

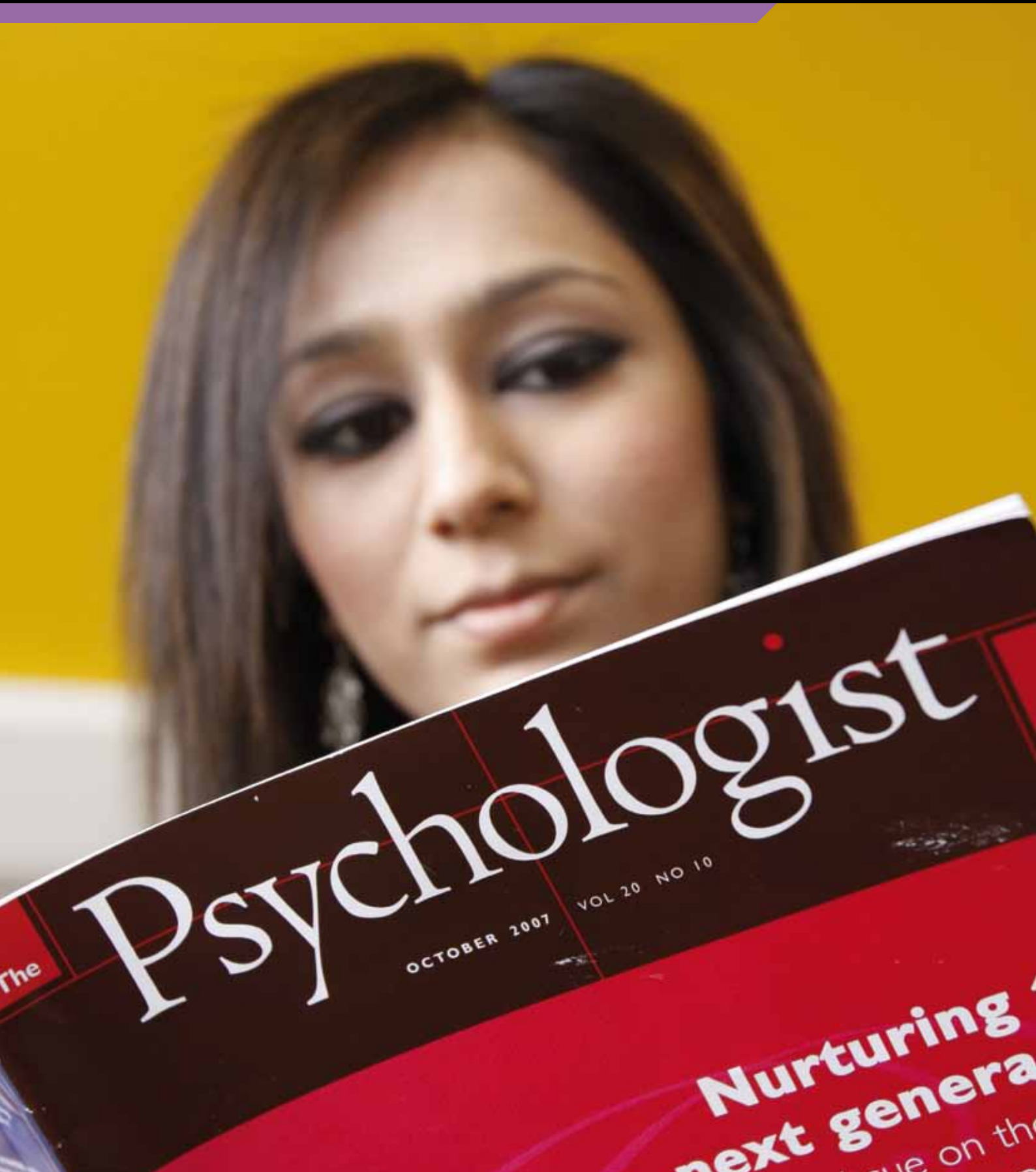


UNIVERSITY OF  
**BRADFORD**  
MAKING KNOWLEDGE WORK™

# Psychology

Psychology, Psychology with Counselling  
BSc Hons 3-year courses

Psychology, Health Psychology  
MSc/PGDip 1-year courses



# The Psychologist

OCTOBER 2007

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If you are dialling from outside the UK, please use the code **+44 1274** before the final six-figure number

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We can arrange for this material to be transcribed into an accessible format such as Braille, large print, E-text (compatible with screen-reading software) or digital audio such as CD. Please contact Psychology Admissions.  
Tel: 01274 235717

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The University of Bradford is committed to promoting equality, diversity and an inclusive and supportive environment for students, staff and others closely associated with the University in conformity with the provisions of its Charter.

