



# WELCOME TO LANCASTER

Moorlands Church  
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# WELCOME

If you've just arrived in Lancaster or you're coming here soon, welcome!

Lancaster is a wonderful place to live and study and I hope that this guide gives you an exciting taste of some of the things this city has to offer. We've included places to visit -both here in Lancaster and further afield - recipes to enjoy, tips for life at university, and much more.

We also want to offer you a warm welcome from our church - Moorlands Church. You'll meet some of our church members as you read through this guide. We meet in the city centre every Sunday and we love welcoming new people. You would be very welcome with us any week.

If you want to find out more, see below or feel free to get in touch. Enjoy the guide!

Joe Standerwick, Student Pastor at Moorlands Church

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# FUN FACTS ABOUT LANCASTER'S UNIVERSITIES

Hi, I'm Michael! I am from Hong Kong but lived in the USA before moving to Lancaster to study Environmental Science from Lancaster University. Now I work at one of the non-profit research institutes located on-campus.



## DID YOU KNOW THAT...?

- Lancaster University is home to 3000 international students from 142 countries (~20% total), and 40% of its staff is from overseas (from 60+ countries) <sup>1</sup>
- Lancaster University is going to open up a new academic space inside Lancaster Castle <sup>2</sup>
- The Lancaster campus of Cumbria University was once Bowerham Barracks built in 1880, which became a teaching college in 1962 <sup>3</sup>
- The architects decided to include "the spine" in the campus design of Lancaster University because the site is too windy <sup>4</sup>
- The University Cumbria has a 'simulated learning ambulance' that is a 1-to-1 replica of a Mercedes Benz ambulance to allow students to work under pressure and limited space. And it's available for hire <sup>5</sup>

# GETTING AROUND LANCASTER

Hi, I'm Andy! As a former Engineering student at Lancaster University and an avid commuting cyclist, I'd love to help you get to know your way around town.



**Bus** - Probably the most convenient way to make your way from Lancaster Campus to the City Centre, with really handy bus stops at the Uni Underpass and Common Garden Street in town. If you live in town, a termly or yearly bus-pass is well worth getting if you'll be making the journey everyday. It's great for those rainy days too, but it might be a little busier.

**Cycle** - Personally, this is my favourite way to get from A to B in Lancaster! When traffic is really busy, you may even find yourself beating the bus. Although, it's not a very pleasant journey in the rain.

**Walk/Run** - If the weather's good, walking to town can be very relaxing. It's best to use the footpath at LICA to get away from the A6 and go through Hala instead. The 3 mile trip should take about an hour, but you could always run if you're in a rush!



# EXPLORING HISTORIC LANCASTER

My name is Lydia! I loved my time studying Environmental Biology at Lancaster University and also loved getting to know Lancaster as the wonderful city it is! I really hope you enjoy your time exploring all of its hidden gems and I look forward to hopefully meeting you in person one day!



**Judges Lodgings** - Why not visit the oldest Town House in Lancaster? This beautiful Grade II listed building is home to a Victorian classroom, the museum of childhood and the famous Gillow Furniture collection.

**Lancaster Castle** - Unearth the castle's vivid past by taking a guided tour and discovering stories of the famous Pendle 'witches' trial whilst exploring how prison life has changed over time in the Castle. It used to be the longest running European prison until its closure in 2011.

**Penny's Almshouses** - Founded in 1720, and funded by William Penny (three time Mayor of Lancaster) this site consists of 11 small houses, a chapel and a shared cobbled courtyard. These buildings are part of Penny's ongoing legacy to house some of the poorer, elderly Lancastrians rent free. Remarkably, the site is still used for the very same reason today.

**Ashton Memorial** - Located within beautiful Williamson Park, this Grade I listed building also known as the 'Taj Mahal of the North', is simply a must see! This gorgeous, Baroque style monument built in 1907-1909 was commissioned by Lord Ashton in memory of his second wife. It hosts amazing views to The Lakes and on a clear day you can even see Blackpool Tower.

# MONEY SAVING TIPS WHILE AT UNI

**Charity shops** - These are great places to pick up sports equipment, fancy dress outfits, and the handful of kitchen utensils that you've no doubt forgotten at a great price.

**Cinema** - Vue cinema in Lancaster is a bargain with tickets locked at a low price of £5.00. There is also an independent Cinema known as The Dukes where you receive a free cinema ticket and 10% discount when you [sign up](#) for their free 16-25 year olds membership.

