

UNIVERSITY OF
EXETER



Live it

A STUDENT GUIDE TO LIFE IN CORNWALL

Welcome

Cornwall boasts a wealth of beautiful beaches and coves, dramatic landscapes and clifftop views. It also has a rich history of artistic and scientific innovation, making it a fascinating and stimulating place to study.

In this guide, our students tell us what they love most about living in Cornwall and how you can make the most of your time here. From paddle boarding to festivals, volunteering to enjoying local food and drink, there is something for everybody.



Why choose Penryn?

“ I chose this university because of the quiet environment to study and the graduate job prospects upon finishing. Living on the Penryn Campus has been a series of awesome moments with other international students and very supportive staff. ”



Evelyn, studying MSc Sustainable Development

Students choose to study at our Penryn Campus not just for the quality and strength of our research-led teaching, but also for the lifestyle. Set in 100 acres of the UK's most scenic countryside, and close to the waterside town of Falmouth, our Penryn Campus is unique, being shared and managed jointly with Falmouth University. Whilst we have separate teaching and research facilities, our students share accommodation and social spaces which creates a vibrant mix of students from science, engineering, humanities and arts backgrounds.

Some of our students give an insight into the very different routes they took to studying at the Penryn Campus.

“ I chose to come to the Penryn Campus because of the combined BSc/BA Geography course, which you don't find elsewhere. Geography courses are usually split into separate BA and BSc degrees, but the combination of the two allowed me to study both human and physical geography topics whilst having the option of graduating with a BSc or BA. Living by the beach is always a bonus too! ”



George, studying Geography

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I chose to study at the Penryn Campus because I think it is a unique environment in which to go to university in the UK. It has the prestige and the standards that come with a Russell Group institution but at the same time is never intimidating or overwhelming; I have never for a second felt lost in the crowd. This combined with an open and naturally beautiful campus in a location that many people choose as a holiday destination means that it is a wonderful place to live and to learn. ”

George, studying English

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Lots of students prefer big cities for a more diverse leisure life. However, I recommend you choose to study in a relatively calm place. One reason is that a big city means higher living costs and less outdoor activities. The other reason is that this sort of place can provide you with an environment to immerse yourself in your work. ”

Jiaxin, studying a PhD in Renewable Energy



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I didn't choose to come to Penryn Campus. I received an email on the morning of results day which told me that, while I hadn't made the cut for Streattham, I had been offered a position on a similar course one hundred miles away from Exeter. I felt as though I had been rejected, in spite of having a guaranteed place at the same university. I nearly went through clearing because I was so unsure.

However, I have loved every moment down here, since the day I came down to choose my accommodation. The course is diverse and engaging, The Students' Union is capable, communicative and understanding, and I have thrived in a smaller student body that has genuinely become my community. ”

Grace, studying History

422 miles of coastline





“The lifestyle has been fantastic. Sunset surfs after long days at placement, dog spotting on coastal walks and amazing pubs by the beach and in town! It has been a joy the couple of months I have been here and it’s only getting better the more I explore.”

Freddie, studying Medicine

What is it like to be a student in Cornwall?

“I have really enjoyed the diversity of people on campus, and the passion of the lecturers and how excited they are about their topics! When I first arrived in Cornwall it was very overwhelming. The Penryn Campus is very different to where I come from in the Maldives, but I love it now and couldn’t recommend it enough. The campus is very beautiful, and a fantastic place to study!”

Munshidha, studying MSc Conservation and Biodiversity



“The most enjoyable aspect of my course is how personal it is. As Penryn is a small campus, you very quickly become familiarised with your peers and lecturers, and this leads to a relaxed yet engaging atmosphere in lectures and practicals. Another bonus of my course is the focus on field-based learning. Within the first two months, I had already been on my first residential trip to the south-west of Cornwall. Since then, I’ve undertaken numerous field days as well as a week-long residential trip in the Isles of Scilly at the end of my second year.”