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# A Brief Introduction to Psychology

## A Brief Introduction to Psychology

Many people will describe themselves as amateur psychologists who enjoy talking to people about their problems and offering helpful solutions. This behaviour is a vital component of everyday social interaction; humans are social animals and need to interact and feel like they belong to a group. However, this does not even begin to cover the variety and breadth of the discipline that is psychology.

You may have read or seen some of the ever-growing selection of books and TV programmes on 'popular psychology' with titles like 'how to influence others', and 'understanding body language'. Many of these make very important statements about our everyday life – such as 'we communicate over 90% of what we mean by non-verbal signals'. Systematic research studies in psychology reveal that many of these claims are misleading, if not completely inaccurate. Our psychology courses will enable you to find out whether there is any real evidence to support these claims, which are often presented as 'psychological laws' in the mass media.

As well as helping you to understand the latest research evidence on current social issues, we shall introduce you to the fundamental ideas which have influenced our thinking. Modern psychology originated with the ancient philosophers like Socrates who taught Plato that the world was based on material structure and the soul gave rise to moral thought. Plato expanded on this teaching and divided the soul into functional parts that were imprisoned in the body. One of his students was Aristotle who determined that the only way to study the soul was to look at behaviour and use our senses to empirically examine the world.

These great thinkers were concerned with the issue of free will and the mind, and how society permitted the expression of free will. Of great importance to this discourse was how humans differed from animals. Throughout the following centuries many great scholars debated the existence of the mind and whether it was distinct from the soul and body.

Psychology literally means the study (-ology) of the mind (psyche-). There are a variety of means to achieve this depending on the questions you wish to answer.

Arguably there are two principal goals in psychology:

- identifying natural laws that all behaviour follows so that we can state with certainty that a particular behaviour or thought will accompany a given set of circumstances. This is like physics where we can accurately predict the outcome of an experiment based on natural laws such as gravity. It has proven difficult to achieve this within the domain of psychology, although we have identified many processes and behaviours that do seem predictable.

We have much better success in psychology in:

- identifying why a behaviour occurs and what the consequence of that behaviour is. For example, how do people respond to authority and to what extremes can people be encouraged or commanded to behave in helpful or even hurtful ways?

We can learn a lot from the study of how members of social groups interact with one another, how we treat strangers, how children learn, how we use our senses to detect and interpret the world, and how our brains give rise to thought. We can learn much about ourselves and others from examining how the brain works at a biological level. We learn how early developmental experiences before and after birth affect our behaviour, how our vast array of social interactions (family, friends, work colleagues, teachers) change us and make us grow, and finally how we age and come to the end of our life cycles. The study of mental illness (e.g. depression, schizophrenia) and various developmental disorders (e.g. attention-deficit disorder, autism, Alzheimer's disease) has been a particular focus of many psychologists as well as other health-related professionals.

Much of psychology has been perceived as a 'talking' discipline where we counsel people and give them guidance to improve their lives. This is part of the success of psychology, that we are able to identify themes in people's lives such as relationships with others, and how individual goals and desires, ambitions and fears affect how we communicate with others and form attachments.

We have only learned these skills from having engaged in many years of study of the brain, society, and of individuals. If we are then able to apply some of this accumulated knowledge to benefit those amongst us who are experiencing difficulties then we are truly successful.

# A Brief Introduction to Psychology

[www.bradford.ac.uk/psychology](http://www.bradford.ac.uk/psychology)



## Skills which the courses develop

There are many skills that people acquire in the study of psychology and even if you do not wish to become a professional or academic psychologist, these skills will prove enormously beneficial to you.

The first of these is the ability to critically evaluate and analyse research findings. Psychology is a subject that relies heavily on research and research methodology, and you should be able to look at data from many human science activities and note methodological concerns or offer alternative interpretations. You will learn many useful statistical skills and these will be powerful tools for you in a range of occupations.

The second skill you will obtain is a strong knowledge of how people behave in various circumstances which will allow you to understand their motivations and goals. This might help you empathise with others better or at least help you cope with others in everyday family or work life. If you understand others and understand yourself better, you will find your social interactions much more positive.

