

.....

# CANCER RESEARCH UK BEATSON INSTITUTE WEST OF SCOTLAND HANDBOOK

.....



CANCER  
RESEARCH  
UK

BEATSON  
INSTITUTE

# GLASGOW AND THE WEST OF SCOTLAND

The West of Scotland combines cosmopolitan charm, lush countryside and soothing seaside. Culturally diverse, architecturally stunning and historically rich, this vibrant region is home to innovation, celebration and the largest city in Scotland – Glasgow.

As Scotland's most populous region, the West of Scotland is home to approximately two million people. In addition to the city of Glasgow, East and West Dunbartonshire, Inverclyde, Ayrshire, North and South Lanarkshire, Renfrewshire and East Renfrewshire make up this captivating and eclectic part of the country.

The CRUK Beatson Institute for Cancer Research is situated in Bearsden to the North West of Glasgow. Bearsden is a predominately residential area offering high quality living and within striking distance of Scotland's beautiful countryside. In fact the famous [West Highland Way](#) begins in Milngavie, Bearsden's neighbouring town. Glasgow University is situated in the West End of Glasgow only a few miles from the Institute. This is very popular with students and those who seek some city culture and a vibrant social scene.





## GLASGOW

Multicultural, magnificent and brimming with personality, Scotland's largest city is home to nearly 600,000 people. Discover rich history, stunning architecture and the best shopping in the UK outside London. Glasgow is one of the highest ranking cities in the UK for quality of life. (source: Mercer survey, 2012)

This aptly-named 'Dear Green Place' blends the best of urban-living with the splendour of lush gardens and parks. Impressively, the city boasts more green space per square mile than any other UK city. With some of the biggest and brightest businesses Scotland has to offer, in addition to enjoying the scenery, you can explore the many great career opportunities the city offers.

Offering the best of both worlds, Glasgow is close to breathtaking countryside offering up nearby hill walking, sailing, and cycling. Some of the world's greatest golf courses are all within an hour's drive of the city. And this bustling city's arts and culture, nightlife and food are hard to surpass.

Home to over 133,000 students from around the world, this vibrant city has five world-renowned universities and seven colleges.

### LOTS TO SEE AND DO

No matter what your age or interest, the West has something for you. Be dazzled by Charles Rennie Mackintosh's iconic architecture in Glasgow or satisfy your appetite with mouth-watering produce at the farmers' markets in Renfrewshire and Inverclyde.

You also have your choice of impressive year-round events and festivals, attractions or some of the best leisure facilities in the country. And as a UNESCO City of Music, Glasgow offers an impressive range of musical delights including Celtic Connections, the world's largest winter music festival.

Experience the award-winning wonder of Kelvingrove Art Gallery and Museum and the awe-inspiring Glasgow Science Centre, or enjoy international musicians, sporting

events and more at the city's last addition, the 12,000 seat SSE Hydro Arena.

The West loves its sports – evident in its numerous outstanding leisure centres and facilities. Glasgow is one of the world's top 10 destinations for sports events and in 2014, Glasgow hosted the 20th Commonwealth Games. The newly built Commonwealth Arena and adjoining Sir Chris Hoy Velodrom in the East End of Glasgow hosted badminton and cycling events for the 2014 games.

In Ayrshire you can celebrate the national poet at the Burns and a' that Festival, admire the spectacular scenery at the Ayr Flower show or try your luck at the races at the Scottish Grand National.

For more information please visit <https://peoplemakeglasgow.com/>

# WORKING IN THE WEST

Once renowned for its shipbuilding and engineering, the West continues to innovate with contemporary technology companies in Greenock, life sciences in Renfrewshire and North Lanarkshire and a successful financial and business services hub in Glasgow.

Some of the other thriving areas of work in the region include retail and leisure, energy, software engineering and development and biotechnology.

