

Taking care of yourself Although it may seem obvious, it is important to take sensible steps to take care of yourself. Safety Consider this from many perspectives: accommodation, travel, activities, privacy settings online, who you spend time with. Getting sufficient sleep is important to such things as keeping healthy, maintaining your immune system so you don't catch infections, taking in information when studying, and being alert generally. Take note of any health warnings and of any immunisation programmes that are advised. Find out where you can get different kinds of meal for the lowest prices, or learn to cook if you don't know how already, as this can save you money. Make sure you are aware of all the sources of support available to you – speak to a financial adviser at the university or college if you are unsure. Food Eat proper food.