Harry, studying Environmental Science

“ When I moved to uni I wasn't sure what to expect, but once I started to explore I saw how amazing Cornwall really is. The beaches are a must see (Godrevy being my favourite) even in the questionable Cornish weather. Even though lectures and deadlines keep us busy we always take a trip down to Gylly beach for some lunch and a cold sea swim. I really don't believe there is a better place to study. ”

Hannah, studying Geography

“  I have absolutely loved living in Cornwall. The commute between Falmouth and the Penryn Campus is easy, and has access to some of the most beautiful coastal areas in the UK. Although it is different to the United States (both socially and academically), I have had no problem settling in and have been welcomed with open arms by the other students here. ”

Cody, studying MSc Conservation and Biodiversity

“ The Penryn Campus is like a small community with lots of nice and friendly students and teachers. The environment on campus is amazing. We're surrounded by aesthetic landscapes and lots of green spaces. I feel like I belong to the campus. ”

Ma, studying Geography



“ The Penryn Campus is in a beautiful location, and having a shop, bar and gym all on campus is useful in the first year while you're still getting used to the area. There is also a lot of support on the campus. At the start of this year I was allocated a student mentor and have recently had training on the equipment provided to me by the Disabled Students' Allowances, both of which have been very helpful for getting me through my third year. Sharing the campus with Falmouth University means that there is a really nice mix of people and there are lots of societies in many different areas. ”

Jess, studying Animal Behaviour



Where to eat

Nicolette, studying Business, gives her top tips on where to eat out in Cornwall:



One of the best things about living in Falmouth is the incredible amount of cute little independent cafés and restaurants. If you are a foodie or coffee lover, Falmouth will definitely not disappoint. There is everything from artisan coffee shops, cute bakeries, cafés of all different cuisines, restaurants with a sea view and of course the best pasties you can get your hands on!

So here's my definitive guide to the local food scene, hope you enjoy!



FUEL SALAD



HUBBOX MAC 'N CHEESE



ORIGIN BREAKFAST



THE OPE SWEET POTATO

Fuel, Falmouth

It has two massively comfortable sofas, and board games to play if you fancy hiding out during a rainy day.

Amanzi, Falmouth

Fancy some African cuisine? Head over to Amanzi for incredible and Insta-worthy food and some funky drinks!

Chain Locker, Falmouth

One of the BEST views of the harbour and an excellent nautical feel. They have a really nice pub on the ground floor and a wonderful restaurant upstairs.

The Ope, Falmouth

If you're into healthy and wholesome foods and are looking for vegan and vegetarian options – this is your place! Make sure to try a Beetroot Latte or Dirty Chai Latte, they are absolutely incredible!

Gylly Beach Café, Falmouth

The ultimate place to hang out. It's the only restaurant that sits on our beautiful local beach and I go there most days with friends to have coffees, cakes, drinks, and even meals!

Origin Warehouse, Penryn

Culinary perfection in every sense and a really nice set up to go with friends for breakfast/lunch/brunch.

Fives, Falmouth

You will get to know Fives on nights out, but they also have a restaurant upstairs. They have really nice sweet potato fries – 10/10 recommend!

Hubbox, Truro

THE place if you fancy a burger and some INCREDIBLE Mac'n'Cheese. The milkshakes here are also a MUST.

The Meat Counter, Falmouth

The burgers are amazing and, despite the name, they have vegetarian/vegan options.

Coffee shops

Falmouth is only a short distance from campus, and hosts a wide range of independent coffee shops that are perfect for catching up with friends or studying. Here are some student favourites:

DE WYNNS

De Wynns is lovely. Super friendly staff too.

Iona, studying Zoology

ESPRESSINI

This adorable shabby-chic inspired cafe is not only a lovely place to study, but a must-try brunch and coffee spot! They have been awarded the 'Best Coffee in the South West'.

Nicolette, studying Business

GOOD VIBES

Amazingly located and lovely staff.