## GETTING AROUND

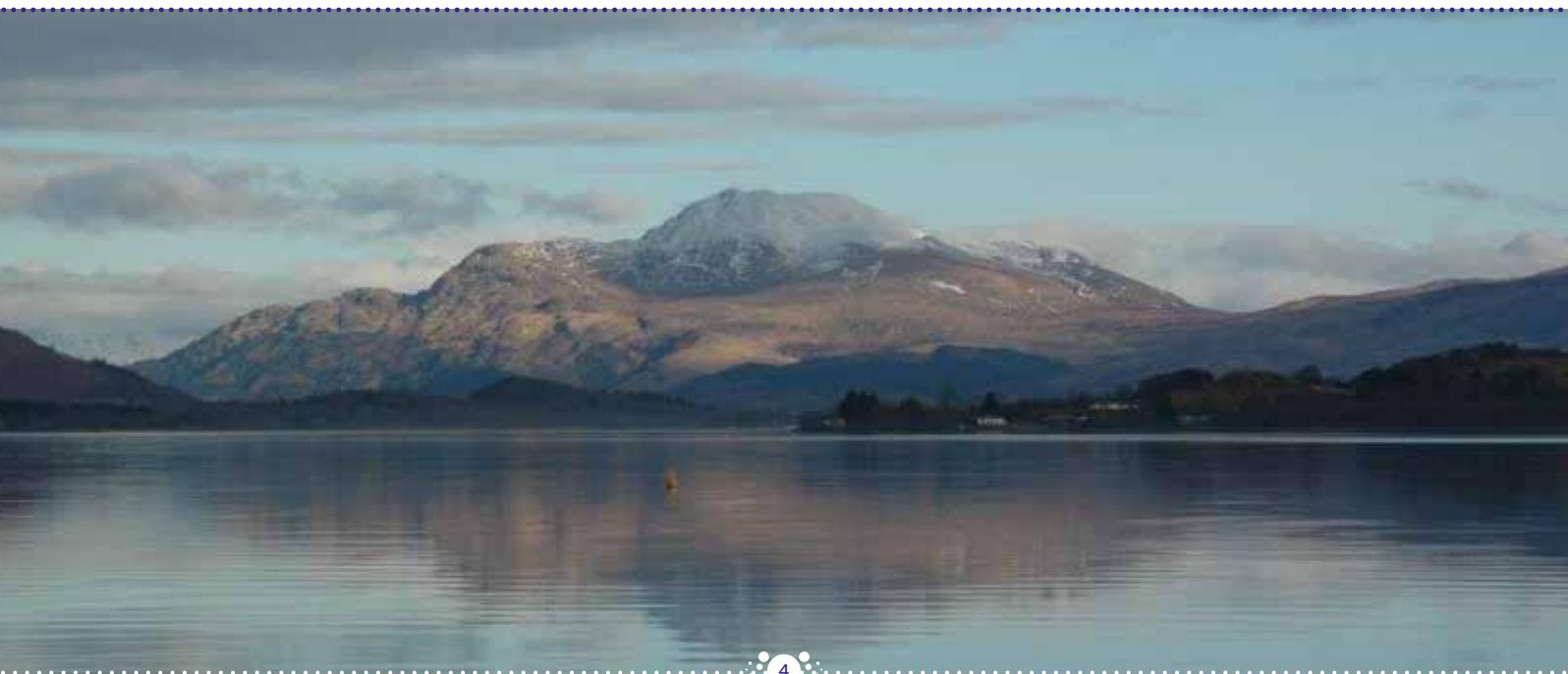
The region's excellent transport links mean you're connected to the rest of the UK - and the world.

The M8 motorway connects the West with the rest of Scotland, taking just under an hour to drive between the country's major cities Glasgow and Edinburgh, a well-used commuter's route.

The bus is an effortless way to get around because it's inexpensive and widely available across the region - even in remote locations. Glasgow has the UK's largest suburban rail network outside London. An abundance of stations and travel times makes exploring the region by train an easy option. The rail network links both rural areas and cities with the rest of Scotland and the wider UK.

From Ardrossan, Gourock and Wemyss Bay you can also travel by ferry to many of Scotland's islands, or further afield from one of the cruise ships that dock at Greenock harbour.

