



ONCAMPUS
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A GUIDE TO
Life in Preston

ONCAMPUS
UK NORTH

Preston in numbers



No. 1

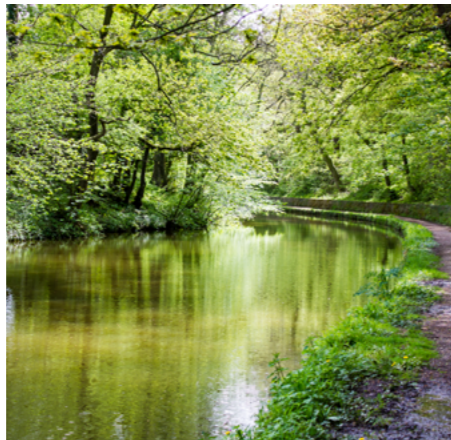
Preston has been voted the best city in the North West to live and work

(PWC, 2022)



Cost of living in Preston is very low, with the University of Central Lancashire being ranked the most affordable university in the UK!

(The Times, 2023)



40,000

students live in Preston making up one quarter of the total population



500 hectares

of green space, split over 7 parks within the city - 5 of which have won awards for excellence



750
of Preston's buildings are listed as being of significant architectural or historic importance



12

of the UK's biggest cities have direct train routes to Preston

City highlights

Preston is a small city with a big personality. The vibrant and proud city is home to **ONCAMPUS** progression partner the University of Central Lancashire (UCLan), one of the UK's largest universities. The city's close proximity to hubs such as Manchester, Liverpool, Leeds and Sheffield means there are lot of things to do as a student and its location also helps increase the employment prospects of UCLan graduates. Preston is close to some of the UK's most beautiful countryside such as the Pennine Moors and the forest of Bowland, which are great for camping, walking and hiking.



Culture

Preston's long history of industry and prosperity has resulted in a rich and unique cultural heritage. The Harris Museum and Gallery and The Preston Art and Design Gallery, both located in the city centre, are hubs for art, culture and community.

Shopping

St George's shopping centre is at the centre of Preston's high-street and is the best place for browsing the shops and treating yourself to the latest fashion. On the weekends you can also head over to Manchester or Liverpool for all your favourite brands.



Live music

Preston has a thriving and diverse local music scene with a handful of great venues located close to the university. Beyond local artists, the city's close proximity to Manchester and Liverpool means seeing huge global acts makes for a great night out with ease.

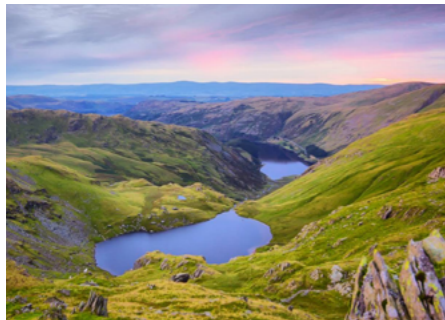
The best free things to do

Living in Preston is great value for money. There are also loads of free places to visit and days out to keep you occupied when you don't feel like spending any money. The city and area of Lancashire are great for people who enjoy the outdoors.

Countryside



Lancashire is a brilliant location for walking, hiking and exploring. The Pennine Moors and the forest of Bowland are beautiful areas and very accessible.



Preston Docks & Marina



Preston Docks & Marina is located just outside of the city and is the perfect place to see the sunset or watch the water on a sunny day.



Parks



Avenham Park
Miller Park
Moor Park
Haslam Park
Ribbleton Park



Travel

Students wishing to travel during their time in the UK are well catered for in Preston.

Sitting on the West Coast mainline, there are frequent and fast trains to London, Edinburgh and Glasgow as well as regular and direct services to 12 of the UK's largest cities, including Manchester, Liverpool and Birmingham.

Preston is also a major hub for the UK road network, with three motorways originating from the city going to destinations throughout the country. People without a car also have a comprehensive and complete local and national bus service operating from Europe's second largest bus station.

Airports:

Manchester Airport is the closest international airport to UCLan. Manchester International Airport (40 miles) offers non-stop scheduled flights to destinations throughout Europe, South Asia and The Far East, North America, Africa, and the Middle East.