*Bettina, studying Politics
and International Relations*



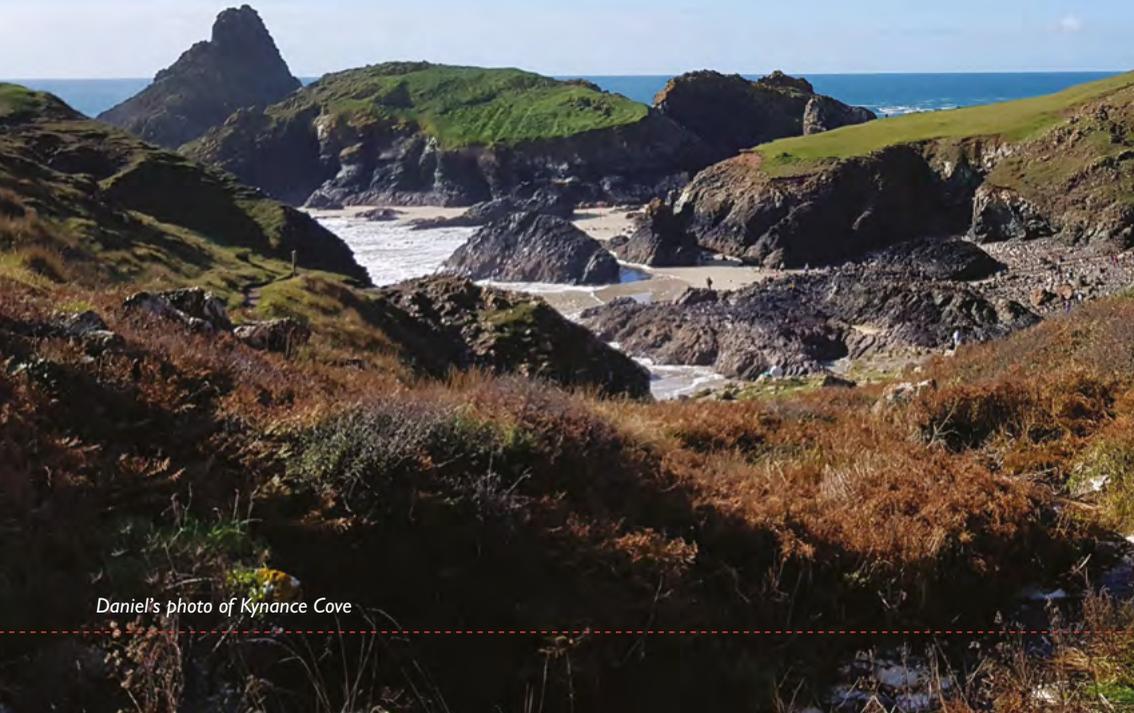
Shopping

Truro may be considered the shopping centre of Cornwall, but Falmouth and Penryn boast a charming collection of quirky independent retailers alongside a range of surf shops and well-known high street stores. Those looking to purchase some entertainment can visit the award-winning Falmouth Bookseller or the music café Jam.



Explore Cornwall

Cornwall can easily be explored by bus, train, car, foot or bike. During their time in Cornwall, most students take the opportunity to explore this beautiful county, from Newquay and St Ives down to Penzance and The Lizard. However, there's also plenty to do right on the doorstep in Penryn, Falmouth and Truro.



Daniel's photo of Kynance Cove

Where's your favourite place to visit?

“ It depends on the season really. I love going to Pendennis Castle in the autumn. Penryn has a great Christmas vibe. St Mawes has some of the most amazing flowers in bloom to see in the spring. The Eden Project is a must do in the summer! ”

Adam, studying History

What has been your favourite day trip in Cornwall?

“ For me the best way to spend some free time is to explore the vast amount of natural beauty Cornwall offers. When me and my friends feel like we need to de-stress or just want a break we will get together and head out. My favourite trip my friends and I ever did was an all-day road trip taking us to Kynance Cove, the Lizard, St Michael's Mount and Land's End. The weather was perfect, the views spectacular and driving was extremely fun for me. We did lots in one day but you could just visit any of these places on its own and it'll be an amazing day out. ”

Daniel, studying Politics and International Relations





Volunteering

If you're interested in volunteering, The Students' Union will help you to find your ideal voluntary activity, log your volunteering hours, record employable skills gained, access training and work towards a Bronze, Silver or Gold award in the Legends volunteering scheme. Opportunities include volunteering in the community, club and society committee roles and student representation positions.