**Cook in bulk** - This will not only save you money but also time!

**Railcard** - If you've not already got a 16-25 railcard then now is the time to invest. The initial cost is quickly earned back as you save one third on all rail travel.

**Share the cost** - You'll be living with other students so why not split some costs and still all benefit? You could split the cost of: online food delivery costs, a tv/projector and subscriptions to streaming services.

**Student Amazon Prime** - A student prime account is half price with all the same benefits as a usual prime account. Still not sold? Well you can get a free 6-month trial!

# HIKES NEAR LANCASTER

Hi everyone! My name is Elizabeth Tso. I teach Academic English Writing during the summers at Lancaster University, and spend the rest of my time as a stay-at-home mum. I love walking in the countryside and exploring, and I hope to share some of my favourite places with you!



Steeped in history and surrounded by beautiful scenery, Lancaster is a brilliant place to explore the outdoors! Why not take a walk (or a more strenuous hike) around the city and its surroundings.

[Here is a link to some walks in Lancaster.](#) You will notice quite a variety that includes literary, historic, and scenic walks.

[One of our family favourite hikes is at Eaves Wood, part of the National Trust, in Silverdale.](#)

We also recommend Beacon Fell County Park, Clougha Pike, Rigg Lane, & Coastal walks in Hestbank and Morecambe.

This is not an extensive list, but we hope it starts to get you excited about walks in the area! Also remember that the Lake District is also 'just around the corner!'



# EXPLORING SURROUNDING PLACES

## MORECAMBE

Experience a classic British seaside town with a daytrip to Morecambe. The easiest way to get there is via the 100 bus, which you can get on campus or in town. You can enjoy a pleasant walk along the beach on the famous Morecambe promenade. Why not finish the day with a traditional meal of fish and chips, topped off with an ice cream?

## MANCHESTER

The city of Manchester is just an hour's train journey from Lancaster. As one of the largest cities in the north of England, you'll find a huge array of shops and many museums, including the National Football Museum. We recommend going for the Christmas Market!



## LIVERPOOL

If you fancy a different city experience, it takes just over an hour on the train to get into Liverpool. There's plenty to see and do as you explore a city famous for its history in industry and music, particularly as the hometown of the Beatles.

# 5 TIPS TO THRIVE AT UNI

Hi! I'm Samuel! I'm a fourth year Mechanical Engineering Student. So hopefully by now I have a few good tips on how to thrive at uni!



- 1. Be here!** It sounds weird to say, but be here! It can be easy to visit home during term time, and it can be great to get away to see family and friends, but going home too much during term time can make it harder to settle into uni life and enjoy all the great stuff going on at uni!
- 2. Keep active!** Whether it's running, cycling, swimming, walking, or going to the gym, exercise is a great way to get some fresh air, destress, and stay healthy. It's also great for your mental health!
- 3. Explore!** Lancaster is in a great location, so you should definitely take advantage of it. We are near the coast, have the lake district on our doorstep, and have great transport links making almost all major UK cities accessible for a day out.
- 4. Be organised!** University offers so many opportunities and so much flexibility with your time. If you are organised it means that you can take advantage of more exciting opportunities and not be stressed about a looming deadline!
- 5. Get stuck in!** This is the big one! Don't be afraid to say "YES". Uni life will give you great experiences and you should go for it! I'm not suggesting you forsake your studies or try to do too much by any means, but don't chain yourself to your desk for three

# REALLY EASY PASTA RECIPE

## Ingredients

- 2 mugs pasta
- 1tbsp oil
- 1 onion
- 1 courgette
- 4 tomatoes chopped
- 1 tbsp Worcestershire sauce
- 4 sausages
- 1 mug grated cheese

1. Preheat oven to 180 degrees fan/ 200 degrees/ Gas mark 6
2. Cook pasta, drain and set to side
3. Cut sausages into chunks
4. Heat oil in pan and fry sausages until brown on all sides
5. Add onions and cook until soft
6. Add courgettes until brown
7. Add four chopped tomatoes, cook for 1 minute
8. Take off heat, stir in pasta, worcestershire sauce and sausages
9. Pour into casserole dish, sprinkle cheese on the top
10. Oven cook for 20-25 mins until cheese is golden brown



# READY, SET, BAKE!

## SWEETIE TRAYBAKE

Hi, I'm Rachael. I am a PhD student in Statistics and Epidemiology at Lancaster University. When I was an undergrad, I was a member of the [Baking Society](#) and highly recommend joining if you want to bake regularly while at uni.



