surroundings that Cornwall has to offer.

In particular, there are students who set up their own groups, such as the Surf Club, which allows students to meet up and enjoy the Cornish waves. It has also allowed different friendships to arise within the year group, as we do more activities together that are planned by students themselves or the Truro MedSoc society.

Abbie Hewitt
Truro Medical School
President of Truro MedSoc

Having spent the first two years of my studies in Exeter, the prospect of moving down to the Truro Campus for my third and fourth years was a daunting and exciting prospect. But I was determined to face the change with positivity!

I quickly felt at home in Truro and I’ve done so much since living here. Having thought it would be a quiet place, I haven’t been stuck for things to do at all! I feel that I have really been part of not only a university community down here, but also got more stuck in to the wider community, which has been very rewarding. There aren’t many places where you can be surfing on a gorgeous beach just 30 mins after finishing lectures!

Hannah Beare
Truro Medical School
Charity Sec for Truro MedSoc
I’m the President Exeter. My role is to represent the voices of the University of Exeter students at our Cornwall campuses in Penryn and Truro to the highest levels of the University. My focus is to use your feedback to ensure you have the best academic experience while you’re studying here.

We use your feedback to make the changes you want to see whether this comes from the Rep Online System or chats with me. I will take your comments and work with the university on your concerns and make it clear what you want to see more of.

Joe Rigby, President Exeter

I have a strong focus on the inclusion of all students, no matter your background. My main role is to support students outside of their academic studies. This includes assisting student communities, developing and encouraging the creation of welfare campaigns and maintaining and improving student welfare services. To summarise, my job is about everything and anything concerning your welfare and inclusion during your time at University.

I have a strong focus on the inclusion of all students, no matter your background. My main role is to support students outside of their academic studies. This includes assisting student communities, developing and encouraging the creation of welfare campaigns and maintaining and improving student welfare services. To summarise, my job is about everything and anything concerning your welfare and inclusion during your time at University.

Sarah Redman, President Student Experience

Your Presidents

I represent students from both Falmouth University and the University of Exeter’s Cornwall Campuses. This basically means that it is my job to oversee facilities (the space and things you use), and student opportunities (the stuff you do outside of your studies).

There are absolutely tonnes of things for you to get involved in whilst you’re at university, from sports clubs, to societies, to events and trips, and the best part is that they’re all designed to help you meet like-minded people and have a great time.

If you have an idea that you want to make a reality, whether that’s setting up a new group or something even whackier, let me know and I will see how I can help.

I’m here to help you, whether that is listening to your concerns, helping you to get involved, or making an idea into a reality.

Sarah Redman, President Student Experience

I represent students from both Falmouth University and the University of Exeter’s Cornwall Campuses. This basically means that it is my job to oversee facilities (the space and things you use), and student opportunities (the stuff you do outside of your studies).

There are absolutely tonnes of things for you to get involved in whilst you’re at university, from sports clubs, to societies, to events and trips, and the best part is that they’re all designed to help you meet like-minded people and have a great time.

If you have an idea that you want to make a reality, whether that’s setting up a new group or something even whackier, let me know and I will see how I can help.

I’m here to help you, whether that is listening to your concerns, helping you to get involved, or making an idea into a reality.

Sarah Redman, President Student Experience

Sarah Redman, President Student Experience

Sarah Redman, President Student Experience
If you volunteer, either as a committee member of a society or working within the local community, be sure to log your hours through our Legends scheme on the SU website and receive awards and goodies for your efforts. No matter how much time you give, if you volunteer, you are a Legend to your Students’ Union.

You’re Brilliant Awards

The SU “You’re Brilliant!” Awards are an instant recognition tool for students to identify staff members who they feel are brilliant and have had a positive impact on their student experience. You can recognise any staff member, whether that is a lecturer, a bus driver or someone who serves you coffee, we just need to know who and why. That way we can ensure the staff member gets the recognition for their fantastic work, regardless of their job title.

Find out more at thesu.org.uk/yourebrilliant
Stay connected

Connect with us through our Twitter channels by following ExeterMedTruro and ExeterMed for up to date Medical School news, opportunities and events. And don't forget to include #ExMedTruro in your tweets!

We love hearing from our students, so please feel free to get in touch with us at uems.web@exeter.ac.uk if you have an idea about any student related content!

Recycling

Household rubbish (non recyclables) is collected weekly – you can find out exactly when by talking to your neighbours or visiting cornwall.gov.uk/my-area

Recycling is collected on a fortnightly basis via a recycling box and three reusable sacks. To find out what is put in the box and sacks, visit cornwall.gov.uk/environment-and-planning/recycling-rubbish-and-waste/recycling-collections

If you’re missing bins or recycling boxes and sacks, you can get some from the Council by calling 0300 1234 141.
Help and support

Student services can help you through your time at university with a range of services and information. No matter how big or small the issue is, they can help you find the answers to support you.

The Compass

Not sure what support you need? Then head to The Compass helpdesk. It’s the first port of call for enquiries about any aspect of student life. Drop in or log your enquiry through Compass Online: compass fxplus.ac.uk

Student Services

Everyone has times in their life when they feel confused, overwhelmed, or simply low. Student Services provide a range of specialist support, information and guidance on: welfare, wellbeing including mental health support, disabled student support and general student life advice.

Services are available at the Truro Campus and you can also access them through The Compass, on 01326 370460 or compass@fxplus.ac.uk

Useful contacts

Noise nuisance from a premises
publicprotection@cornwall.gov.uk
or 0300 1234 212

University-related community issues
community@fxplus.ac.uk
or 01326 370737

Anti-social behaviour team
antisocialbehaviour@cornwall.gov.uk
or 0300 1234 232

Police response (including disturbances in the street, crime or sexual assault)
Emergencies: 999
Non-emergencies: 101

NHS Direct

Community safety team
(crime and prevention support)
cornwall.gov.uk/
community-and-living/
cornwall-fire-and-rescue-service-homepage/keeping-safe/community-safety

24hr fire safety advice
0800 358 1999

Student Support/Compass
compass@fxplus.ac.uk
or 01326 370460

Living Support (for crime or sexual assault support)
livingsupport@fxplus.ac.uk
or 01326 370460

SU Advice
info@thesu.org.uk
or 01326 255861

Samaritans
08457 909090

Emergency: 999
Non-emergencies: 101

NHS Direct
111

Community safety team
(crime and prevention support)
cornwall.gov.uk/
community-and-living/
cornwall-fire-and-rescue-service-homepage/keeping-safe/community-safety

24hr fire safety advice
0800 358 1999

Student Support/Compass
compass@fxplus.ac.uk
or 01326 370460

Living Support (for crime or sexual assault support)
livingsupport@fxplus.ac.uk
or 01326 370460

SU Advice
info@thesu.org.uk
or 01326 255861

Samaritans
08457 909090

Useful contacts