Finally, psychology demands communication, and you will acquire the ability to verbalise complex issues, and communicate orally and through written work your ideas and thoughts.

All of these skills will serve as tremendous assets in your personal and work life.

# Psychology at Bradford



## Psychology at Bradford

At Bradford, we believe that psychology is a dynamic and challenging discipline, and the ideas we have about the brain, behaviour and mental illness need to be constantly examined. While the study of the mind has been with us for many centuries, the modern experimental-based study of psychology is a relatively new science. Therefore, we aim to provide a scientific and empirical basis for understanding how and why we behave as we do.

You will engage with the following questions, and many more.

- Are we different from animals and do we have free will?
- How much of our brain do we really use? 10%, as many of us believe, or more?
- What are the difficulties in mental illness: why are some people prone to depression and how do we assist them?
- How is individual identity created in interaction with others in social groups?
- When does the expression of a behaviour indicate an abnormality or pathology, and when is it just slightly unusual?

In the Division of Psychology we currently offer two undergraduate degrees:

BSc (Hons) Psychology (accredited with the BPS)

BSc (Hons) Psychology with Counselling (accredited with the BPS)

We also have the MSc/Postgraduate Diploma in Psychology or the MSc/Postgraduate Diploma in Health Psychology. These are 'conversion' awards which enable you to gain the relevant qualification for postgraduate study in psychology (see later details).

## BPS Accreditation

All the courses delivered by the Division of Psychology are accredited by the British Psychological Society as conferring eligibility for Graduate Membership of the Society with the Graduate Basis for Chartered Membership (formerly Graduate Basis for Registration), provided the minimum standard of qualification of Second-Class Honours is achieved. This is the first step towards becoming a Chartered Psychologist. In addition to eligibility for postgraduate training as a professional psychologist, you would also leave the course with transferable skills that will appeal to a range of potential employers.



## BSc (Hons) Psychology UCAS code: C801 BSc/Psy

### Course Structure

Teaching on the course includes lectures, small group seminars and laboratory-based practicals where you will have the opportunity to participate in and organise psychological research. The course structure ensures broad coverage of psychology, while allowing increased choice as you progress through the degree. In the final year, you will do an independent study/dissertation and choose from a broad range of final-year module options reflecting your interests and staff expertise.

### Year 1

You will be given a foundation in a number of 'core' subjects including social psychology, research methods, cognitive psychology, psychobiology and perception, and lifespan development and personality. Practical classes will give you training in quantitative, laboratory-based and experimental methodology in psychology. The Psychology of Learning and Study module will ensure that you develop your abilities to evaluate and manage your own learning, particularly in information technology, written communication and applied skills in numeracy.

### Year 2

You will study new topics such as developmental psychology, and personality and individual differences. There is greater emphasis on original practical work, and you will start to design and carry out your own investigations in the Psychology Laboratories. You will continue to develop experimental skills, but you will also study and use qualitative methods; observational techniques, interviewing and more critical modes of inquiry such as discourse analysis.

### Year 3

In your third year of study you will choose from a list of advanced-level modules that enable you to further develop and extend your psychological knowledge. We offer a wide choice of options, for example, options may include: Forensic Psychology, Psychological Health and Treatment Interventions, Occupational and Business Psychology, Advanced Issues in Neuropsychology, Advanced Problems in Visual Perception, and the Psychology of Health and Eating Behaviour. You will also complete a psychology dissertation, under the guidance of an academic staff member with relevant expertise. You are able to choose your area of research and are supported throughout – this is often one of the most enjoyable and exhilarating features of the course. Your dissertation will comprise half of the work for the final year.

# Undergraduate Courses

## BSc (Hons) Psychology with Counselling

UCAS code: C8B9 BSc/PsyWC

This unique degree will appeal to you if you have a special interest in helping people to explore their lives, emotions and the issues that underlie their difficulties, in a non-judgemental way. It builds on the single Honours programme, and in addition offers specialist modules designed to provide you with knowledge and understanding of the theory and practice of counselling.

In the first year you will take the module Introduction to Counselling Skills.

In the second year you will take a more advanced module, Issues in Counselling, which will enable you to explore key topics in more depth.

In the third year you will be able to develop a more specialised understanding of psychology and counselling in the modules Counselling in Practice and Psychological Health and Treatment Interventions. In addition you will take one module from the choice available. You will also complete a dissertation which will bring together your expertise in psychology and counselling.