Instagram Preston



Visit some of the most Instagrammable spots in the city and start sharing your favourite places with #oncampus #preston.

Scan the QR codes to walk through these places on Google Street View before you visit them in real life.



Preston Docks & Marina



Avenham Park



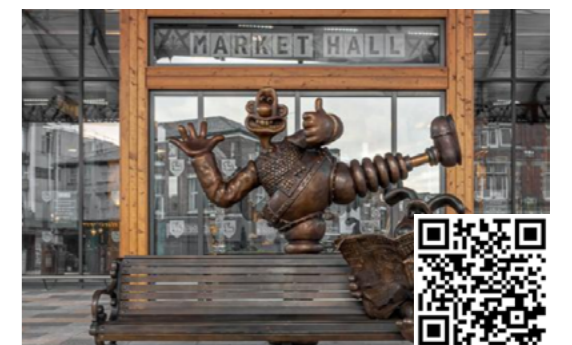
Buttermere - Lake District



Preston City centre



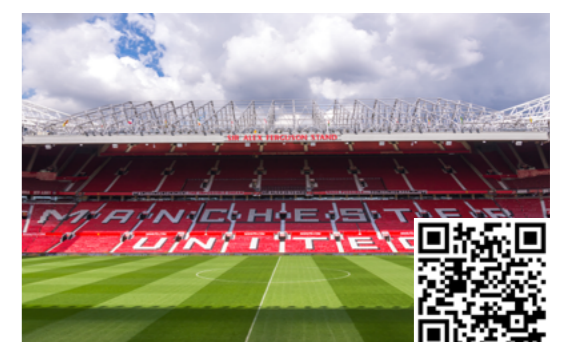
UCLan campus



Preston market



Manchester City centre

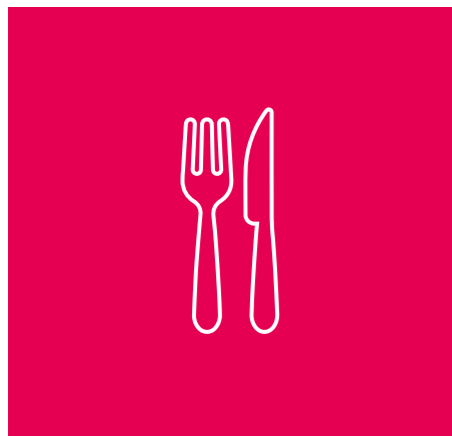


Old Trafford football stadium

Places to eat at a great price

Even though Preston is a smaller city in comparison to some across the rest of the UK, it still offers students some tasty food options at great prices.

The most famous food dish in Lancashire is the hotpot. This simple, warming and tasty pie is a must try. Find your favourite version in a local eatery or try making your own.



Nandos

With over 450 restaurants in the UK, Nandos is the place to go to get the country's favourite chicken. An average meal with two sides will cost you around £15 and with a Nandos card you can work your way up to a fully free meal!



Mowgli Street Food

Located in central Preston, this Indian street food restaurant features an extensive menu, including chef's choice tiffin boxes for adventurous eaters!



Pizza Express

From their iconic Dough Balls to the tasty thin crust authentic pizzas, one of the UK's most popular pizza chains, Pizza Express offers students 30% off all food and drink when using a UniDays membership card.



