



other useful stuff.
as well as locations of
places to take some **time out**,

places of **study**, where you can **keep active**,
and contains information on places of **support**,
Buildings, Easter Bush and Edinburgh BioQuarter)

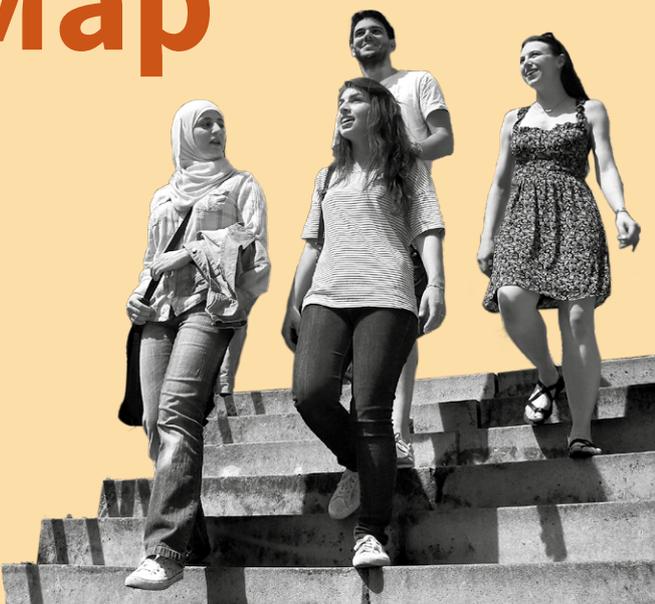
Our map covers four campuses (Central Area, the King's
of Edinburgh.
the opportunities, connections, support and
services that are here for you at the University

About your Wellbeing Map



THE UNIVERSITY
of EDINBURGH

Wellbeing Map



- Institute for Academic Development edin.ac/iad
- Residence Life edin.ac/ResLife
- Sport & Exercise edin.ac/sport
- Student Administration edin.ac/student-administration
- Student Counselling Service edin.ac/student-counselling
- Student societies usa.ed.ac.uk/activities/societies
- The Advice Place, Third Party Reporting site edin.ac/advice-place

- Chaplaincy edin.ac/chaplaincy
- Cycling and bike storage edin.ac/transport/cycling
- Disability & Learning Support Service edin.ac/student-disability
- Free period products access www.ed.ac.uk/students/health-wellbeing/health-services/period-products
- Free water points edin.ac/waterpoint
- Gender neutral toilets edin.ac/GN-Toilets
- Information Services edin.ac/helpdesk

Useful links

It's time to think about your wellbeing



This publication is available in alternative formats on request, please contact communications.office@ed.ac.uk

Published by
Student Experience Services,
The University of Edinburgh

Printed by
Barr Printers

© The University of Edinburgh 2023

The University of Edinburgh is a charitable body, registered in Scotland, with registration number SC005336.



Wellbeing means taking some time for you

The University in the city

Discover your route to a healthier work-life balance



Edinburgh Bus Station

Waverley Train Station

High Street (Royal Mile)

Central Area

The Royal Observatory

The King's Buildings Campus

Pollock Halls accommodation

University of Edinburgh Playing Fields Peffermill

The Royal Infirmary of Edinburgh

Edinburgh BioQuarter

Pentland Hills Regional Park

Easter Bush Campus



Central Area

Clear your mind
Try Pilates or exercise classes at the Pleasance Gym

Slow down
Visit the Labyrinth in George Square to still the mind and reflect

Key

Connect

- University Health Centre and Pharmacy
- Careers Service
- Disability & Learning Support Service
- Edinburgh Global
- External health centres and independent pharmacy
- Student Administration
- Student Counselling Service
- Vitality, the University dentist and optician

Give

- Chaplaincy/Prayer and reflection space
- Students' Association

Keep learning

- Easter Bush Study Landscape
- Libraries
- Study space with computers
- Institute for Academic Development

Take notice

- Apiary (beekeeping)
- Castle/historic building
- Edinburgh Labyrinth
- Green space, gardens and picnic areas
- Museums and galleries
- Theatres and concert halls
- Vegetable garden