Students must recognise that training in Counselling Psychology is acquired through postgraduate education and supervised practice, not through an undergraduate degree. On completion of this programme students are not qualified to practise as a Counselling Psychologist without further training in Counselling Psychology.

### Course Assessment (both courses)

Modules on all our courses are assessed by coursework and/or exams. Exams are usually held at the end of each semester, in January and May. Coursework includes essays, practical assessments and presentations. Your dissertation will comprise half of the work for the final year.

## Undergraduate Course Structure and Modules

Year One			
Module	Credit	Psychology	Psychology with Counselling
The Psychology of Learning and Study	20	✓	✓
Introduction to Research Methods in Psychology	20	✓	✓
Cognitive Psychology	20	✓	✓
Psychobiology and Perception	20	✓	
Lifespan Development and Personality	20	✓	✓
Essentials of Social Psychology	20	✓	✓
Introduction to Counselling Skills	20		✓

Year Two			
Module	Credit	Psychology	Psychology with Counselling
Quantitative Research Methods and Data Analysis	20	✓	
Methodological Issues and Qualitative Research	20	✓	
Developmental Psychology	20	✓	✓
Social Psychology	20	✓	✓
Cognitive Psychology	20	✓	✓
Psychobiology and Neuroscience	10	✓	✓
Personality and Individual Differences	10	✓	✓
Research Methods in Psychology	20		✓
Issues in Counselling	20		✓

Year Three			
Module	Credit	Psychology	Psychology with Counselling
Research Project/Dissertation in Specialist Area	60	✓	✓
Counselling in Practice	20		✓
Psychological Health and Treatment Interventions	20		✓
Optional Modules			
The Psychology of Health and Eating Behaviour	20	*	*
Psychological Health and Treatment Interventions	20	*	
Forensic Psychology	20	*	*
Advanced Issues in Neuropsychology	20	*	
Occupational and Business Psychology	20	*	*
Relevant options from the Department of Social Sciences and Humanities	20	*	*

All students must successfully complete 120 credits for each of the three years of the course

## MSc/PG Diploma Psychology

The MSc/PG Diploma Psychology are one-year full-time courses that offer a fast-track route to eligibility for Graduate Basis for Chartered Membership with the British Psychological Society provided the minimum standard of 50% is achieved. This is the first step towards becoming a Chartered Psychologist.

These courses aim to provide you with the knowledge and skills required to allow you to progress in further specialist and applied areas of psychology. They aim to facilitate an understanding of the main domains of the scientific and empirical study of psychology, and a critical appreciation of the contribution of psychology to understanding behaviour and experience. You will be given the opportunity to engage in advanced theoretical debates relevant to the understanding of contemporary issues in society.

### MSc/PGDip Psychology Course Modules

#### Semester 1

- Social Psychology (20 credits)
- Cognitive Psychology (20 credits)
- Research Methods in Psychology (20 credits)

#### Semester 2

- Developmental Psychology (20 credits)
- Psychobiology and Neuroscience (10 credits)
- Personality and Individual Differences (10 credits)
- Psychology Project (20 credits) – **PGDiploma**
- Optional module (20 credits) – **MSc**

#### Summer

- Psychology Master's Dissertation (60 credits) – **MSc**

The Psychology Project and Master's Dissertation must be an empirical piece of work that you will undertake with appropriate supervision from an academic supervisor.

#### Student's comments

*"I found the postgraduate Psychology course very interesting. The course gave me the opportunity to develop academically and the lectures and laboratory sessions were entertaining and motivating. The lecturers are qualified professionals who are friendly and approachable. My experience of the Psychology course in the Division of Psychology at Bradford has been very positive and I would definitely recommend the course to others."*

## MSc/PG Diploma Health Psychology

The MSc/PG Diploma course is aimed at those with a good first degree in psychology who also have the Graduate Basis for Chartered Membership (GBC) with the British Psychological Society (BPS) and who wish to specialise in the psychology of health and illness. We are currently seeking accreditation by the BPS for this new course.

Completion of the course can lead to work directly related to health psychology but not requiring further professional training, for example, health promotion, research related to health, and work within healthcare settings.