Slug and Lettuce

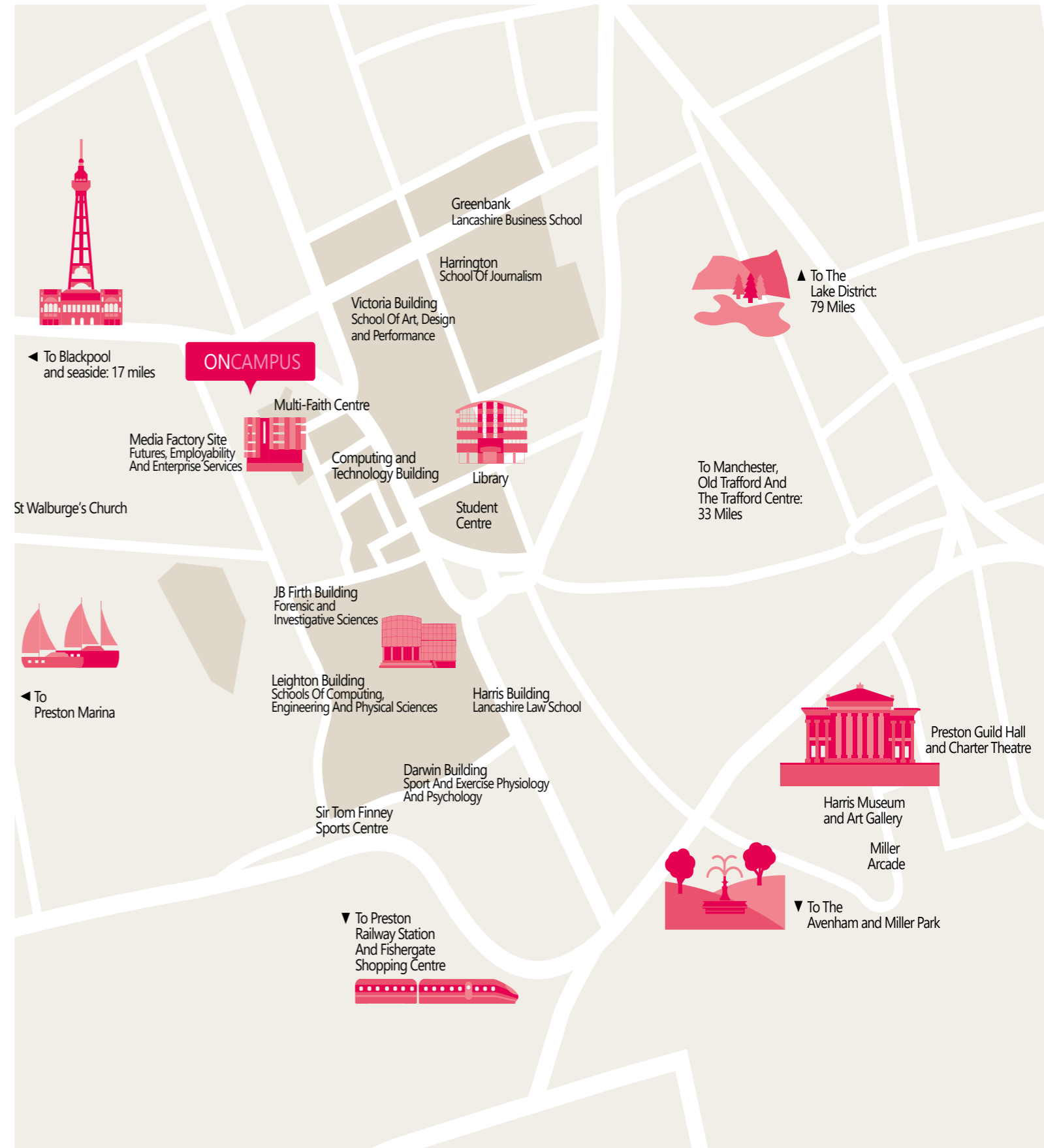
Head to Slug and Lettuce on the highstreet for a great burger, breakfast, bottomless brunch or maybe just a tasty dessert. You'll be able to get a meal here for under £20 so it's a great place to meet your friends at the weekend or at lunch in between your lessons during the week.

Tesco and Sainsburys

You'll never be too far away from a branch of one of these supermarkets, two of the biggest in the UK. They offer lunchtime meal deals for under £4 and are also the best places to do your weekly shop for food and household essentials. Make sure to sign up for a loyalty card to save money and earn reward points with every purchase!

Exploring the city

Preston offers a vast array of activities to do and places to go across a variety of budgets including theatres, cinemas, bowling alleys, museums, markets, libraries, the Docklands and the Marina.



To find out more, visit our website
oncampus.global or get in touch with
your local **ONCAMPUS** representative.



For more information visit:

www.oncampus.global/uknorth