“ I volunteered for Hope for Children, a charity which aims to improve children's access to education and healthcare around the world. I did bake sales, things like that with them. I found it **INCREDIBLY** rewarding, and I definitely recommend fundraising to anyone. ”

Adam, studying History

“ Recently, I've started taking part in volunteer beach cleans. For the local cleans, we walk all along Gyllyngvase beach, across to Swanpool and back again. We also do organised trips to other beaches across the county! They're a great way to get away from work, meet new people and help the environment. ”

Becca, studying English



www.thesu.org.uk/studentopportunities/volunteering

Students and local residents take part in litter-picking along Gyllyngvase and Swanpool beaches



Watersports

There's nowhere more beautiful than Cornwall on a sunny day, and the county offers no shortage of footpaths, parks, gardens and beaches where you can go to enjoy the scenery. Many of the county's beaches have been awarded Blue Flag status.

Those who enjoy watersports – not just surfing but also kayaking, snorkelling, swimming, paddle-boarding and more – can take advantage of opportunities provided by Falmouth Bay and the local rivers as well as the nearby sea.

“ Living near the coast offers so many opportunities. I had been paddle-boarding on holiday and rented them on Gylly beach in Falmouth, but I really wanted to be able to go whenever I wanted. In my second year I bought one that someone was selling locally, picked it up and went out on it that evening. The beach is so close, it's easy to get out on the water after class, or before class if I'm feeling keen! It's a great way to get out and get some exercise without really realising you're doing so! There's also a paddle-boarding society so if you're new to it or just want some company there's always someone else wanting to get out on the water. ”

Becca, studying English

“ I decided University was a great chance to try something new, so I'm training with BSAC and the SU scuba diving society towards my Ocean Diver qualification, which will enable me to explore even more marine environments around Cornwall! ”

Jessica, studying Marine Biology



Events



There is always plenty to do in Cornwall, but a bit of extra excitement is added by the impressive selection of special events that happen here year-round. There are six festivals in Falmouth alone, and plenty more to be found around the rest of the county. The Eden Project hosts the Eden Sessions, a series of outdoor music concerts featuring internationally renowned artists, while Boardmasters is a draw for lovers of surfing and music alike.



“ The GeogSoc Christmas Soirée was a really great event. It was a great opportunity for me to meet geographers from both second and third years; they were all so welcoming and kind. But, the highlight of the night was definitely being in an environment with the rest of the first years that was really relaxed. We got to listen to the Uni’s Jazz Band which was incredible, eat good food and talk about so many great things – other than geography. It was a great way to end my first term. ”

Ella, studying Geography

“ There are many events that stick in my mind when I think of my time studying at Penryn Campus. From the first Freshers event, the Pirate Party, which was a brilliant portal into university social life, to the Boxing Event at the Princess Pavilion, where everyone was suited and booted for a local fight night. In between I’ve been to quiz nights, oyster festivals, society dinners and so many visits to clubs like Mangoes or Club I. There is such a varied social scene and genuinely never a dull moment! ”

George, studying English



Wani, studying Politics and International Relations, moved to Penryn from London. He gives his advice on how to make the most of your time at university:

Dear prospective student,

The best advice I can give you about life in Cornwall is rather cliché; it is to keep an open mind towards building relationships. I made the mistake of ostracising myself very early on, often going back home to see my family and never going out when I was here. However, by the second year, I learnt that if you just put yourself out there a bit more, you will find people with common interests and ambitions.

When it comes to making friends in a new place I think it's important to remember that with the nerves you may feel towards approaching new people, those new people probably feel a similar way. Therefore, you should not fear the challenge and rather embrace it as you cannot allow fear to prevent you from building what could be a lifelong friendship. Once you find friends, the fun then follows.

P.S. Cornwall is not London, it is acceptable to smile at people here, they tend to even smile back!





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