### MSc/PGDip Health Psychology Course Modules

#### Semester 1

- Core Issues in Health Psychology (20 credits)
- Advanced Quantitative Research Methods in Psychology (20 credits)
- Psychosocial Processes in Health and Illness (20 credits)

#### Semester 2

- Advanced Qualitative Research Methods in Psychology (20 credits)
- Applications and Professional Issues in Health Psychology (20 credits)
- Managing Illness (20 credits)

#### Summer

- Health Psychology Master's Dissertation (60 credits) – **MSc**

### Course Structure and Assessment (both courses)

If you are following the course full-time, the taught course stage runs from late September to late January, and late January to May. If you successfully complete the taught element of the course and exit at this stage, at the end of Semester 2, you will be awarded the Postgraduate Diploma. The taught Master's course is completed with the dissertation which is written during the summer months.

Modules on all our courses are assessed by coursework and/or exams. Exams are usually held at the end of each semester, in January and May. Coursework includes essays, practical assessments and presentations. There will be a final-year report from your dissertation.

# Facilities for Psychology

## Facilities for Psychology

A central feature of the British Psychological Society-accredited courses is the development of practical skills. These are often gained by your involvement in laboratory-based sessions where you have the opportunity to gain 'hands-on' experience of participating in and designing psychological research.

There are dedicated laboratories which support psychology teaching and research.

## Psychology Computer Laboratory

Research methods training predominantly takes place in the large Psychology Computer Laboratory where there are 45 computers, each with specialist psychology software. Here you will be given training in the use of SPSS (Statistical Package for Social Scientists), experiment generators (E Prime) and a range of essential skills for your three years of study. All sessions are supported by qualified psychologists who will aim to ensure that you acquire the necessary skills.



## Social and Developmental Psychology Laboratory

Completed in 2008, the Social and Developmental Psychology Laboratory offers both students and staff excellent facilities to observe and analyse human behaviour (e.g. group processes, parent-child interactions). This laboratory has state-of-the-art equipment with one-way mirrors, digital speakers and 360-degree tracking digital cameras. Facilities for digitally recording, editing and analysing observation data are also a feature of the social and developmental laboratory. This laboratory also has a fully-equipped interview suite where you are able to develop skills and undertake qualitative interviews. In Year Two you will have the opportunity to run experiments and other practicals with support from qualified technical staff; moving on in Year Three to work more independently when undertaking your dissertation research.

## Experimental Psychology Laboratory



A central feature of any BPS-accredited course is the design and undertaking of experimental research. Using experimentation, ideas and theories about how the brain operates and how we process information can be tested and investigated. The Experimental Psychology Laboratory includes 12 fully-equipped testing rooms designed for cognitive research. Each testing room has a networked PC loaded with specialist software used in the investigation of cognitive processes. These rooms are also used for biopsychology where students are able to measure heart rate, galvanic skin response and brain waves (EEG) using the Biopac System.

## Speech and Language Laboratory

Auditory information is all around us, and the way we use and respond to speech and language is a central feature of psychology research. This laboratory houses a sound-proofed booth and has a dedicated audio-processing computer and two data collection stations. This laboratory is highly specialised and has been used by third-year students undertaking their dissertation research.

## Eating Behaviour Laboratory

There is growing interest in the psychology surrounding eating behaviour. The Eating Behaviour Laboratory has equipment that enables students to measure body composition (e.g. body mass index, % body fat and visceral fat level, lean body mass, predicted bone mass). These body composition measures are used alongside other data to explore the detailed facets of health and eating behaviour.



## Psychology Teaching Laboratory

Throughout your studies you will develop practical skills and knowledge. The Psychology Teaching Laboratory enables students to be taught specific research skills in a fully-equipped space with a staging area for research and individual workstations. The laboratory accommodates small groups where students are given individual support with practical work from lecturers and psychology technicians.







# Other Opportunities

## Related courses

The University also has a number of related courses that are not at this time BPS-accredited:

- **BA (Hons) in Interdisciplinary Human Studies**  
**UCAS code: LQV0 BA/IH**  
**Specialisation in Psychology**  
**UCAS code: C800 BA/Psy**  
allows you to study English, Philosophy, Psychology and Sociology before specialising in one of these areas.
- **BSc (Hons) in Psychology and Crime**  
**UCAS code: CL83 BSc/PsyC**  
combines a thorough grounding in psychology with a study of crime from historical, sociological and literary perspectives.
- **BA (Hons) in Applied Criminal Justice Studies**  
**UCAS code: M211 BA/ACJS**  
provides you with theoretical knowledge relating to the practice of criminal justice policy in contemporary society.
- **BA (Hons) in Psychology and Management**  
**UCAS code: CN82 BA/PsyM**  
combines a thorough grounding in psychology and management studies.
- **BA (Hons) in Sociology and Psychology**  
**UCAS code: LC38 BA/SP**  
concentrates on the perceptions of individuals and groups within society.
- **BSc (Hons) in Economics with Psychology**  
**UCAS code: L1C8 BSc/EcPsy**  
combines the study of economics with insights from psychology, individual and group behaviour being an important aspect of both disciplines.