### For the sponge

- 225g softened unsalted butter
- 225g caster sugar
- 275g self-raising flour
- 2 teaspoons baking powder
- 4 large eggs
- 4 tablespoons milk
- 1 teaspoon vanilla extract

### For the buttercream

- 100g softened unsalted butter (you want it SUPER soft, take it out the fridge the night before)
- 200g icing sugar
- 1 tablespoon milk
- 1 teaspoon vanilla extract

**Toppings** - use whatever suits your taste e.g. sprinkles, Haribo, mini marshmallows, chocolate, chopped fruit.

1. Pre-heat the oven to 180°C/Fan 160°C/Gas 4. Grease a 12 x 9 inch tin/oven dish (pyrex is fine!) then line with baking parchment.
2. Put all the sponge ingredients into a large bowl. Mix until smooth and lump free.
3. Pour the mixture into the prepared tin and bake for 35-40 minutes until a skewer comes out clean. Leave to cool in the tin.
4. To make the buttercream, beat the butter for a few minutes in a large bowl (use an electric whisk if you have one). Add the icing sugar in 3 batches, beating for a few minutes after each addition. Finally, beat in the milk and vanilla extract.
5. Spread the buttercream evenly over the sponge and decorate with toppings of your choice! Makes 18 small or 12 large portions.

## EASY MICROWAVE FUDGE

This recipe is super easy. You can substitute M&Ms with chopped up Mars bars, Reese's peanut butter pieces, crushed Oreo biscuits, or whatever you fancy!

### Ingredients

- 397g tin condensed milk
- 55g butter
- 500g cooking chocolate (use whatever kind you like; for example, if you prefer a richer flavour use dark chocolate, or if you prefer a lighter fudge try half milk chocolate and half white chocolate)
- 1 teaspoon vanilla extract
- 200-300g M&Ms



1. Line a 9 x 9 inch tin or heatproof container with baking parchment (if you don't have a tin this size, use whatever you have - the thickness of the fudge will just be different).
2. Put all the ingredients except the M&Ms in a large microwaveable bowl.
3. Microwave in 20 second bursts, stirring after each, until the ingredients are melted and mixed together.
4. Stir in the M&Ms then pour the fudge mixture into the prepared tin.
5. Refrigerate for 4 hours until set, then remove from the tin and cut into squares. Makes 36 bitesize pieces.



# ABOUT US

Moorlands Church is made up of people from lots of different ages and backgrounds. We love hearing from the Bible together and are excited most of all by the good news of Jesus Christ. Anyone and everyone is welcome to join us as we explore who Jesus is and all that he has done for us.

## Here are some of the things on at our church:

**Sunday Mornings.** 10am. Every Sunday we meet at our High Street building for church. We hear the Bible together, pray, and get to know one another better. We also record our morning meetings for those who can't be there in person. Find out more at [www.moorlands.org.uk/talks](http://www.moorlands.org.uk/talks)




**Student Real Food Groups.** Sunday at 6-8.30pm. On Sunday night in term time we get together in person and split into smaller groups to study the Bible. It's a great opportunity to talk together, ask questions, and think about how the Bible should impact our lives. If you're an undergraduate student and English is your first language, then you would be welcome to join. Please visit [www.moorlands.org.uk/students](http://www.moorlands.org.uk/students) to find out more.

**International Groups.** Tuesday at 7-8.30pm. If you are a student or scholar from overseas and English is not your first language, we would love to meet you and help you get involved! We have lots of groups happening in our church family, whether you are completely new to Jesus and the Bible or have been following Jesus for many years! Our international groups meet on Sunday afternoons during term time and we'd love to welcome you along! Please visit our website: [www.moorlands.org.uk/internationals](http://www.moorlands.org.uk/internationals) and get in touch.

# GET IN TOUCH

We know moving to a new city and starting a new phase of studies is a big task, especially during COVID-19. We are here to help. Do get in touch if you have questions or just to tell us a bit about yourself.

## FIND US ON SOCIAL MEDIA

-  [Facebook](#)
-  [Twitter](#)
-  [Instagram](#)