Glasgow's two international airports connect the region with the rest of the UK and beyond. There are approximately 200 flights per day from Glasgow international airport alone, ready to fly you to over 90 destinations like London, Dubai and New York.



## HOUSING

Whether you are renting or buying, Glasgow offers a superb selection of housing. Here you'll have your choice of apartments on the River Clyde, spacious Victorian flats in the West End and family homes in leafy suburbs conveniently located near to schools.

## RENTING IN SCOTLAND

Estate and letting agents can help you in your search for the perfect place to rent. They can show you available flats and houses, provide advice and guide you through the rental process.

## COSTS

Costs vary depending on the size, type and location of the property you rent. You can compare rental prices for areas in Scotland via your Local Authority's website and on rental sites. An average 2 bedroom rental in the popular West End of Glasgow is £900.

## BUYING A PROPERTY IN SCOTLAND

Scotland's properties are as diverse as its scenery. City flats, West End townhouses and tenements, family homes, cottages in the country and more are all available.

While most properties are sold through estate agents or solicitors (lawyers), you can also buy privately from the owner – though you will still need a solicitor to do the legal work.

## HOUSE PRICES

House prices in Scotland vary according to what city or town you live and in what area. A family home in Bearsden, where the Beatson is situated, will cost on average about £300,000.

## COUNCIL TAX

When you rent or buy a property in Scotland you must legally pay Council Tax. It pays for public services like maintaining the roads, collecting household waste and water charges. The cost varies and is based on the value of the property you rent or buy.

## WEBSITES ABOUT HOUSING IN SCOTLAND

**Find available properties on online sites like:**

[S1 Homes](#)

[Savills](#)

[Retties](#)

[Rightmove](#)

[GSPC Property](#)

[Find council tax costs on the Scottish Assessors Association](#)



Cottage in the Country



West End Town House

## EDUCATION IN SCOTLAND

Scotland offers a revolutionary curriculum and internationally renowned universities excelling in areas like science, technology and business. Even better - it's all on your doorstep.

## NURSERY AND PRE-SCHOOL

Your children get off to a great start in Scotland with free early education for three and four-year-olds – totaling up to 475 hours each year. There are many nursery, pre-school and child care options in Scotland to suit your needs.

The Scottish Family Information Service (SFIS) identifies childcare providers and local childcare activities for your area.

## PRIMARY AND SECONDARY SCHOOLS

Five to 18-year-olds also benefit from free state primary and secondary schools in 32 local authorities across the country. Although you can choose which school your child attends, spaces are normally given out in relation to where you live.

Throughout their learning, Scotland's revolutionary Curriculum for Excellence encourages your child to develop their interest, build on their strengths, and learn in creative and encouraging settings.

## INDEPENDENT PRIVATE SCHOOLS

Scotland also has many notable private schools for pre-school, primary and secondary students. Independent schools are managed by a private trust and normally you have to pay for your child to attend. However, in certain circumstances, some independent schools offer scholarships or bursary awards to off-set fees.

## THE INTERNATIONAL BACCALAUREATE (IB) SCHOOLS

These non-profit educational foundations work with schools in over 140 countries to offer four programmes for children aged three to 19. In addition to focusing on intellectual growth, they also focus developing children's personal, emotional and social skills.

## OTHER TYPES OF SCHOOL

There are various other types of school in Scotland, including:

- Denomination (faith) schools
- Gaelic language schools
- Centres of Excellence for gifted children
- Schools catering to children with additional support needs





## ENROLLING YOUR CHILD IN SCHOOL

Once you've chosen a school for your child, you must contact the school to arrange a meeting with the Head Teacher to discuss options.

## UNIVERSITIES AND COLLEGES

Yes it all began for Will and Kate at St Andrew's University in Scotland - but our many colleges and universities are even more known internationally for excelling in areas like science, technology and business. Although we're a small country, we boast 13 universities and 55 colleges spread across the country.