If you think you may be interested in any of these courses, call our Course Enquiries Office on **0800 073 1225**, or email [course-enquiries@bradford.ac.uk](mailto:course-enquiries@bradford.ac.uk) for further information.

## Work Experience Opportunities Scheme

The Division of Psychology also has an active work experience opportunities scheme designed to assist students in gaining experience whilst studying. The experiences students gain through the scheme contribute to their personal and professional development and can contribute positively towards their future employability and/or applications for further postgraduate study in the area of psychological services which may improve their employability as graduates.

Working in partnership with the Psychological Therapies Network of Bradford District Care Trust the Centre has developed a voluntary work experience scheme for students on its BSc psychology courses. The scheme allows undergraduate psychology students to gain experience working within the Psychological Therapies Network, thereby gaining an appreciation of what is involved in the delivery of psychological services and to contribute to the delivery of services in ways which are appropriate to their level of skill, knowledge and understanding.

The Division also participates in the British Psychological Society's Research Assistantship Scheme. This national scheme aims to provide up to 10 undergraduates with "hands-on" experience of research during the summer vacation, to gain an insight into scientific research and to encourage them to consider an academic career. The scheme allows research-active staff to apply for funds to appoint a second-year undergraduate student to become their Research Assistant in the summer break before the start of the final year of their undergraduate degree. The scheme provides a student stipend at a weekly rate of £200.

A number of other work experience opportunities in further areas of psychology are currently being developed.



## Study Abroad Scheme

The Division of Psychology, within the School of Social and International Studies, currently operates a study abroad scheme where students can spend a semester overseas at the beginning of their third year. Working with the British Psychological Society, we ensure that students who take part in this scheme remain fully accredited when they complete their degree on their return to Bradford. Past students have taken part in exchanges with California State University, and there are opportunities for study in Europe, Australia and elsewhere. All study abroad students are offered further support by a dedicated team of advisers in the International Office, who can offer assistance with visas, accommodation and applications for the study abroad grants which are offered by the University. Students taking part in study abroad also continue to be supported throughout their semester overseas by a personal tutor by the use of email and video-conferencing facilities. In addition, students from overseas universities may elect to spend a semester at Bradford, which adds ever further to the diverse, international population of the campus.

## Further Study

For those eager to expand their knowledge of their specialised area, a postgraduate programme is encouraged. Opportunities also exist within the Division of Psychology, and within the School of Social and International Studies, for study at PhD level.



# The University of Bradford



Consistently ranked highly for graduate employment, with a history spanning the last century, the University of Bradford's values are built on firm foundations with the strong ethos of 'Making Knowledge Work™'

## Strong roots

Back in 1966, when England were winning the World Cup, Bradford Institute of Technology became the University of Bradford and Harold Wilson, the long-serving British Prime Minister, became our first Chancellor. Over 40 years on and the University has moved from strength to strength.

**1882:** The University started out as Bradford Technical College. Bradford was the textile capital of the world, its renowned products reaching the four corners of the globe

**1966:** The University was granted its Royal Charter which makes it one of the 'old' universities

**2005:** In April 2005, Imran Khan was appointed as Chancellor of the University of Bradford succeeding Baroness Betty Lockwood on her retirement

**2006:** the University celebrated its 40th anniversary and the opening of a grand new front entrance to the campus; the vibrant Atrium in the Richmond Building, a magnificent student space

## Developing the Campus

The University is constantly investing in the future of its students through world-class teaching and facilities. Recent improvements to the campus include:

- 'Unique', the superb fitness and lifestyle facility on the city campus
- The new build at the School of Management which melds the best of historic Victorian and modern architecture
- A purpose-built extension for the School of Health Studies with state-of-the-art new facilities
- The new £7m Student Central building housing the Students' Union and learning facilities, linking in to the library and IT facilities
- The Green student village which will house its first-ever residents in September 2011

## Leading-edge Technology and IT Facilities

Laboratories, study areas, computer clusters and other facilities are being constantly developed. Bradford really excels when it comes to IT, with one of the highest ratios of PCs to students in the country. You can have free internet access wirelessly from all the libraries, foyers and social spaces of all major buildings, and the PCs in the Richmond Building Atrium are available 24/7. You will also have access to the campus network from your bedroom in The Green student accommodation.