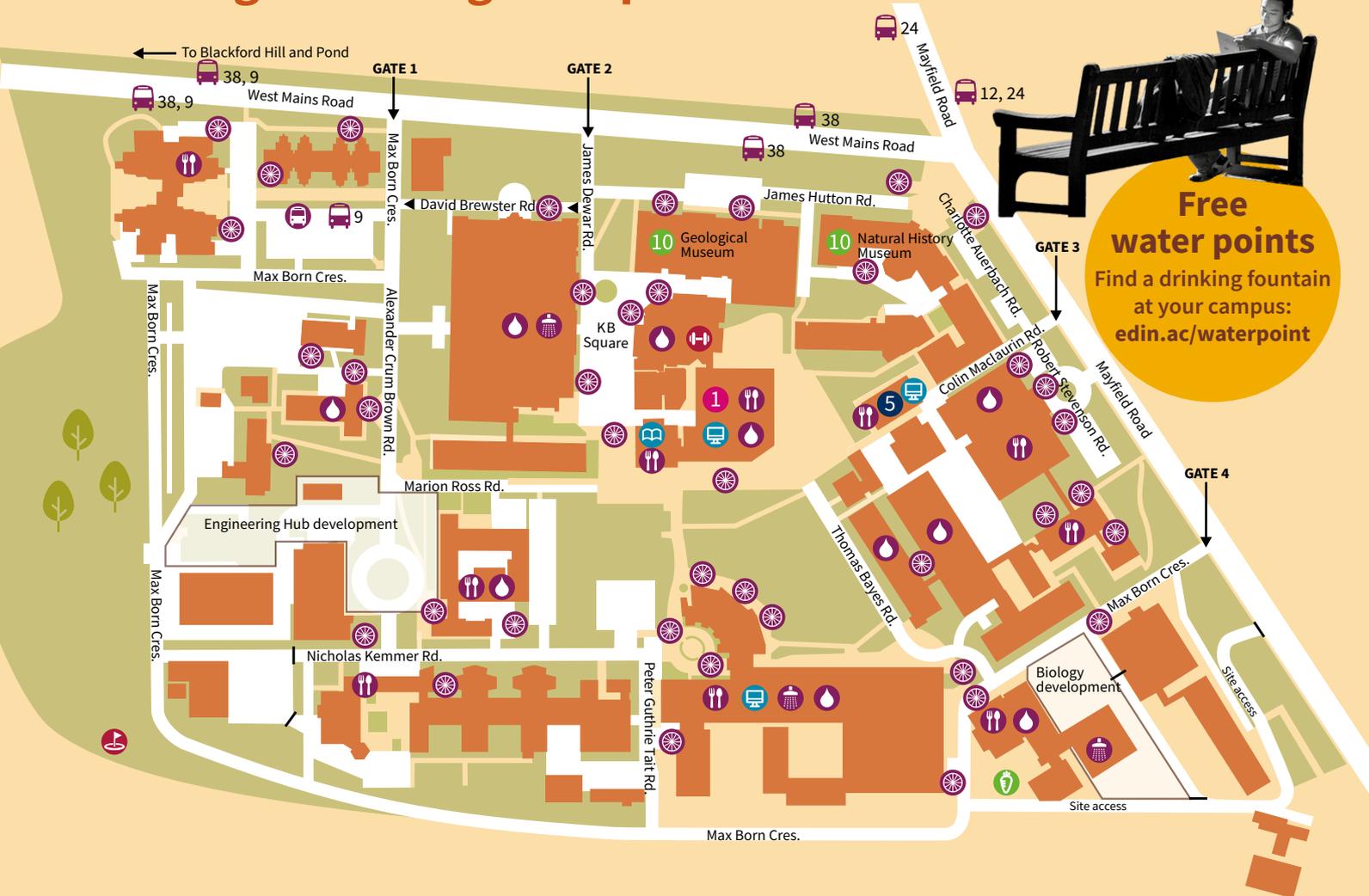
Be active

- Golf course
- Swimming pools
- Tai chi and yoga (Chaplaincy)
- University gyms, sports and activities centres
- Walk/run