## IMPROVING YOUR ENGLISH

If you or your family want to improve your English while living in Scotland, English for Speakers of Other Languages (ESOL) provides information, resources and courses.

### OTHER WEBSITES ABOUT EDUCATION IN SCOTLAND

[Find a childcare provider on Scottish Family Information Service](#)

[Find more about the Curriculum for Excellence](#)

[Find out about schools in Scotland on the Education Scotland directory](#)

[Find out about independent schools on Scottish Council of Independent Schools](#)

[Find information for children with additional support needs](#)

[Find more about studying at Scotland's universities on \[studyinScotland.org\]\(http://studyinScotland.org\).](#)

[Find more about colleges on Colleges Scotland](#)

[Find more about learning English on ESOL](#)



## CLIMATE

Scotland has one of the most varied climates on the planet but it is surprisingly temperate for its latitude and is free from any extreme conditions. In Scotland it is normal to experience blazing sunshine and rain in one morning. This is thanks to the fact that the country lies at the crossroads of several major weather systems. Surrounded by the Atlantic but very close to the huge continental landmass of Europe, Scotland is on the same latitude as Edmonton in Canada, Stockholm in Sweden and even the southern tip of Greenland – but is warmed by the thermal ocean currents of the Gulf Stream from the Gulf of Mexico.

## SUNSHINE

Southern and eastern Scotland average some 1400 hours of sunshine per year. The sunniest months are May and June when the country's northern latitude means that the days are long and the nights short. Temperatures are pleasant too, ranging from 13 to 16c. Around midsummer there is no complete darkness in the north of Scotland. The Shetland Islands get about four hours more daylight at this time of year than London. This is a great advantage to everyone interested in outdoor activities. July and August are normally the warmest months with an average temperature of 19c, although the temperature has been known to top 32c.

## RAINFALL

Scotland's rainfall is the subject of much debate. And despite what you may have heard elsewhere, during the four summer months, rainfall in Scotland is comparable with the driest parts of England. Scotland's rainfall depends on the locale as much as the season. In general, the east coast is cooler and drier than the west, which is milder and wetter. For example, many of Scotland's east coast towns have less annual rainfall than Rome. Rainfall in Scotland doesn't result in the type of flooding and riverbank bursting that is common in parts of England and Wales. Thunderstorms are very rare in Scotland, with only a handful a year. And the prevailing climate in Scotland has provided the countryside with lush green pastures all year round. Another benefit of the weather is the continual supply of fresh water, meaning no droughts or water rationing that has affected many parts of the UK in recent years. Scotland also has its supplies of water to thank for the proud history in the hydro-electric industry. This extremely environmentally friendly form of energy is a direct by-product of the rainfall in Scotland.

## WIND

While the wind generally blows from the south-west it can frequently be very windy on the north-west with gales quite common. But apart from the very rare storm there is no threat of hurricanes or tornadoes. However the wind has become one of Scotland's greatest assets making the country an excellent location for sailing, windsurfing and surfing.

## SNOW AND FROST

January and February are the coldest months with maximum temperatures over low ground averaging 5 to 7c. On rare occasions, temperatures have been known to reach 15c when a moist south or south-westerly airflow warms up after crossing the mountains, an effect known as the fohn after its dramatic manifestations in the Alps. Frosts are common in winter, however Scotland does not endure severe winters and heavy snow. Snow rarely lies at sea level before November or after April. Snowfall increases considerably with height, and as a result Scotland's winter sports resorts, such as Aviemore, Glencoe and Fort William are all found in the Highlands.

## OTHER NATURAL PHENOMENA

Apart from its temperate climate, Scotland is also free from the destructive effects of other natural phenomena such as earthquakes and volcanoes. Although the country lies on natural fault lines such as the Highland line which runs up the Great Glen and through Loch Ness seismic activity is extremely limited with just the occasional tremor that shakes tea in cups but nothing else. Scotland is full of extinct volcanoes, indeed Edinburgh is built upon them, but there has been no volcanic activity since the Tertiary period some 50 million years ago.