The J B Priestley Library at the heart of the city campus links up with the Learning Mall of the Student Central building. The Library is open 24 hours a day from Monday to Friday during term times, and until 9pm at weekends, and provides extensive collections of books and journals as well as access to a wide range of electronic information services. PCs are available throughout the building. Most library services are accessible via the internet.



## Accommodation

You will be guaranteed a place at our award-winning eco-friendly new student village, The Green, during your first year. Buildings are arranged as a small village, with rooms available in apartments or townhouses. Every building meets the highest standards of sustainability, meaning it costs very little to heat and light. The Green will have a real community feel. It is set in beautiful landscaped gardens, with places to relax and socialise. For more details about what's available for our students, and for costs, visit [www.bradford.ac.uk/accommodation](http://www.bradford.ac.uk/accommodation)

In subsequent years most students choose to live in privately rented accommodation. Student accommodation is cheaper, easier to find and more conveniently located in Bradford than in most other University cities. Many students live within five minutes of their lectures! Unipol Student Homes ([www.unipol.org.uk/bradford](http://www.unipol.org.uk/bradford)) offers a free advice service to students, and is a good way of finding a good-quality, safe place to live at a reasonable cost.



## Our City Campus

Most departments are on the city campus, as is the sports centre, the library, the Students' Union, Theatre, Music Centre and Art Gallery, and student accommodation. The new Student Central building houses the bar, entertainment facilities, Students' Union offices, welfare departments, Career Development Services, a print shop, and learning facilities. The Students' Union runs over 60 clubs and societies, and has a shop on campus. You can enjoy café bars around the campus, offering a range of facilities including food, hot and cold drinks, pool tables, video games, and a big screen TV. The newly refurbished 'Unique: Fitness & Lifestyle' has a 25-metre swimming pool, climbing wall, and a new gym with the very latest in fitness equipment. The Richmond Building Atrium is a popular place to relax, and adjacent to this, student support services can be found in The Hub.



# City of Bradford

Friendly and familiar but with a lively urban centre, Bradford is the city that has it all. The cosmopolitan mix, booming social scene and host of thriving cultural venues create a vibrant modern atmosphere that sits perfectly alongside the imposing architecture of the nineteenth century. Bradford is set amongst some of the most beautiful countryside in England. At the same time it is one of the most affordable places to live. Bradford lies right in the middle of the country, with easy links by road, rail and air north to Scotland, west to Manchester and Liverpool, east to Leeds and York, and south to London.

The University campus is situated in the heart of the city's 'west end' – with many new pubs, clubs and restaurants within a few minutes' walk from the halls of residence. Bradford can also offer a thriving cultural scene, including the National Media Museum, with its huge IMAX screen, as well as galleries, theatres and museums of art, crafts and technology. Further information of all that is on offer in Bradford can be found at [www.visitbradford.com](http://www.visitbradford.com) and at [www.bradford.ac.uk/bradford](http://www.bradford.ac.uk/bradford)

## Eating Out

As every student will soon discover Bradford has earned the right to be famous for its curries. There are over 20 curry houses within five minutes' walk of the campus, where you can find a good meal for around £5. There are many other inexpensive restaurants, shops and supermarkets nearby, as well as the excellent value markets, specialist shops and chain stores in the city centre.

## Sport

Local sporting clubs are always keen to welcome student members, not forgetting the University's own range of sporting teams and activities. If you enjoy watching rather than participating, there's football at Bradford City and Super League rugby with Bradford Bulls.

## Spectacular Surroundings

Bradford is surrounded by some of the most spectacular and picturesque countryside anywhere in the country. The Pennines, Yorkshire Moors, Yorkshire Dales, Lake District and Derbyshire Peak District are all within easy travelling distance.

You can take advantage of the host of outdoor sporting activities available in the area or just enjoy the peace and quiet.



Yorkshire Dales and Alhambra Theatre





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**BRADFORD**  
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