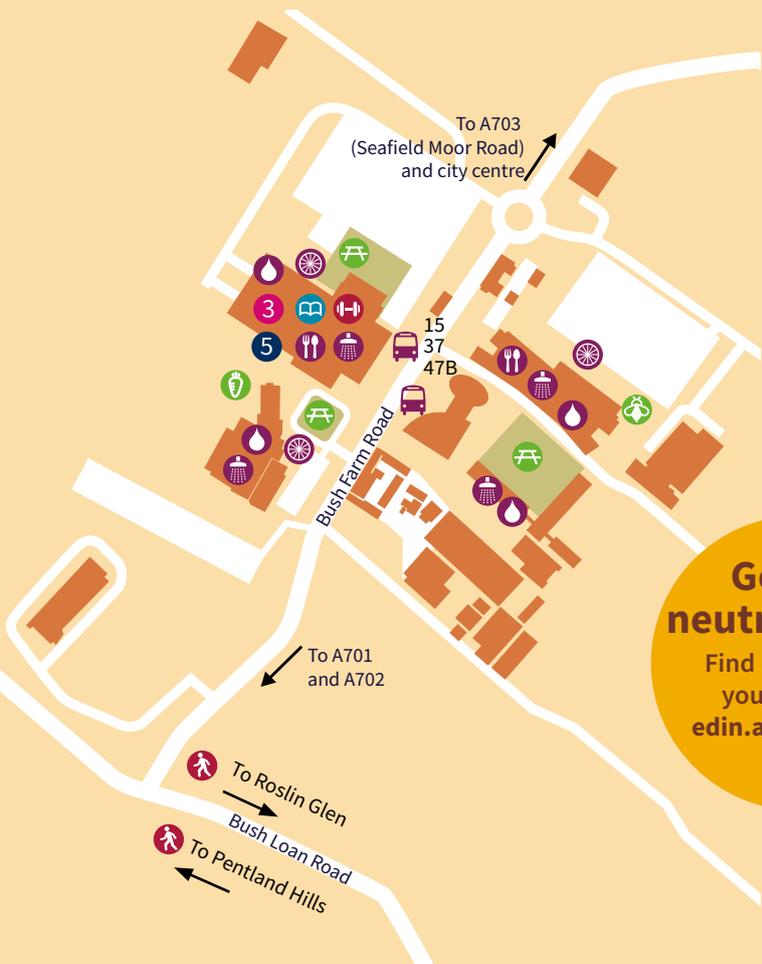
Useful stuff

- Bike rack
- Drinking water fountain
- King's Buildings Shuttle bus
- Post Office
- Public bus
- Showers
- University cafe and social space

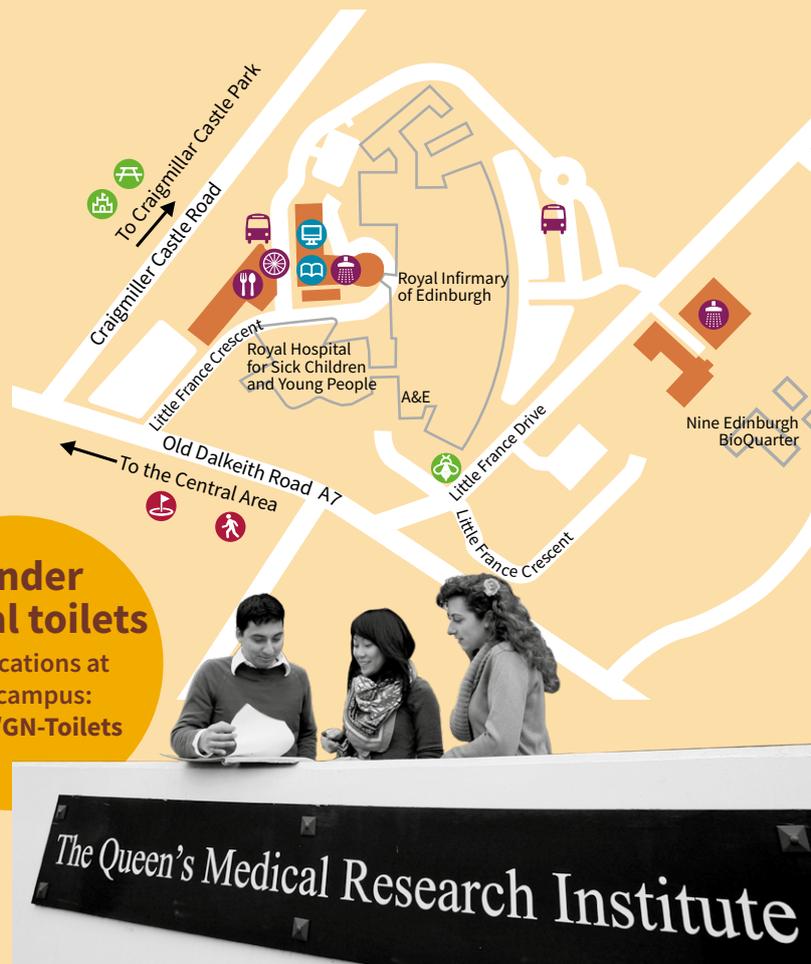
The King's Buildings campus



Easter Bush campus



Edinburgh BioQuarter



The Queen's Medical Research Institute